

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



Children's Bill of Rights

Did you know there is a children's bill of rights?

National Child Day is celebrated in Canada on November 20 in recognition of the UN Declaration on the Rights of the Child and the UN Convention on the Rights of the Child.

I love my family

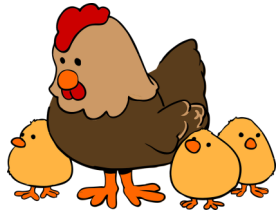
Some families are large
(hold your hands open wide apart)

Some families are small
(Two hands held close together)

But I love my family
(Hug yourself tight)

Best of all!

(Raise your arms in the air cheering!)



An easy, healthy snack that tastes like your favorite banana bread..

Banana Bread Energy Balls

2 cups old fashioned rolled oats

1/2 cup mashed banana

1/2 cup almonds

1/2 cup pecans

1/3 cup maple syrup



Declaration of Children's Bill of Rights (in plain language, Canada Ratified Dec. 13 1991)

All children have the right to what follows, no matter what their race, colour sex, language, religion, political or other opinion, or where they were born or who they were born to.

You have the special right to grow up and to develop physically and spiritually in a healthy and normal way, free and with dignity.

You have a right to a name and to be a member of a country.

You have a right to special care and protection and to good food, housing and medical services.

You have the right to special care if handicapped in any way.

You have the right to love and understanding, preferably from parents and family, but from the government where these cannot help.

You have the right to go to school for free, to play, and to have an equal chance to develop yourself and to learn to be responsible and useful.

Your parents have special responsibilities for your education and guidance

You have the right always to be among the first to get help.

You have the right to be protected against cruel acts or exploitation, e.g. you shall not be obliged to do work which hinders your development both physically and mentally.

You should not work before a minimum age and never when that would hinder your health, and your moral and physical development.

You should be taught peace, understanding, tolerance and friendship among all people.

November 2022

Russell Mothers Helping Mothers Support
for Moms 6:30-8:00
Contact Taneal @ 204.821.6686

Minnedosa
Together We Can, Together We Are
Contact Denise @ 849.2263 or
email parentinginpurple@gmail.com

Step 2 Programs are Back!

Rivers Step 2 contact Laura at Riverdale
Recreation 204.328.7753 for more

Neepawa Step 2
At Arts Forward from 2-4 on
Wed. Nov. 9th and Sat. 19th
Wed. Dec. 7 & Sat. 17th
Wednesdays are 10-12
Saturdays are 2:00-4:00
Contact Heidi at the town 204.476.614

Birtle Step 2
Birtle Library 10:30-Noon
November 19th and December 17th
Contact library 204.834.3418 or
just drop in!

***Please watch our Facebook page for
more information on start dates or
contact us!***

**Healthy Baby Sessions are talking place in
various ways. If you are interested in online
please contact Call 204-578-2545 Shauna
Facilitators to contact:**

Alexandra Lozada-Gobeia,
Healthy Baby Facilitator
Minnedosa, Neepawa, Carberry
alozadagobeia@pmh-mb.ca (204) 476-7842

Carberry 4th Tues. Evangelical Free Church
Minnedosa 3rd Tuesday United Church
Neepawa Library 2nd Tuesday
Neepawa Immigrant Services 2nd
Tuesday's 2-4

Stephanie Tourond,
Healthy Baby Facilitator
Russell, Hamiota, Birtle, Rivers
STourond@pmh-mb.ca (204) 748-2321 ext.
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Birtle 4th Wednesday Community
Development Center
Hamiota 3rd Tuesday Cornerstone
Pentecostal Church
Rivers Zion Church 2nd Wednesday
Russell Untied Church 3rd Wednesday

**Times for Healthy Baby are 10-12 unless
listed otherwise**

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