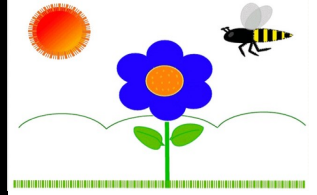


# Healthy Steps

## 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](mailto:agravelouellette@pmh-mb.ca) for more information

## Transition Strategies for Kids

Our lives are filled with transitions. From transitions as big as increasing your family from one child to two, to as simple as transitioning from getting dressed to brushing our teeth. We adults have been practicing transitions our entire lives, so we've developed skills to become successful at them. However, our children are new to this busy world of ever changing activities. For many children, this constant switching of gears can trigger strong emotions and behaviors like whining, meltdowns or tantrums.

Kids resist change for different reasons. Some crave order, routine, and control. Others fear the unknown. Then there are others that simply don't want to stop doing what feels rewarding to them to do something else. When we recognize the root of the behavior, we become empowered to help our kids work through transitions successfully. It's also important to help our kids name their emotions and recognize *why* they are feeling and reacting a certain way, so with time, patience and practice they can learn to self-manage.

If transitions are hard for your child, having supports and strategies in place can help them to succeed. Any of the following may help!

- **Make sure your child knows and understands what is coming next and give them something to look forward to if possible!** You can give frequent change warnings prior to changing activities. And something to look forward to may look like, "After we clean up you can choose the book we read".
- **Practice the Art of Distraction.** Have a bottle of bubbles in your purse to pull out? "Can you stomp bubbles all the way to the car?" or a special song they like to sing to get from point A to point B? Activities like "Can you hop all the way to the sink to brush your teeth?"
- **Have a Consistent Way of Signaling that an activity is Over.** Try singing or playing a consistent song that let's kids know that a transition is coming—like a "Clean up" song, or their very own bedtime song.
- **Don't Rush It.** If you know your child is going to struggle with an upcoming transition, give him/her (and yourself) LOTS of extra time to make the switch from one activity to another.
- **Practice Makes Perfect.** Social stories are great for easing anxiety over a new or difficult transition. They allow kids to mentally practice (talk/think through) the transition in a calm, non threatening way. This can mean sharing stories of your own, or talking about something that is coming up or happened earlier that day, or reading/talking abouts books that portray similar situations.



### The Clean up Song

Clean up, clean up,  
Everybody everywhere  
Clean up, clean up,  
Everybody do your  
share.



~ **Having your child assist with the preparation or setting up of meal or snack time can be a fun way to transition to this part of the day! ~**

## June 2023 **Programs Near You!**

### Oakburn

Wiggle, Giggle and Munch  
May 10th to July 12th  
Wednesday mornings 10am to Noon  
Eager Pioneer Club  
For more info contact Sadie 204-821-0454

### Minnedosa

*Together We Can, Together We Are*  
Minnedosa United Church  
Wednesday June 7th and 21st 10-Noon  
Contact Denise @ 849.2263 or  
email [parentinginpurple@gmail.com](mailto:parentinginpurple@gmail.com)

### Rivers Step 2

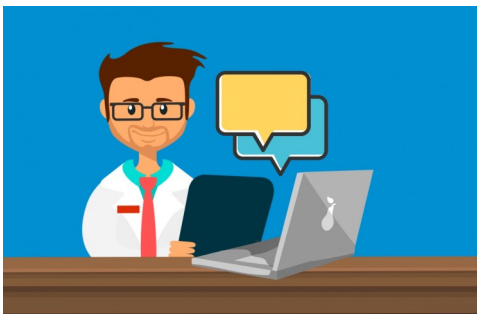
Riverdale Community Center  
June 9th & 23rd 9:30-11:30  
contact Christine at Riverdale Recreation  
204.328.7753 for more/ drop in welcome!

### Toddler and Me Yoga!

Riverdale Community Center  
June 2nd & 16th  
Contact Christine at Riverdale Recreation for more  
info or to register 204.328.7753 Drop In welcome!

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

## Parenting in Recovery

Are you in recovery from  
substances and looking for a  
parenting group that incorporates  
where you are at join us

Taking registrations for the fall

Email to register or for more information

[agravelouellette@pmh-mb.ca](mailto:agravelouellette@pmh-mb.ca)

**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-Gobea,**  
Healthy Baby Facilitator  
Minnedosa, Neepawa, Carberry  
[alozadagobea@pmh-mb.ca](mailto:alozadagobea@pmh-mb.ca) (204) 476-7554

Carberry 4th Tues. Evangelical Free Church  
Minnedosa 3rd Tuesday United Church  
Neepawa Library 2nd Tuesday 10-Noon  
Neepawa Immigrant Services 2nd  
Tuesday 2-4

**Stephanie Tourond,**  
Healthy Baby Facilitator  
Russell, Hamiota, Birtle, Rivers  
[STourond@pmh-mb.ca](mailto:STourond@pmh-mb.ca) (204) 748-2321 ext. 294

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**

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