



Healthy S T E P S

Preschool Parents Newsletter

Compliments of :

The Parent Child Connect (Assiniboine North Parent Child Coalition)

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

Contact Antoinette 204- 764-4232 for information or submissions by the 15th of the previous month.

A gift from the heart.....

What's the most important thing you can do with your kids?

Eat dinner with them. Anne Fishel



KEEP IT SIMPLE:

"I love to read" month

The 2nd most important thing you can do with your child?

Read a book with them!



Spending time with each other?the greatest gift of all.....

- ◇ No technology on— in the room or at the table
- ◇ This is a time for warmth, listening, caring
- ◇ Share positive experiences-create stronger connections
- ◇ Less stress = better relationships

It's all about being together!

Conversation starters could include:

- What is your favourite color? Food? Activity?
- If you could have any superpower, what would it be? Why?
- What do you want to be when you grow up?
- If we could go anywhere on vacation, where would you like to go?
- Did you help anyone today? Did anyone help you?
- What were the best and worst things that happened today?

<https://www.lapetite.com/parent-resource-center/blog/2017/12/table-talk/>

February 2018



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

BIRTLE:

Healthy Baby: First Tuesday of the month in Feb., April, June, Aug. Oct. Dec. From 10-noon @ the United church Contact your public health nurse for more info
Parent Toddlers Yoga Feb. 8,15,22, March 1,8,15 from 10:30-11:30 Contact Michelle to register 842-3460 or recreation@myprairieview.ca
Food & Fun: Feb.9 @ 11:00-12:30 Contact Chantal to register 764-4231

CARBERRY

Healthy Baby: 4th Wednesday of the month from 10-noon @ The Carberry Plains Health Centre. Alexandra @ 476-7842
Intentional Parenting: Sat. Feb. 10 from 10-4 @ daycare. Lana 834-3690
Story time at the Library: Thursdays at 10:00 at the Carberry North Cypress library.

HAMIOTA

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

KENTON

Kenton Play Group Every other Friday @ the Kenton Hall @ 10:30 contact Nicole 838-2423

MINIOTA

Parent Toddler Yoga Starts Feb. 6,13,20,27, March 6,13 Contact Michelle to register 842-3460 or recreation@myprairieview.ca

MINNEDOSA

Healthy Baby : 3rd Tuesday of the month @ St. Mark's Anglican Church from 10-noon Contact Alexandra 476-7842
United We Can: 2nd & 4th Wednesdays @ 10 -noon Minnedosa United Church, contact Denise @ 849-2263

NEEPAWA

Healthy Baby: 2nd Tuesday of the month @Neepawa Public Library from 10-noon Contact Alexandra 476-7842

NEEPAWA

Neepawa &Area Immigrant Settlement Services 4th Tuesday of the month 1:30-3:30 Contact Alexandra 476-7842
Step Together: 1st and 3rd Wed. of the month 9:30 -11:30 at the United Church Text Val @ 841-4315
Wiggle, Giggle and Munch: Feb. 1-March 1st Thurs. mornings @ Arts Forward Contact Nicole 476-7614

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

RUSSELL

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

Coming Soon Circle of Security

SHOAL LAKE

Healthy Baby: 1st Tuesday of the following months Jan., March, May, July, Sept. ,Nov. from 10-noon @ United Church Contact your public health nurse for more info

Coming soon Shake, Rattle and Roll

SIOUX VALLEY:

Nobody's Perfect Contact Kim McKay @ 855-2536

STRATHCLAIR

WE CAN!: 1st and 3rd Wednesday from 10 to noon at the Baptist Church Contact Denise @ 849-2263

If you would prefer us to send you this via email please email to let us know! agravelouellette@pmh-mb.ca

We have an number of programs starting up so watch our Facebook for updates!

