



Healthy STEPS

Preschool Parents Newsletter



Compliments of Assiniboine North Parent Child Coalition

Working with parents, caregivers and service providers to ensure children are healthy and happy. Contact Antoinette at agravelouellette@pmh-mb.ca or call 1.204.764.4232 for more information

What are ways you are creating lasting memories

Children are so craving connection.

Connections with the most important people in their life...YOU!

Attachment stages of preschoolers..

Attachment

Infants – need to feel safe and get this through their senses, touch, hear, see, feel

Two-year-old/ start to be “like parent” or what they are attached to (sameness)

Three-year-olds/ mine and yours helps kids feel safe ie: my mom, starting to form boundaries, own space and time for a toy when fighting over toys (belonging and loyalty)

Four-year-olds/ love stories about when they were born and really are asking questions “do I matter to you” (significance)

*Five-year-olds kids get gushy, emotional connection, notes with rainbows and hearts (love)
Six Year olds/ kids tell the truth, if you like it or not (being known)*



Kissy Kissy Fingers

Kissy kissy fingers
Kissy kissy toes
Kissy kissy baby
On her kissy nose

I love to kiss your fingers
I love to kiss your toes
I love to kiss my baby on her kissy
nose

10 Things your Toddlers Wants you to know..

1. Believe in Me
2. I need to know you are there when I need a hug.
3. Give me all of your attention at least some of the time.
4. Knowing that I am loved will never spoil me.
5. Follow my lead when we play.
6. I am learning how to calm myself down but I need you to help me.
7. Help me manage my feelings
8. Remember that neither of us is perfect
9. Help me understand the limits
10. Be kind to yourself too so that when I grow up I know how to do that!

Want a deeper look at these...

https://attachmentnetwork.ca/wp-content/uploads/2020/10/Toddler_English_HIGH.pdf

Now happening!

Carberry Virtual Rhyme Time

Contact Rec. department to register and for info 834-6623 or email rec@townofcarberry.ca

Mothers Helping Mothers Support

group for Moms by Zoom 6:30-8:00

1st and 3rd Tuesdays

Contact Taneal @ 204-821-6686

Minnedosa's Together We Can,

Together We Are Online program

Tuesday mornings 10am. Contact

Denise @

849-2263 or email

parentinginpurple@gmail.com

Parenting in Recovery

4 Sessions

Online March 10th 8:00-9:30pm

Contact Antoinette for more info and to register

Emotional Intelligence

Ways to teach through play with play therapist Laura Jeanne Online

March 9th @ 10. Contact

Antoinette to register and to get the zoom link

Healthy Baby Sessions are talking place in various ways. If you are interested please contact

Call 204-578-2545 for the most up to date information about our sessions during Covid 19.

Facilitators to contact:

Healthy Baby Carberry, Minnedosa,
Neepawa

Contact Alexandra for log info
204-476-7842

Rivers, Hamiota, Birtle,
Russell

Kristie: 204-748-2321

From Our Feb. 24th Cooking and Rhymes Online Zoom

One-Pot Pizza Pasta Bake

Makes: 8 servings

Prep Time: 15 minutes

Cook Time: 30 minutes

Amount	Ingredient
1 tablespoon	Oil (canola or olive)
500 g (1 lb)	Ground meat (turkey, chicken, beef, wild game, etc.)
¼ cup	Slice mini pepperoni (optional)
1 can (389 mL)	Tomato sauce
½ teaspoon	Dried oregano
½ teaspoon	Dried basil
¼ teaspoon	Garlic powder
½ box (8 oz)	Whole-wheat pasta (rotini, penne, macaroni, etc.)
1 ½ cups	Water
To taste	Salt and pepper
1 cup	Shredded cheese (mozzarella, cheddar, marble, etc.)

Directions

Preheat oven to broil

Heat oil in a large ovenproof skillet over medium-high heat. Add ground meat and cook until browned.

Drain excess fat.

Stir in tomato sauce, oregano, basil, garlic powder, pasta and 1 ½ cups water; season with salt and pepper.

Bring mixture to a boil. Cover, reduce heat and simmer until pasta is cooked through, about 12-14 minutes.

While mixture is cooking shred cheese if not already done.

Remove from heat; top with cheese and pepperoni.

Place into oven and broil until the cheese is melted and golden brown, about 2 minutes.

Serve immediately.

Tip: To make this vegetarian omit the pepperoni and replace the ground meat with a can of rinsed lentils or beans of your choice, or use plant-based ground.

Tip: if you don't have an ovenproof skillet you can use a regular skillet then transfer to an ovenproof dish or put a lid on the pan and melt the cheese on the stovetop. You can also use an electric skillet.

Adapted from: Family Friendly Recipes Kids in the Kitchen <https://guelphfamilyhealthstudy.com/cookbooks/>