

# 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 at [agravelouellette@pmh-mb.ca](mailto:agravelouellette@pmh-mb.ca) or call or text 204-573-0188 for more information.

## February is I love to READ Month!



### What to Read

There are stark differences that occur between the time a child is born up to the age of 18 months. So pick out books according to your child's age.

**0-6 Months** - Books without words are best here. One word per page also works or pictorial books with lots of contrast. Good options here are nursery rhymes or books with specially-made fold-outs.

**7-12 Months** - Look for books that have simple drawings or things they are familiar with, people doing their jobs, or common events. Soft or stiff board books with thick pages are best.

**12-18 Months** - For children this age, read books that feature familiar things like animals, characters, or common objects. Look for books that have great pictures with lots of detail or have a progression of simple activities. Your child is starting to be able to really enjoy them now as they are able to recall and relate.

### READING TO TODDLERS

#### What to Read

Toddlers will still enjoy books that have familiar characters. They will also enjoy picture books and texts with lots of information and details. You can give them some short stories, fairy tales, info-books, and fictional works which contain a range of topics.

In terms of look and feel, you can now get children's books with actual paper pages. You still want to get picture books though but with a bump up of the number of words on a page.

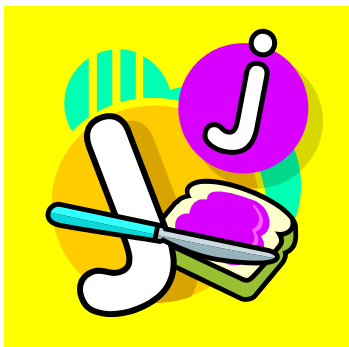
### How to Read

- Let your toddler decide where she wants to sit while you read. Follow her cues.
- Mention what's happening in the story, encourage your child to relate the events to their own experiences.
- It's important to pause when reading aloud. This gives your child the opportunity to fill in a word or phrase. This keeps things interactive and encourages reading comprehension. This works great with repetitive & rhyming books.

Ask factual and open-ended questions, with more emphasis on the factual questions. ("What is she doing?", "What is the color of the house?", "What did you like about the story?")

<https://stemsmartly.com/tips-benefits-of-reading-to-children/>

In a small bowl, stir together yogurt and jam. Spread evenly over tortilla and place banana along edge and roll up. Cut in half to serve.



**Mix the bannock  
Stir the bannock  
Pour it in the pan  
Bake the bannock  
Taste the bannock  
Cover it with jam**

**Did you know.....**

*"If children know 8 nursery rhymes by heart by the time they're 4yrs old, they're usually among the best readers by the time they're 8".*  
Mem Fox, Reading Magic

It's never too early to start singing Nursery Rhymes to your little one

**February 2024**

Website: <http://www.anpccfamilies.ca>

**Birtle**

**Healthy Baby**

**Stephanie Tourond,**

Healthy Baby Facilitator

4th Wednesday 1:00 to 3:00

Birtle Health Center Boardroom

[STourond@pmh-mb.ca](mailto:STourond@pmh-mb.ca) (204) 748-2321 ext. 294

**Carberry Step 2 Is Back!**

**Feb. 8, 15, March 7, 21st 5:30-7:30**

**122 Main St. in basement**

*For more info contact Callie at  
[rec@townofcarberry.ca](mailto:rec@townofcarberry.ca)*

**Healthy Baby**

**Alexandra Lozada-Gobe,**

Carberry Healthy Baby Facilitator

Carberry Health Center Boardroom

4th Tuesday 10-12

[alozadagobe@pmh-mb.ca](mailto:alozadagobe@pmh-mb.ca)

(204) 476-7554

**Hamiota**

**Healthy Baby**

**Stephanie Tourond,**

Healthy Baby Facilitator

3rd Tuesday 1:00—3:00

Cornerstone Pentecostal Church

[STourond@pmh-mb.ca](mailto:STourond@pmh-mb.ca)

(204) 748-2321 ext. 294

**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-Gobe,**

Minnedosa Healthy Baby Facilitator

Minnedosa United Church

3rd Tuesday 10-12

[alozadagobe@pmh-mb.ca](mailto:alozadagobe@pmh-mb.ca) (204) 476-7554

*If you are interested in online Healthy Baby  
please contact Call 204-578-2545 Shauna*

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

**Neepawa**

**Rhyme Time with Seniors**

*Kinsmen Courts at 307 Davidson St*

*Feb. 5th, 12th 26th and March 5th*

*from 10 –11am*

*Any questions give Corri a call at*

*204-841-0330*

**Healthy Baby**

**Alexandra Lozada-Gobe,**

Neepawa Healthy Baby Facilitator

Neepawa Library

2nd Tuesday 10-12

[alozadagobe@pmh-mb.ca](mailto:alozadagobe@pmh-mb.ca)

(204) 476-7554

**Healthy Baby**

**Alexandra Lozada-Gobe,**

Neepawa Healthy Baby Facilitator

Neepawa Settlement Services

2nd Tuesday 1:30—3:30

[alozadagobe@pmh-mb.ca](mailto:alozadagobe@pmh-mb.ca)

(204) 476-7554

**Rivers**

**Healthy Baby**

**Stephanie Tourond,**

Rivers Healthy Baby Facilitator

1st Wednesday 1:00– 3:00

Zion Church 580 Main Street

[STourond@pmh-mb.ca](mailto:STourond@pmh-mb.ca)

(204) 748-2321 ext. 294

**Russell Stay & Play**

*Tuesday Feb. 13, 27 and March 12th*

*9:30—11:30*

*Bunge Room at Russell Memorial Multiplex*

*Contact Amy @ [recreation@mrbgov.com](mailto:recreation@mrbgov.com)*

*or 204-773-2422 / Cell 204-821-8285*

**Healthy Baby**

**Stephanie Tourond,**

Russell Healthy Baby Facilitator

Multiplex Bunge Room

3rd Wednesday 1:00 to 3:00

[STourond@pmh-mb.ca](mailto:STourond@pmh-mb.ca)

(204) 748-2321 ext. 294