

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 204.764-4232 for information or submissions by the 15th of the previous month.



Be Kind



“Be kind, for everyone you meet is fighting a hard battle.” ~Plato

<https://www.6seconds.org/2013/02/27/kindness-and-loving-75-ways/>

You can show kindness anytime, every day...with your children.....

- Invite them to play
- Hold their hand
- Smile
- Gently wash and dress their cut/wound
- Tell them about the best part of the day you just spent with them
- Listen for the feelings behind their words
- Put chocolate chips in their pancakes
- Give a hug
- Listen to them carefully and without interrupting
- Say "I'm sorry."
- Be polite
- Say 'Please' and 'Thank you.'

We don't always feel like being kind, however, we do want someone to be kind to us. Kindness is the number one thing we will be remembered for. When we are kind we are leading by example...after all....your children are watching!

- Pick up some trash.
- Return a misplaced or lost item.
- Hold a door open for someone.
- Let people through in traffic.
- Hold up your hand in thanks when other drivers let you through.
- Go visit your parents. Tell them how much you appreciate them (or one thing about them you do appreciate



June 2018

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



OAKBURN

Information on small, intimate nursery school: contact Cindy 204-234-5341

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.

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

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

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

Mothers Helping Mothers: Mothers support group June 5. Contact Taneal @ 821-6686

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:

Rock n Read July 24th start Contact Rhonda @ Head Start @ 855-2358

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
204-764-4232

We do not have a newsletter in July and August

Have a great summer!

"Supported by Healthy Child Manitoba- Putting children and families first"

