



# Healthy Steps

Preschool Parents Newsletter



Compliments of  
**PROMISE Years Parent Child Coalition**

Working with parents, caregivers and service providers to ensure children are healthy and happy.  
Contact Stacey @ 204.747-4202 or staceyvanbeselaere@shmb.ca for more information

## February is I Love to Read Month!

Literacy is a beautiful journey that begins at birth. We learn at a very young age to communicate our thoughts, ideas and feelings. We acquire these skills by reading, listening, writing, speaking and viewing!

### Creating a culture of Literacy in your Home

1. **Model a love of reading!** Talk about what you read, novels, newspaper, recipes, bills!
2. **Treasure and honor oral story telling and read aloud time.** Take your time, talk about the pictures, cuddle, laugh together.
3. **Explore your community together and TALK about it!** Vocabulary development is one of the number one indicators of a successful reader.
4. **Cook, bake, build and create together!** Talk, talk, talk!
5. **Make regular visits to your local library!** Storytime, research their interests, take home story sacks and new books to read!
6. **Sing songs and rhymes together!** Remember the itsy bitsy spider, twinkle twinkle little star? Come to the **Step 2 program** near you for more songs, rhymes, stories, socialization, art, etc.! Dates/times/locations to follow.

### Hands Go UP!

Hands go up, and hands go down

I can turn myself around.

I can stand up on one shoe,

I can listen, so can you!

I can sit I'll show you how,

Storytime is starting now!



### 3 Ingredient Banana Pancakes

- 1 medium banana, with a few brown spots
- 1 large egg
- 2 tbsp flour

1/4 tsp **cinnamon** (optional)

<https://babyfoode.com/wp-content/uploads/2020/12/banana-pancakes-baby-7.jpg>

## February 2023 **Programs Near You!**

**New Weekly parent chat Wednesday afternoons by Zoom from 2:30-3:30**

**Zoom ID  
694 2187 7483**

[https://sharedhealthmb.zoom.us/j/69421877483?  
pwd=YS9iZDhjeDhjdWE4TXIRb1E5R0ZEZz09](https://sharedhealthmb.zoom.us/j/69421877483?pwd=YS9iZDhjeDhjdWE4TXIRb1E5R0ZEZz09)

### **Russell**

**Mothers Helping Mothers Support  
for Moms 6:30-8:00**

**Contact Taneal @ 204.821.6686**

### **Russell Step 2**

**Feb. 8th, March 1st, 15th and 29th**

**Contact Amy @ recreation@mrbgov.com or watch  
our Facebook for more details!**

### **Minnedosa**

**Together We Can, Together We Are  
Minnedosa United Church 2nd and 4th Tuesday's  
10-Noon**

**Contact Denise @ 849.2263 or  
email parentinginpurple@gmail.com**

### **New!**

#### **Carberry Step 2**

**Carberry Community Memorial Hall**

**February 2 & 16th from 5:30-7:30**

**Registration not required**

**For more info contact Callie at  
rec@townofcarberry.ca**

#### **Rivers Step 2**

**Riverdale Community Center**

**Feb. 14 & 28th 9:30-11:30**

**contact Christine at Riverdale Recreation  
204.328.7753 for more**

#### **Neepawa Step 2**

**At Arts Forward**

**Friday Jan. 13th & 27th 10-noon**

**Contact Heidi at the town 204.476.614 or just drop  
in/ no registration required**

#### **Birtle Step 2**

**Birtle Library 10:30-Noon**

**February 18th**

**Contact library 204.834.3418 or  
just drop in!**

**Healthy Baby Sessions are talking place in various ways. If you are interested in online please contact Call 204-578-2545 Shauna Facilitators to contact:**

### **Alexandra Lozada-Gobea,**

Healthy Baby Facilitator

Minnedosa, Neepawa, Carberry

[alozadagobea@pmh-mb.ca](mailto:alozadagobea@pmh-mb.ca) (204) 476-7554

Carberry 4th Tues. Evangelical Free Church

Minnedosa 3rd Tuesday United Church

Neepawa Library 2nd Tuesday 10-Noon

Neepawa Immigrant Services 2nd

Tuesday 2-4

### **Stephanie Tourond,**

Healthy Baby Facilitator

Russell, Hamiota, Birtle, Rivers

[STourond@pmh-mb.ca](mailto:STourond@pmh-mb.ca) (204) 748-2321 ext. 294

Birtle 4th Wednesday Community

Development Center

Hamiota 3rd Tuesday Cornerstone

Pentecostal Church

Rivers Zion Church 2nd Wednesday

Russell Untied Church 3rd Wednesday

**Times for Healthy Baby are 10-12 unless listed otherwise**

*Please watch our Facebook page for more information on start dates or contact us!*

*Starting next month we will be mailing out the hard paper copies as well as this e-copy*

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