

# Healthy STEPS Preschool Parents Newsletter



## Compliments of The Parent Child Connection 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.

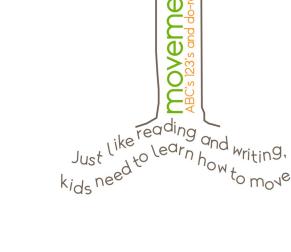
### Movement is key, to success!



Two little hands go clap, clap, clap Two little feet go tap, tap, tap,

A growing body of evidence indicates that physical activity in childhood is essential for a healthy brain and leads to improved:

thinking and learning, emotional regulation and selfcontrol, problem-solving ability, memory,
brain plasticity – the growth of new brain tissue, stress
management, ability to cope with anxiety and
depressive symptoms, self-esteem and self-worth,
attention and focus.



positive choices

happiness participate successful





#### October 2018



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

#### BIRTLE:

Healthy Baby: First Thursday of the month in Oct. Dec. From 10-noon @ the United church Contact your public health nurse for more info

Parent & Tot Yoga: Starts Oct. 1 Monday mornings 11-12, contact Valley Recreation 204-842-3460 recreation@myprairieview.ca to register

#### **CARBERRY**

Healthy Baby: 4th Wednesday of the month from 10-noon @ The Carberry Plains Health Centre. Alexandra @ 476-7842

Story time at the Library:

Thursdays at 10:00 at the Carberry North Cypress library.

#### HAMIOTA

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

#### **KENTON**

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

#### 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

Thursdays@ 10 -noon Minnedosa United Church, contact Denise @ 849-2263



#### **NEEPAWA**

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

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

Shake, Rattle and Roll: Starts Oct. 12th, Contact Neepawa Settlement Services for information

Dad's Nobody's Perfect starts Oct. 1st

Contact Neepawa Settlement Services to register

#### OAKBURN

Information on small, intimate nursery school: contact Cindy 204-234-5341

#### **RIVERS**

<u>Healthy Baby</u>: 3rd Tuesday of month from 10-noon @ Zion Church. Contact Denise @ 204-748-2321 ext 294

Coming in October Rock n Read check out Facebook page for details!

More programing coming soon!!

#### RUSSELL

Healthy Baby: 2nd Thursday of the month from 10-noon @ Russell United Church. Contact public health nurse Mothers Helping Mothers: Mothers support group Starting back Oct. 2nd 1st and 3rd Tues. Contact Taneal @ 821-6686

<u>Circle of Security:</u> Starting Oct. 23 every second week. Contac Laureen Fingas to register at 773-7563

#### SHOAL LAKE

Healthy Baby: 1st Thursday in Sept. & Nov. from 10-noon @ United Church Contact your public health nurse for more info

#### STRATHCLAIR

WE CAN!: 1st and 3rd Thursday (Mostly) from 10 to noon Oct. 4,18, Nov. 1,15,29 Dec. 13 at the Baptist Church Contact Denise @ 849-2263

Physical Literacy Training in Shoal Lake Nov. 14th contact me if interested

If you would prefer us to send you this via email please email to let us know! agravelouellette@pmh-mb.ca 204-764-4232

"Supported by Healthy Child Manitoba-Putting children and families first"