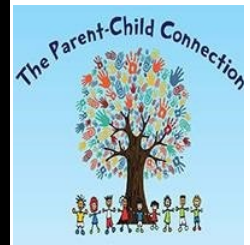


Healthy STEPS

Preschool Parents Newsletter



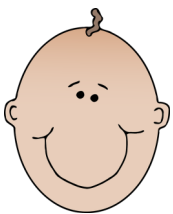
Compliments of Assiniboine North Parent Child Coalition

Working with parents, caregivers and service providers to ensure children are healthy and happy. Contact Antoinette at agravelouellette@pmh-mb.ca or call 1.204.764.4232 for more information

Promoting Children's' Development

How to develop a relationship with your child?

- ⇒ Spending frequent, small amounts of time with your child can be more beneficial than less frequently longer periods of time?
- ⇒ Talk with your child. Talking with your child helps them to learn to speak, teaches conversational and social skills and boosts self esteem
- ⇒ Show affection . Showing plenty of physical affections. Affection to first few years of lime to form secure bonds and increases learning.
- ⇒ Specific praise. Tell them what they did that was positive and what that was. We all like to be praised.



Two Little Eyes

Two little eyes to look around

Two little ears to hear each sound

One little nose to smell what's sweet

One little mouth that likes to eat (gently run your finger around baby's eyes, ears, etc—old kids love this gentle touching song too!)

Separate the child and their behavior

10 Things your baby Wants you to know..

1. Delight in me (just cause)
2. I need to be held. Physical contact is important to me.
3. Gaze into my eyes. Lots of eye contact reassures me and that I am connected to you.
4. Follow my need. (That way I know I can count on you.)
5. You can't spoil me! I am a baby!
6. Stay with me when I am unsettled. (teaches me I am not alone and then I can learn how to settle myself)
7. Talk out load to me. The sound of your voice makes me feel calm.)
8. Perfection is impossible aim for "good enough" in parenting.
9. Be bigger, stronger, wiser and Kind
10. Take good care of yourself. It takes a lot of energy and patience to parent me.

Want a deeper look at these...

<https://attachmentnetwork.ca/10-things-project/>

Now happening!

Coming Soon!

Carberry Virtual Rhyme Time

Contact Rec. department to register and for info 834-6623 or email rec@townofcarberry.ca

Mothers Helping Mothers Support

group for Moms by Zoom 6:30-8:00

1st and 3rd Tuesdays

Contact Taneal @ 204-821-6686

Minnedosa's Together We Can,

Together We Are Online program

Tuesday mornings 10am. Contact

Denise @

849-2263 or email

parentinginpurple@gmail.com

Taking registration for

Nobody's Perfect

Circle of Security

Positive Discipline

Positive Parenting

Healthy Baby Sessions are talking place in various ways. If you are interested please contact

Call 204-578-2545 for the most up to date information about our sessions during Covid 19.

Facilitators to contact:











Healthy Baby Carberry, Minnedosa, Neepawa

Contact Alexandra for log info
204-476-7842

Rivers, Hamiota, Birtle,

Russell

Kristie: 204-748-2321

Icon	App Name	Web Address
	Mindshift	www.anxietybc.com/resources/mindshift-app
	Five Ways To Well-being	Available for download at Google Play or Apple App Store
	SAM - Self-Help Anxiety Management	https://sam-app.org.uk
	Happy Healthy	www.happyhealthyapp.com
	BellyBio Interactive Breathing	https://itunes.apple.com/ca/app/bellybio-interactive-breathing/id353763955?mt=8
	Stop-Breathe-Think	www.stopbreathethink.org
	7 Minute Workout	https://7minuteworkout.jnj.com/
	Daily Yoga	www.dailyyoga.com
	Calm in the Storm	http://calminthestormapp.com
	3 Minute Mindfulness	https://itunes.apple.com/us/app/3-minute-mindfulness-fast/id982502810?mt=8

Watch our Facebook page for the next

Cooking and Rhymes and Stories

If you are looking for specific parenting information or a class please contact us.

We are continuing to do online programming due to Covid and have lots of info to share with you!