

Healthy Steps

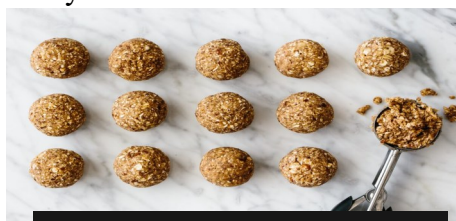
Preschool Parents Newsletter

Compliments of
Assiniboine North Parent Child Coalition

Working with parents, caregivers and service providers to ensure children are healthy and happy.

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

An easy, healthy snack that tastes like your favorite banana bread..



Banana Bread Energy Balls

- 2 cups old fashioned rolled oats
- 1/2 cup mashed banana
- 1/2 cup almonds
- 1/2 cup pecans
- 1/3 cup maple syrup

5 Little Pumpkins

Rhyme

Five little pumpkins sitting on a gate (hold up 5 fingers)
 The first one said, "Oh my, it is getting late!" (hands on cheeks)
 The second one said, "There's a chill in the air!" (arms around self)
 The third one said, "But we don't care!" (swing pointer finger)
 The fourth one said, "We are ready for some fun!" (hands in air)
 The fifth one said, "Let's run and run and run!"
 So whoooooo went the wind, (make a "whoooo" sound)
 And out went the lights (clap hands once loudly)
 And five little pumpkins rolled out of sight! (roll hands)



© 2014 teachingmama.org

happy hooligans



Cotton Ball Ghosties

8 Tips to Better Behavior

1. Invest in one-on-one time with kids daily.

By far, the best thing you can do to improve your children's behavior is spending time with them individually every day, giving them the positive attention and emotional connection they're hard-wired to need.

2. Get serious about sleep.

Think of how you feel when you're overtired—cranky, irritable, your head and stomach hurt. It's the same for kids, and most toddlers (up to teens) get far less sleep than their growing bodies need. A well-rested kid is a well-behaved kid and can function better throughout the day.

3. Routines.

Kids thrive with a routine. Knowing what to expect throughout the day helps them with transitions and gives them a feeling of safety. Setting clearly defined routines for the most challenging times of the day, like mornings, after daycare, mealtimes and bedtimes, can be very helpful for your child.

4. Encourage your kids to be problem solvers.

Encourage your kids to find a resolution to the problem on their own, which will help them solve conflicts as they grow older. If you have to get involved, don't choose sides, but ask questions that will help them figure out a solution that all parties can feel good about.

5. Be the example you want your children to see.

When you yourself remain calm in stressful situations, have a positive attitude, try new things, encourage others, etc. you're teaching your child how to do the same.

6. Make your expectations Clear and Consistent.

When children can rely on rules and expectations to remain the same, they have a much easier time following them, thus helping to limit tantrums and meltdowns.

7. Empathize.

Being a kid isn't easy. As most of us can remember, sometimes it's confusing, frustrating and downright difficult. Listening and empathizing with your child shows them that you understand.

8. Consider their Developmental Age.

As children grow, parenting must evolve. A baby won't understand the same things a toddler does, and a toddler won't understand what an older child does. Think about where your child is in their development before you take action.

October 2022

Russell Mothers Helping Mothers Support
for Moms 6:30-8:00
Contact Taneal @ 204.821.6686

Minnedosa
Together We Can, Together We Are
Contact Denise @ 849.2263 or
email parentinginpurple@gmail.com

Step 2 Programs are Back!

Rivers Step 2 contact Laura at Riverdale
Recreation 204.328.7753 for more

Neepawa Step 2
At Arts Forward from 2-4 on
Wed. Oct. 12 & Sat. 29 th
Wed. Nov. 9th and Sat. 19th
Wed. Dec. 7 & Sat. 17th
Contact Heidi at the town 204.476.614

Hamiota Parent and Tot Yoga
Hamiota Community Center
10:30-11:30
Sept. 17, 24 Oct. 1 & 8th
Contact Kayce to register
204.720.6629

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

**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 (204) 476-7842

Carberry 4th Tues. Evangelical Free Church
Minnedosa 3rd Tuesday United Church
Neepawa Library 2nd Tuesday
Neepawa Immigrant Services 2nd
Tuesday's 2-4

Stephanie Tourond,
Healthy Baby Facilitator
Russell, Hamiota, Birtle, Rivers
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**

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