



# Healthy STEPS

Preschool Parents Newsletter



Compliments of The Parent Connection Assiniboine North Parent Child Coalition

Working with parents, caregivers and service providers to ensure children are healthy and happy. Contact Antoinette Gravel-Ouellette at [agravelouellette@pmh-mb.ca](mailto:agravelouellette@pmh-mb.ca) or 204-764-4232 for more information

## 1 Little, 2 Little, 3 Little Kisses

1 Little, 2 little,  
3 little kisses,  
4 little, 5 little,  
6 little kisses,  
7 little, 8 little,  
9 little kisses

10 little kisses I love you  
(bounce child lightly on your lap. Instead of saying “kisses” kiss child’s hands, feet etc.)



## Yogurt Parfait



Healthy Snack Ideas  
<http://www.superhealthykids.com/recipe-category/snacks>

## Connection

Attachment is the connection with you and your child

1 Infants need to feel safe and get this through their senses of seeing, feeling, touch, and hearing you.

2 year olds SAMENESS start to “be like” parents. They imitate and try to be like the parent so sameness.

3 year olds Belonging and Loyalty express the need to possess. Says things like “MY Mommy” Starting to form boundaries.

4 year olds Significance Looking to be valued or have status. Important for parents to teach/tell/show child they are important Likes to hear stories about when they are born.

5 year olds Love Child gives their heart to their parents and parents job to protect it. Hearts show up on art projects

6 year olds Being Known Wants to share all of their secrets with parents and wants parents to know about them. Children tell the truth if we like it or not!

We tend to ask what’s appropriate and inappropriate instead of how is my child feeling?

Children need to feel safe with us to be able to express their feelings. Tears are a way to release emotions.

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

### **BIRTLE:**

Healthy Baby: First Thursday of the month in April, June, August, Oct. Dec. From 10-noon @ the CDC Building 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.

Step Together Tues. April 16, 23, 30, May 7, 14, 21 from 10:00- Noon @ 122 Main St. Basement Call Brianna pre-register 834-6623

### **HAMIOTA**

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

Sing, Move & Learn 10:30-12, May 3, June 7, July 5 in Hamiota and May 17, June 21, July 19th in Kenton. Contact Bonnie at Midwest Rec or Nicole 838-2423 to register!

### **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

Together We Can: 2nd & 4th Wed. @ 10-12 Minnedosa United Church contact Denise @ 849-2263

### **MINIOTA**

Parent & Tot Yoga April 1, 8, 15, 22, May 6 @ Miniota Hall Contact Robin at Valley Rec to register 842-3460

### **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

### **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  
Mothers Helping Mothers: Mothers support group 1st and 3rd Tues. Contact Taneal @ 821-6686

### **SHOAL LAKE**

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

### **SIOUX VALLEY:**

Contact Megan @ 855-2205 for various sessions

### **STRATHCLAIR**

First Aide Training: April 10, 17, 24, May 1st 3:30-5:30 ( Child minding provided) Contact Denise @ 849-2263

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