



Healthy S T E P S

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 @ agravelouellette@pmh-mb.ca or 204.764.4232 for more information.

LOVE, SWEET LOVE

Song: If You Love Me and You Know It

If you love me and you know it clap your hands,
(clap twice)
If you love me and you know it clap your hands,
(clap twice)
If you love me and you know it,
And you really want to show it,
If you love me and you know it clap your hands
(clap twice)

Next verses replace clap with;
Jump up and Down
Give a hug

Mailbox Valentines

To encourage children to freely explore, create and practice fine motor development, try creating a Mailbox/ Valentine Making station. Include items like folded paper, envelopes, “stamps” (stickers), glue, paper hearts, crayons, a marker, etc. The “mailbox” can be as simple as a shoebox or a grocery bag. Allow children to freely practice making/decorating valentines, when done, sealing them up in their envelopes, putting on the stamp “sticker” and putting in their mailbox to send away. Can use these to give out to friends and family too!

You are loved for who you are

Letting the children in your life know that they are loved for who they are now, helps create a trusting relationship, also called a secure attachment. Build your relationship by spending dedicated time with your child doing something they choose, paying attention to their likes and interests. During these moments, put aside other distractions, including household chores and electronic devices.

Your Feelings Matter

Although you might prefer it when your child is in a good mood (when they are easy to get along with and fun to be around), children have unpleasant feelings like sadness, disappointment, frustration, anger, and fear, too. These feelings are often expressed through crying, temper tantrums, and challenging behaviors. These feelings serve a purpose and let us know when a child needs something. By paying attention to a child’s feelings, we show them that how they feel matters, and that they can count on us to do our best to address their needs. Try labelling your child’s feelings (happy, sad, frustrated, etc.) as they experience them, stay calm, and show them helpful ways to handle their emotions (breathing deeply, finding a quiet space, how to ask for what they need etc.)



Every time we replace anger with Empathy and caring, we help a child Become better prepared to make Wise decisions.

-Jim Fray





Coming Soon
Hamiota Parent and Tot yoga

Mothers Helping Mothers Support group for Moms by Zoom 6:30-8:00 1st and 3rd Tuesdays Contact Taneal @ 204-821-6686

Together We Can, Together We Are Online program Open to all! Tuesday mornings 10am. Contact Denise @ 849-2263 or email parentinginpurple@gmail.com

Oakburn Parent/Child Play group Eager Pioneer Club Wed. 10-11:30 Contact Sadie 821-0454

Taking registration for Parenting in Recovery Online course for parents recovering from substance use.

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



“Supported by Child and Youth Services, Department of Families”

Icon	App Name	Web Address	About
	SAM - Self-Help Anxiety Management	https://sam-app.org.uk	Helps you understand and manage anxiety.
	Happy Healthy	www.happyhealthyapp.com	App providing motivation and knowledge to improve lifestyle, exercise, nutrition and sleep.
	BellyBio Interactive Breathing	https://itunes.apple.com/ca/app/bellybio-interactive-breathing/id353763955?mt=8	Triple innovation in deep abdominal breathing, biofeedback and music.
	Stop-Breathe-Think	www.stopbreathethink.org	A simple tool to guide people of all ages and backgrounds through meditations for mindfulness and compassion.
	7 Minute Workout	https://7minuteworkout.jnj.com/	A fast, simple, science-based way to work out anywhere app.
	Daily Yoga	www.dailyyoga.com	Provides intuitive and comprehensive yoga training for everyone.
	Calm in the Storm	http://calminthestormapp.com	Coping with the stresses of life.
	3 Minute Mindfulness	https://itunes.apple.com/us/app/3-minute-mindfulness-fast/id982502810?mt=8	Fast and simple meditation and breathing exercises to reduce stress, anxiety and depression.
	Get Enough Helper	https://dairygoodness.ca/getenough/app?gclid=CLa8n8nKvM4CFYKGaQodiSoHwQ	Keep track of what you eat to make sure you get enough of what you need.
	Booster Buddy	http://viha.ca/cyf_mental_health/boosterbuddy	Manage your personal wellness journey and earn achievements as your sidekick guides you through a series of daily quests.
	Stress Hacks	www.stresshacks.ca	Provides information to explain stress and help you to manage it.
	Be Safe	https://mindyourmind.ca/interactives/be-safe	Allows individuals to develop a Safety Plan.
	Kids Help Phone	http://kidshelpphone.ca/teens/home.aspx?gclid=CNCK-oLNvM4CFQIHgAod-gAOHow	Free 24 hour phone and web counselling for ages 20 and under.
	HEADSPACE	www.headspace.com	Free: Meditation made simple in just 10 minutes a day.