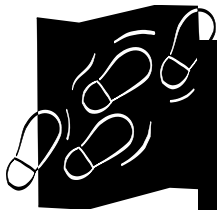
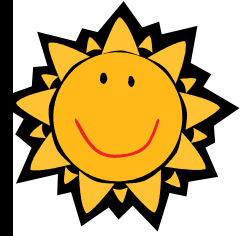


June 2019



# Healthy STEPS

Preschool Parents Newsletter



Compliments of The Parent Child Connection Assiniboine North Parent Child Coalition

Working with parents, caregivers and service providers to ensure children are healthy and happy. Contact Antoinette Gravel-Ouellette at [agravelouellette@pmh-mb.ca](mailto:agravelouellette@pmh-mb.ca) or 204-764-4232 for more information

## 7 Ways to Fill Those Summer Days!!

**Spend a night under the stars**—Grab a blanket and, at night, sit under the dark sky to look at the stars together. A great opportunity to share stories.

**Have a picnic**—Get your child involved by allowing them to help plan/prepare your food and choose the location.

**Ride bikes (or get active with any physical exercise)** - Soccer game, walks to the park, run in the sprinkler, build a fort, etc. Whatever your family likes to do!

**Plant a garden**—Pick seeds for your favorite herbs and vegetables and dig in the dirt with your kids to let them see that they can grow things with their own two little hands.

**Have a game night (or a few!)** - Board games, card games, memory, hide n go seek, etc. any game will do!

**Tackle a project as a family**—Clean out the basement, hold a garage sale, or re-organize the living room - if

there's a project your family has been slacking off on, put all hands on deck.

**Read together** - Outside, inside, anywhere! Head to your local library and pick out some new books together.



## Here Is The Beehive

**Here is the beehive. Where are the bees?  
(hold up fist)**  
**Hidden away where nobody sees.  
(move other hand around fist)**  
**Watch and you'll see them come out of the hive  
(bend head close to fist)**  
**One, two, three, four, five.  
(hold fingers up one at a time)**  
**Bzzzzzzzz... away they fly!!  
(wave fingers)**

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

#### **BIRTLE:**

Healthy Baby: First Thursday of the month in 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.

Rhyme Time: June 4, 11, 18 @ 122 Main St. Basement Call Brianna pre-register 834-6623

Technology and Your Child June 4th 6-7 @ Carberry Clinic Basement Boardroom

#### **HAMIOTA**

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

Sing, Move & Learn 10:30-12, June 7, July 5 in Hamiota and June 21, July 19th in Kenton. Contact Bonnie at Midwest Rec or Nicole 838-2423 to register!

#### **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

Technology and Your Child June 11th 6-7 @ Rivers Hospital Basement Boardroom

#### **RUSSELL**

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

Mothers Helping Mothers: Mothers support group Will start back in October Contact Taneal @ 821-6686

#### **SHOAL LAKE**

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

#### **SIOUX VALLEY:**

Contact Megan @ 855-2205 for various sessions

**Have a great summer!!**

**We do not do a newsletter in July and August**

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