



September 2024

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 @ agravelouellette@pmh-mb.ca or 204.573.0188 for more information

Play is important

“Dickory Dean”
Sit on the edge of a chair or couch and hold baby on your lap. Bounce baby up and down as you chant,

“What’s the matter with Dickory Dean?”
Then lift baby up high and say,
“He jumped right into the washing machine!”

Bring baby back down to your lap and swish them side to side while saying, “Chug, chug, chug, chug” two times.

Then, bounce baby and chant, “Nothing’s the matter with Dickory Dean.”

Now, slowly say, “He dove in dirty...” and drop baby down between your knees.

Finally, exclaim, “And he jumped out clean!” and lift baby up high again.

Babies will learn to remember the game and anticipate the thrill of the movements!

Why is play important for babies?

It helps develop sturdy brain architecture, the foundations of lifelong health, and the building blocks of resilience.

Playful interactions with adults also help babies build executive function skills. Imitation, hiding, and conversation games, like the ones below, teach them to focus attention, use working memory, and practice basic self-control.

When you play with a baby, follow their lead!

Play games they show an interest in and, whenever possible, let them determine how long to play and when to move on to something else.



Baby See, Baby Do!

Make simple gestures in front of a baby—wave your hand, stick out your tongue, or blow a kiss. Babies love to copy adults by watching them, remembering what they do, waiting their turn, and then trying to imitate. Later, if the baby makes the gesture first, copy them back!



<https://www.kids-cooking-activities.com/preschool-snack->

September Programs 2024

Birtle

Healthy Baby
NO HEALTHY BABY IN PERSON
SESSIONS

Carberry

Step 2 Stay Tuned!!

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

Erickson

Healthy Baby
Alexandra Lozada-Gobeia,
Lutheran Church
3rd Monday 1:00—3:00
alozadagobeia@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-Gobeia,
Minnedosa Healthy Baby Facilitator
Minnedosa United Church
3rd Tuesday 10-12
alozadagobeia@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

Neepawa

Cooking with Kids! Coming in October

October 15th and 29th 9:30-11:30
Email agravelouellette@pmh-mb.ca
To register

Intergenerational Rhyme Time

Kinsmen Kourts
307 Davidson St 10:00am
Sept. 9, 16, 23, 30, Oct. 7, 21, 28

Healthy Baby

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

Healthy Baby

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

Rivers

Cooking with Kids!

Sept. 13th 1:00-3:00
Sept. 27th 11:00—1:00
Email agravelouellette@pmh-mb.ca
To register

Step 2

Rivers United Church
Sept. 6, 20, Oct. 4, 18th
Drop in Group 9:00— 11:00
Contact Jennifer triple_e12@yahoo.com

Healthy Baby

1st Wednesday 1:00— 3:00
Zion Church 580 Main Street
swoodmass@pmh-mb.ca
204-578-2545

Russell

Healthy Baby

June Alexandra Lozada-Gobeia
Russel Healthy Baby Facilitator
Multiplex Bunge Room
3rd Wednesday 1:00 to 3:00
alozadagobeia@pmh-mb.ca
(204) 476-7554