



# Healthy STEPS

Preschool Parents Newsletter



## Compliments of the Assiniboine North Parent Child Coalition

Working with parents, caregivers and service providers to ensure children are healthy and happy. Contact Antoinette @ 764-4232 for information.

### Mental Health & Wellness

"If you want your children to improve, let them overhear the nice things you say about them to others."  
- Haim Ginott

I made myself a snowball  
Just as perfect as could be  
I thought I'd keep it as a pet  
And let it sleep with me  
I gave it some pajamas  
And a pillow for it's head  
Then, last night it ran away  
But first—it wet the bed!



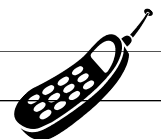
Parenting is rewarding but can be overwhelming. If you are often stressed, it can impact your health and your ability to be the parent you want to be.

To balance stress and keep yourself well:

- \***Take care of yourself** like you do your child with good food, good sleep, and lots of fun activity
- \***Keep connections with friends.** Sharing troubles with people you trust is important and helps us see we are not alone.
- \***Take time off**, even if it is a short break for a bubble bath or walk around the block. Ask someone you trust to help you out for a few minutes so you can look after yourself too, or offer to babysit a friend's child and they can do the same for you.
- \***Set limits** and know what you can take on. Families often feel pressured to have their children be in many activities, but sometimes quality time with family is more important for everyone.
- \***Pick your battles.** There will be days when there are opportunities for many, many battles... ask yourself what is truly important and let the little things slide.
- \***Have an outlet**—read, exercise, sing, dance—something that makes you feel good and is JUST for you.
- \***Ask for help.** If you try all these things and are still feeling overwhelmed, talk to your doctor, health nurse, home visitor, or clergy for help, or call one of the numbers below.

[mayoclinic.com/health/stress-management/MY00435](http://mayoclinic.com/health/stress-management/MY00435)

Make meal time a chance to reconnect after a busy day. Go around the table and ask everyone to share one nice thing that happened that day, or one thing they hope happens tomorrow.



#### Important numbers:

Westman Adult Mobile Crisis Line 1-888-379-7699

Farm & Rural Stress Line 1-866-367-3276

Westman Women's Shelter 1-877-977-0007

Please contact Antoinette if you would like specific programming in your community.

#### **BIRTLE:**

Healthy Baby: First Thursday of the month in Feb. April, June, August, Oct. Dec. From 10-noon @ the CDC Building Contact your public health nurse for more info

#### **CARBERRY**

Healthy Baby: 4th Wednesday of the month from 10-noon @ The Carberry Plains Health Centre. Alexandra @ 476-7842

Story time at the Library:

Thursdays at 10:00 at the Carberry North Cypress library.

Stay tuned more coming soon!

#### **HAMIOTA**

Healthy Baby: 2nd Wednesday of the month @ 10-noon Cornerstone Church Contact public health nurse

#### **KENTON**

Kenton Play Group Every other Friday @ the Kenton Hall @ 10:30 contact Nicole 838-2423

#### **MINNEDOSA**

Healthy Baby : 3rd Tuesday of the month @ St. Mark's Anglican Church from 10-noon Contact Alexandra 476-7842

Together We Can: 2nd & 4th Wed. @ 10-12 Minnedosa United Church, contact Denise @ 849-2263

#### **NEEPAWA**

Healthy Baby: 2nd Tuesday of the month @ Neepawa Public Library from 10-noon

Neepawa & Area Immigrant Settlement Services 4th Tuesday of the month 1:30-3:30 Contact Alexandra 476-7842

#### **OAKBURN**

Information on small, intimate nursery school: contact Cindy 204-234-5341

#### **RIVERS**

Healthy Baby: 3rd Tuesday of month from 10-noon @ Zion Church. Contact Denise @ 204-748-2321 ext 294  
Coming soon Bounce & Wiggle!

#### **RUSSELL**

Healthy Baby: 2nd Thursday of the month from 10-noon @ Russell United Church. Contact public health nurse

Mothers Helping Mothers: Mothers support group 1st and 3rd Tues. Contact Taneal @ 821-668  
Coming Soon Circle of Security

#### **SHOAL LAKE**

Healthy Baby: 1st Thursday in Jan., March, May, July, Sept., Nov. from 10-noon @ United Church Contact your public health nurse for more info

#### **STRATHCLAIR**

WE CAN!: 2nd & 4th Thursday from 10 to noon at the Baptist Church Contact Denise @ 849-2263



"Supported by Healthy Child Manitoba-Putting children and families first"