



Healthy STEPS

Preschool Parents Newsletter



Compliments of ANPCC Parent Child Coalition

Working with parents, caregivers and service providers to ensure children are healthy and happy.

Contact Antoinette @ Antoinette@pmh-mb.caor 204-573-0188 for more information.

Dance Like Snowflakes

(sung to the tune of Frere Jacques)

Dance like snowflakes,
Dance like snowflakes.
In the air, In the air.
Whirling, twirling snow-
flakes,
Whirling, twirling snow-
flakes.

Everywhere,
Everywhere.



"Your children need your presence more than your presents."

-Jesse Jackson. Dec 15, 2017



Reindeer Celery Snacks

Ingredients

Celery, fresh cranberries, twist pretzels, peanut butter/Nutella, & candy eyes (optional)

Navigating the Holiday Season with Children

The holiday season will soon be upon us and many families find themselves preparing for multiple family gatherings, hosting parties or traveling to see friends. This may all begin to feel overwhelming, not only for us, but for our children as well. For many families, those picture perfect images of warm, loving, happy holiday gatherings are often all too quickly replaced with handling some of our children's most challenging behaviors. Parents may find themselves feeling frustrated as their children seem to fall apart right when they most wish them to hold it together.

How to Make the Best of it!

All children are born into this world with their own way of responding to what is going on around them. One of the best ways you can support your child is to take time to recognize and appreciate your child's unique approach to the world. The holidays flow much more smoothly when you take into account what your child needs in order to feel comfortable and successful in any given situation. For example:

- Children who have difficulty coping with changes in routines may need your help to inform them of changes ahead of time, allowing them some extra time to adjust. ***It is helpful to keep your routine as close to normal as possible during the holiday season.***
- Children who are sensitive to lots of stimuli, like crowded malls and noisy parties, may need ***access to quiet places where they can unwind and calm down.***
- Children who are shy around relatives they have not seen in a while may need to ***slowly ease into family gatherings and may need your reassurance before they feel comfortable.***
 - Children with high activity levels may need to be given ***acceptable outlets for their energy. When the kids are climbing the walls, remove the walls! Outside is a great option.***

Being Mindful of Expectations

Think about the expectations you have for your family regarding the holidays and your children's behavior. Are they appropriate? Are they set too high? As the holidays unfold and as you begin to make plans, it helps to think about what your children will need and what you will need in order to feel satisfied and successful. Share with your children your expectations and listen to their feelings and concerns. Then try to relax and enjoy!

December Programs 2024

Birtle

Healthy Baby
NO HEALTHY BABY IN PERSON
SESSIONS



Carberry

Step 2 Stay Tuned!!

Healthy Baby
Alexandra Lozada-Gobe,
Carberry Healthy Baby Facilitator
Carberry Health Center Boardroom
4th Tuesday 10-12
alozadagobe@pmh-mb.ca
(204) 476-7554

Erickson

Healthy Baby
Alexandra Lozada-Gobe,
Lutheran Church
3rd Monday 10:00—12:00
alozadagobe@pmh-mb.ca
(204) 476-7554

Hamiota

NO HEALTHY BABY IN PERSON
SESSIONS

Minnedosa

Together We Can, Together We Are

Minnedosa United Church
2nd and 4th Wednesday 10-Noon
Contact Denise @ 849.2263 or
email parentinginpurple@gmail.com

Healthy Baby
Alexandra Lozada-Gobe,
Minnedosa Healthy Baby Facilitator
Minnedosa United Church
3rd Tuesday 10-12
alozadagobe@pmh-mb.ca (204) 476-7554

Have safe and happy holidays



Neepawa

Healthy Baby
Alexandra Lozada-Gobe,
Neepawa Healthy Baby Facilitator
Neepawa Library
2nd Tuesday 10-12
alozadagobe@pmh-mb.ca
(204) 476-7554

Healthy Baby
Alexandra Lozada-Gobe,
Neepawa Healthy Baby Facilitator
Neepawa Settlement Services
2nd Tuesday 1:30—3:30
alozadagobe@pmh-mb.ca
(204) 476-7554

Rivers

Step 2
Rivers United Church
Dec. 13
Drop in Group 9:00— 11:00
Contact Jennifer triple_e12@yahoo.com

Healthy Baby

Alexandra Lozada-Gobe
Thursday December 12th 11:00-1:00
Zion Church 580 Main Street
Contact Alexandra
alozadagobe@pmh-mb.ca
(204) 476-7554

Russell

Coming in February Stay & Play

Healthy Baby
Alexandra Lozada-Gobe
3rd Thursdays at 11am - 1:00
Multiplex Bunge Room
Contact Alexandra for updated date
alozadagobe@pmh-mb.ca
(204) 476-7554

If you are interested in online Healthy Baby that happens the
4th Monday of each month
please contact Call 204-578-2545 Shauna

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