



Healthy S T E P S

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

Discipline Tips



- **Don't try to reason or argue with your toddler during a tantrum. Out of control toddlers are simply beyond reasoning. Save the learning opportunity for when everyone has calmed down.**

- **Help children learn from situations. If they spill their drink, they can clean it up; if they hurt someone, they can provide comfort and apologize. It is important children know that everyone makes mistakes and that when mistakes are made, they can do something to make the situation better.**
- **Clarity and consistency around rules and expectations will help a child learn and feel secure. Unclear rules and sporadic reinforcement are cause for confusion and insecurity. Be sure rules are age appropriate, and explained in a way they can understand.**
- **Give them your attention. The most powerful tool for effective discipline is attention—to reinforce good behaviors and discourage others.**

Hit the Road: Trail Mix

Mix equal parts pretzels, cheerios, corn flakes, shreds, raisins, etc. for a nutritious snack that you can take along on outings. Children learn to practice their counting and hand eye coordination when they measure, pour and mix.



Rhyme Time!

I Have Two Little Eyes to Look
Around
I Have Two Little Ears to Hear
Each Sound
I Have One Little Nose to Smell
What's Sweet,
And One Little Mouth That Likes
to Eat.

(point to each body part w/ rhyme)

Hamiota Parent and Tot Yoga
March 19– May 7 Saturday
mornings 10:30 to register contact
recreation@hamiota.com

Mothers Helping Mothers Support
group for Moms by Zoom 6:30-
8:00 1st and 3rd Tuesdays Contact
Taneal @ 204-821-6686

Together We Can, Together We
Are Online program Open to all!
Contact Denise @ 849-2263 or
email parentinginpurple@gmail.com

Oakburn Parent/Child Play group
Eager Pioneer Club Wed. 10-11:30
Contact Sadie 821-0454

Taking registration for
Parenting in Recovery Online
course for parents recovering
from substance use.

Healthy Baby Sessions are talking
place in various ways. If you are in-
terested 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



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

Icon	App Name	Web Address	About
	SAM - Self-Help Anxiety Management	https://sam-app.org.uk	Helps you understand and manage anxiety.
	Happy Healthy	www.happyhealthyapp.com	App providing motivation and knowledge to improve lifestyle, exercise, nutrition and sleep.
	BellyBio Interactive Breathing	https://itunes.apple.com/ca/app/bellybio-interactive-breathing/id353763955?mt=8	Triple innovation in deep abdominal breathing, biofeedback and music.
	Stop-Breathe-Think	www.stopbreathethink.org	A simple tool to guide people of all ages and backgrounds through meditations for mindfulness and compassion.
	7 Minute Workout	https://7minuteworkout.inj.com/	A fast, simple, science-based way to work out anywhere app.
	Daily Yoga	www.dailyyoga.com	Provides intuitive and comprehensive yoga training for everyone.
	Calm in the Stom	http://calminthestomapp.com	Coping with the stresses of life.
	3 Minute Mindfulness	https://itunes.apple.com/us/app/3-minute-mindfulness-fast/id982502810?mt=8	Fast and simple meditation and breathing exercises to reduce stress, anxiety and depression.
	Get Enough Helper	https://dairygoodness.ca/getenough/app?gclid=Cla8n8nKvM4CFYKGaQodiSoHwQ	Keep track of what you eat to make sure you get enough of what you need.
	Booster Buddy	http://viha.ca/cyf_mental_health/boosterbuddy	Manage your personal wellness journey and earn achievements as your sidekick guides you through a series of daily quests.
	Stress Hacks	www.stresshacks.ca	Provides information to explain stress and help you to manage it.
	Be Safe	https://mindyoumind.ca/interactives/be-safe	Allows individuals to develop a Safety Plan.
	Kids Help Phone	http://kidshelpphone.ca/teens/home.aspx?gclid=CNCK-oLNvM4CFQIHgAod-gAOHw	Free 24 hour phone and web counselling for ages 20 and under.
	HEADSPACE	www.headspace.com	Free: Meditation made simple in just 10 minutes a day.