



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.

Remembering the Real...



....Reasons for the Season

By Regina Cates

Yes, the holidays are a time when we give and receive. And it pays to remember that the most precious gifts are those that cannot be purchased but come from our heart.

This holiday season let's make the conscious decision to make *presence more important than presents*. Let's place greater value on *standing by, rather than what we buy*, those we love. *Let's make our relationships the most important thing*.

Let's refuse to equate consumerism with love. Let's remember that the true motivation behind the holidays is to extend kindness, patience, peace and generosity to friends, family and our fellow human beings. Let's remember those whose need is greater than our own. These are the real reasons for the season.

Christmas Trees

There were 5 little Christmas trees
 Standing all alone.
 They had a sad heart
 'Cause they couldn't find a home.
 Then chop went the ax
 And down went the tree.
 And away it went with a happy family!

Healthy Holiday snacks



Green apples, raisins, cheese, pretzels

For more go to :

<http://www.eatright.org/nutritiontipsheets/>



DECEMBER Community Events

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



BIRTLE:

Healthy Baby: First Thursday of the month in Dec.6 From 10-noon @ the United church 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!

DOUGLAS

Read & Rhyme with Tracy: Dec. 5th from 9-11 Contact Tracy @ 867-2754 ext. 240 or tbwarkrrsd.mb.ca

HAMIOTA

Healthy Baby: 2nd Wednesday of the month @ 10-noon Cornerstone Church Contact public health nurse Parent & tot Yoga with Kayce Midwest Arts Centre Thurs. Dec. 6, 13. Contact Midwest Rec. 764-3050 ext. 106

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

Toddler & Parent Yoga: Nov.7-Dec.5 @ 10-11 at RCC. Contact Rec office to register 328-7753.

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 @ 821-6686

SHOAL LAKE

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

STRATHCLAIR

WE CAN! Thursday Dec. 13 from 10 to noon at the Baptist Church Contact Denise @ 849-2263

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

