

# 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](mailto:agravelouellette@pmh-mb.ca) or call 1.204.764.4232 for more information or to be added to the email list

## Cooking with Kids

Every month we do a cooking with kids with Chantal who gives us some great, easy things to make in real time with your preschoolers.

She also shares some ideas and tips and can answer your nutrition questions as she is a registered dietician.



### Why Cook with your child?

- ⇒ Increases bonding time
- ⇒ They learn simple math skills by measuring and pouring
- ⇒ Increases sensory play
- ⇒ Feel a sense of inclusion
- ⇒ Builds brain capacity and spatial competence



### Jack Be Noodle

*Stand or kneel facing your child holding her/his index finger as you say "Jack be noodle," wriggle your child's finger as if you make it loose and floppy.*

### Jack be stiff

*When you say these words, move your fingers over your child's finger to make it stiff.*

### Jack come over and hug me quick

*Lock your index finger with your child's finger as if to do a finger hug.*



## All winter activities require layers of warm, dry cold-weather clothing.

Dress in three layers:

1. Thin moisture-wicking materials such as polyester should be next to the skin.
2. Next is a middle insulating layer of wool or fleece.
3. An outer water-proof and wind-proof layer made of nylon or Gore-Tex.

An outer layer should be removed just before starting strenuous activity to avoid overheating, which will make your child wet from sweat. Layers should go back on during rest to stay warm. Include a hat, mitts, a tube scarf and waterproof boots.



<https://www.aboutkidshealth.ca/Article?contentid=1954&language=English>

## Now happening!

**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**

**Coming soon**  
**Rivers Nobody's Perfect**  
**Waywayseecappo Positive**  
**Discipline**  
**Oakburn Shake Rattle and Roll**

***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**

**"Supported by Child and Youth Services, Department of Families"**

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

**Next Cooking and Rhymes and Story Online is**  
**November 23rd 11:00am**

**Contact us for login information**

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