

February 2020



Healthy STEPS

Preschool Parents Newsletter



Compliments of the Assiniboine North Parent Child Coalition

Working with parents, caregivers and service providers to ensure children are healthy and happy. Contact Antoinette Gravel-Ouellette @ 1-204-764-4232 or agravelouellette@pmh-mb.ca for information

February is "I Love To Read" Month

There is no app to replace your lap



READ TO YOUR CHILDREN

- ◆ Start now! The earlier you incorporate reading into your lives the greater the benefits! Reading develops language skills, increases ability to concentrate, increases knowledge & understanding, develops imagination & creativity, and reading together creates/strengthens the bond between parent & child.
- ◆ Check out your local library—Library's carry books for all ages and interests! Ask your local librarian to help you find books that are best geared towards your child.
- ◆ Make it routine—Stories at bedtime every night, or quiet time after lunch everyday (or whenever is best for your schedule) will become a habit & something you can both look forward to.
- ◆ Books can be anywhere! Take books outside when you picnic, in the car when driving, in your backpack for appointments, etc.
- ◆ Talk about what you read together! There are so many great conversations and learning opportunities that can come from reading a book together. Discuss how the characters felt, what you could do if that happened to you, etc.



I'm a Little Valentine

I'm a little Valentine Red and white,
With ribbons & lace I'm a beautiful sight
I can say I love You on Valentines day,
Just put me in an envelope
And give me away.



Valentine Sandwiches

All you need are your favorite sandwich ingredients, bread, cheese, meat, veggies, whatever you like! Make your sandwich and take an oversized heart shaped cookie cutter (or even a knife) and cut your sandwich into a heart!

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

BIRTLE:

Healthy Baby: First Thursday of the month 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.

Coming in March Rhyme Time! Look at our FB page or next newsletter for details.

HAMIOTA

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

KENTON

Sing, Move and Learn Feb. 14, 28 , March 13th @ the Kenton Hall @ 10:30- 12 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

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

Coming soon Triple P discussion groups Starting Feb. 28 more to come!

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

Starting soon Sing, Move & Learn!

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

Parents, Tots and Coffee Monday and Wednesday Mornings in the

Bunge Room at the Russell Multiplex contact Jess at 773 2422 for more info

Shake, Rattle & Roll Starts

Feb.18 from 10-11 Contact Jess at 773-2422 to register

SHOAL LAKE

SIOUX VALLEY:

Contact Megan @ 855-2205 for various sessions

STRATHCLAIR

Triple P Starts Feb.6,13,20,27

Thursdays 4-6 @ Strathclair school in the library.

Contact Denise @ 849-2263