



# 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 Gravel-Ouellette at [agravelouellette@pmh-mb.ca](mailto:agravelouellette@pmh-mb.ca) or 204-764-4232 for more information

Gravel-Ouellette at



### Connecting...

**5 Little peas  
5 little pea's in a pea pod  
press  
One grew, tow grew and so  
did all the rest  
They grew and they grew  
and they would not stop  
They grew so big that the pea  
pods popped!**

The best way to teach nutrition is to cook with your kids.

Here's a guideline of kitchen skills based on age:

- 2-3 year olds can wash vegetables and fruit or tear lettuce and salad greens
- 3-4 year olds can mash potatoes and bananas or mix together batters
- \* 4-6 year olds can measure dry and liquid ingredients or set the table

Nutrition month sheet. I find the recipes a little expensive. <https://www.dietitians.ca/Downloads/Public/07---Nutrition-Month-2019/English->



**KIDS** would rather connect with you than a screen...  
Children learn how to deal with their emotions by connecting with you

Sing  
Activities  
Games  
Read

Limit screen time

Cook with your kids! They love measuring and pouring!

more go to [zonein.ca](http://zonein.ca)

PasterMyWall.com



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

#### **BIRTLE:**

Healthy Baby: First Thursday of the month in Feb. April, June, August, Oct. Dec. From 10-noon @ the CDC Building Contact your public health nurse for more info

#### **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.

Step Together Starts in April 11th Contact Brianna at 834-6623

#### **HAMIOTA**

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

Coming in April Getting Ready for Kindergarten April 4, 11 & 18 Contact Elementary School to register

#### **KENTON**

Kenton Play Group 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

Together We Can: 2nd & 4th Wed. @ 10-12 Minnedosa United Church contact Denise @ 849-2263

#### **NEEPAWA**

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

EAL Rhyme Time: starts Mon. Feb. 25th for 6 weeks Contact: Settlement Services @ 476-2055

#### **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

Rhyme Time: Thursdays 5:30-6:30 Redfern Hall Riverdale Community Center Contact Kelsey 724-5299

#### **RUSSELL**

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

Mothers Helping Mothers: Mothers support group 1st and 3rd Tues. Contact Taneal @ 821-668

Circle of Security: Starts Feb. 27th Contact PHN Lauren to register at 773-7563

SHOAL LAKE Healthy Baby: 1st Thursday in Jan., March, May, July, Sept., Nov. from 10-noon @ United Church Contact your public health nurse for more info

SIOUX VALLEY: Nobody's Perfect Starts Feb. 26 Contact Megan @ 855-2205

#### **STRATHCLAIR**

WE CAN!: 2nd & 4th Thursday from 10 to noon at the Baptist Church Contact Denise @ 849-2263

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