

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

## Keeping your Child Healthy Tips



A Little Snowman

A white little snowman  
Had a carrot nose  
Along came a bunny,  
And what do you suppose?  
That hungry little bunny  
Looking for his lunch,  
Ate the snowman's carrot  
nose,  
Nibble, nibble, CRUNCH!



### Warm snacks for cold days!

Cheesy melt or toasted sandwiches

Muffin pizzas

Mini pasta cups or fried rice

Baked potatoes with baked beans

Soups

Muffins or scones

Fruit toast

<https://www.growinghealthykids.com.au/>

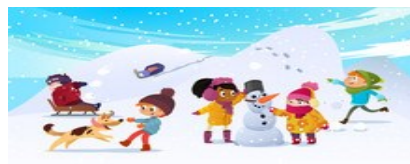
[growing-healthy-kids/healthy-food-and-drinks-](https://www.growinghealthykids.com.au/growing-healthy-kids/healthy-food-and-drinks-kids/winter-snacks-kids)

[kids/winter-snacks-kids](https://www.growinghealthykids.com.au/growing-healthy-kids/healthy-food-and-drinks-kids/winter-snacks-kids)

- **Active play, every day.** To grow and be healthy, your child needs to run, play, and be active. When your child gets enough exercise he is healthier and happier. Play with your child and show him that you have fun being active too.
- **Limit screen time.** Children are not active when they are watching TV or playing on a computer. These screen-based activities are not recommended for children under 2 years of age. After that, continue to limit the time your child spends in front of a screen.
- **Help your child get enough sleep.** Most children need about 10 to 14 hours of sleep each day. The younger your child, the more sleep she needs. Without the right amount of sleep, a child's body cannot grow properly. Make a regular bedtime part of your daily routine. A quiet time during the day is a good idea even if your child does not sleep.
- **Keeping clean and keeping well.** Keeping clean is an important part of staying healthy. Teach your child to wash his hands often. Explain that he will stay clean and safe from germs. Even when your child is a baby, he only needs a bath 2 or 3 times a week. Keep his face, hands and bottom clean every day.
- **Clean your child's mouth.** Take care of your baby's gums even before the teeth come in. Later, help your child to brush her teeth in the morning and before bed.

**Get regular check-ups.** Take your child to a health care provider and to the dentist for regular check-ups. Make sure your child is immunized.

<https://www.canada.ca/en/public-health/services/publications/healthy-living/keeping-your-child-healthy-nobodys-perfect.html>



## January Programs 2025

### Birtle

**Mom & Tot**  
Wednesday's 9:30-11:00  
United Church in Birtle

### Miniota

**Mom & Tot**  
Wednesday's 9:30-11:00  
Community Hall in Miniota

**Healthy Baby**  
**NO HEALTHY BABY IN PERSON**  
**SESSIONS**

### Carberry

**Healthy Baby**  
Alexandra Lozada-Gobeia,  
Carberry Healthy Baby Facilitator  
Carberry Health Center Boardroom  
4th Tuesday 10-12  
[alozadagobeia@pmh-mb.ca](mailto: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](mailto: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](mailto:parentinginpurple@gmail.com)

**Healthy Baby**  
Alexandra Lozada-Gobeia,  
Minnedosa Healthy Baby Facilitator  
Minnedosa United Church  
3rd Tuesday 10-12  
[alozadagobeia@pmh-mb.ca](mailto:alozadagobeia@pmh-mb.ca) (204) 476-7554

### Neepawa

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

### Rivers

**Step 2**  
**Rivers United Church**  
January 10th & 24th  
Drop in Group 9:00— 11:00  
Contact Jennifer [triple\\_e12@yahoo.com](mailto:triple_e12@yahoo.com)

### Healthy Baby

Alexandra Lozada-Gobeia  
Thursday November 14th 11:00-1:00  
Zion Church 580 Main Street  
Contact Alexandra  
[alozadagobeia@pmh-mb.ca](mailto:alozadagobeia@pmh-mb.ca)  
(204) 476-7554

### Russell

**Healthy Baby**  
Alexandra Lozada-Gobeia  
3rd Thursdays at 11am  
Multiplex Bunge Room  
Contact Alexandra for updated date  
[alozadagobeia@pmh-mb.ca](mailto:alozadagobeia@pmh-mb.ca)  
(204) 476-7554

Online Presentation Project RESET  
Screen Time  
January 16th 1:00  
Contact Antoinette to register

***If you are interested in online Healthy Baby that happens the 4th Monday of each month please contact Call 204-578-2545 Shauna***

**Stay and Play coming in February! Stay Tuned for dates!**

**Looking for what is happening in your area? Check out our Facebook page for updates!**

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