

Healthy STEPS

Preschool Parents Newsletter

Compliments of :

The Parent Child Connect (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

As a clinician working with children with autism for over 10 years, I know firsthand the power of an early intervention. The brain is rewirable, however, the earlier we start working on brain retraining, the greater the outcomes. Today, 1 in 68 children is diagnosed with autism. Watch for the early signs.

Victoria Prooday
www.YourOT.com



It's mud puddle time of year-yippeee! Let the kiddos explore, imagine, invent, create and most importantly go **OUTSIDE!** Will you be doing lots of laundry? **Yep.** Will you be cursing muddy boots? **Of course.** Will there be tears of frustration? **You'll get over it.** Will your child have fun?

Absolutely.

The signs of Autism..

- Inappropriate playing with toys
- Inability to relate to others
- Hyperactivity or Passiveness
- Inappropriate laughing or crying
- Oversensitive or undersensitive to sound
- Strange attachment to objects
- Poor speech or lack of speech
- Difficulty dealing with changes to routine
- Lack of awareness of danger

halcyon
Registered Charity No: 1141655
Providing accredited training to people dealing with challenging behaviour
www.halcyon-foundation.org.uk
Tel: 02920 553919

Autism Puzzles
Registered Charity No: 1148010
Support when you need it the most.
www.autispuzzles.co.uk
Tel: 07971 045128

April 2018



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

BIRTLE:

Healthy Baby: First Thursday of the month in Feb., April, June, Aug. Oct. Dec. From 10-noon @ the United church
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.

Shake, Rattle & Roll: April 4, 11, 18, 25 from 9-10 am @ Carberry Community Memorial Hall. Drop In welcome. Contact Carberry Daycare for info. 834-3690

HAMIOTA

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

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

United We Can: 2nd & 4th Wednesdays @ 10 -noon Minnedosa United Church, contact Denise @ 849-2263

NEEPAWA

Healthy Baby: 2nd Tuesday of the month @ Neepawa Public Library from 10-noon
Contact Alexandra 476-7842

NEEPAWA

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

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

RUSSELL

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

SHOAL LAKE

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

SIOUX VALLEY:

Nobody's Perfect April 5, 12 Contact Kim McKay @ 855-2536

STRATHCLAIR

WE CAN! 1st and 3rd Wednesday from 10 to noon at the Baptist Church Contact Denise @ 849-2263

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

We have an number of programs starting up so watch our Facebook for updates!

If you would like a certain program in your community please contact me so we can see how we can make it happen!

