December 2022



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 or agravelouellette@pmh-mb.ca for more information

Nurturing Self Esteem

Why is Self Esteem Important?

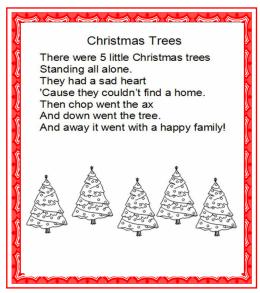
Your child's self-esteem affects how well they do day-to-day. It affects their relationship with you and with others, and has an impact on how they do at school and in social situations.

Positive self-esteem helps children:

- have the courage to be their own person, believe in their own values,
- make good decisions under pressure,
- interact with others,
- handle stress and life's challenges.

What can I do to help nurture my child's self esteem?

- The most important thing is to **show your child lots of love and acceptance**. Spend time with them and give them lots of hugs and affection.
- Focus on your child by playing with them and listening when they talk. Show interest in your child's activities, projects, or problems.
- Help your child learn from their mistakes. Talk about what can be done differently next time, and how they can control their own behavior.
- Offer choices and the chance to problem-solve, appropriate to your child's age and developmental stage, so that your child learns that they have control over their life.



Pine Cone Christmas Tree





December 2022- Programs Near You!



<u>Russell</u>
<u>Mothers Helping Mothers Support</u>
for Moms 6:30-8:00
Contact Taneal @ 204.821.6686

Minnedosa Together We Can, Together We Are Contact Denise @ 849.2263 or email parentinginpurple@gmail.com

Step 2 Programs are Back!

Rivers Step 2
Riverdale Community Center
Dec. 13 & 27 9:30-11:30
contact Christine at Riverdale Recreation
204.328.7753 for more

Neepawa Step 2
At Arts Forward from 2-4 on
Wed. Dec. 7 & Sat. 17th
Wednesdays are 10-12
Saturdays are 2:00-4:00
Contact Heidi at the town 204.476.614

<u>Birtle Step 2</u> Birtle Library 10:30-Noon December 17th Contact library 204.834.3418 or just drop in!

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

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 (204) 476-7842

<u>Carberry</u> 4th Tues. Evangelical Free Church <u>Minnedosa</u> 3rd Tuesday United Church <u>Neepawa Library</u> 2nd Tuesday <u>Neepawa Immigrant Services</u> 2nd Tuesday's 2-4

Stephanie Tourond, Healthy Baby Facilitator Russell, Hamiota, Birtle, Rivers 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

<u>Times for Healthy Baby are 10-12 unless listed otherwise</u>

Holiday season is a great time for traditions.

What traditions do you have or do you want to start?

Kids love traditions and it builds resiliency as they help children feel safe.

