

Healthy S T E P S

Preschool Parents Newsletter

Compliments of :

The Parent Child Connect (Assiniboine North Parent Child Coalition)

Working with parents, caregivers and service providers to ensure children are healthy and happy.

Contact Antoinette 204- 764-4232 for information or submissions by the 15th of the previous month.

Feeding Tips

Breast Feeding Tips

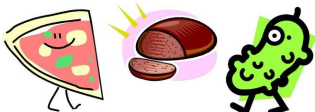
A mother's milk is made to provide all the necessary nutrients that help her baby to grow for the first 6 months. Healthy eating habits are recommended for everyone, including breastfeeding mothers. The whole family will benefit from eating a variety of healthy foods. No special diet is required! Good nutrition will help mothers feel better and have more energy.

Other Considerations

- Remember to stay hydrated! Breastfeeding mothers need around 15 cups of fluid a day. This can come from water, tea, juice, milk and in some foods.
- Limit caffeine, alcohol and fish containing high amounts of mercury.
- It is rare for a baby to react to something in the mother's diet. If you think that your baby is having a reaction, talk to your health care provider, before eliminating anything from your diet.

Pizza Pickle

Pizza, pickle,
Pumpnickel,
My little guy/gal
Shall have a tickle!
One for his/her toes.
One for his/her nose.
And one for his/her
tummy where the (insert
favorite food here) goes!



For older Children

- avoid adding sugar or salt to foods and let children experience the natural flavours of food
- when choosing pre packaged food and pre prepared foods check labels for the sodium content and choose foods lower in sodium
 - ◇ children need a certain amount of fat in their diets to grow healthy
 - ◇ Fruit juices are high in sugars and would be better to give the fruit or vegetable as it has the fiber needed
 - ◇ Being a good role model helps children's eating habits

Let your children help make meals and be part of the meal routine!

For general information on breast feeding contact your Lactation Consultant, Public Health Nurse, La Leche League Leader, or Health Care Provider and/or Health Links 1-888-315-9257, Prairie Mountain Health

www.prairiemountainhealth.ca

March 2018



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

BIRTLE:

Healthy Baby: First Tuesday of the month in Feb., April, June, Aug. Oct. Dec. From 10-noon @ the United church Contact your public health nurse for more info
Parent Toddlers Yoga March 1,8,15 from 10:30-11:30 Contact Michelle to register 842-3460 or recreation@myprairieview.ca

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 soon Shake, Rattle and Roll!

ERICKSON

Drop In Rhyme Time Erickson Library 10:30-11:30 Thursday March 1, 8, 15 Contact Kim !204-636-2325

HAMIOTA

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

KENTON

Kenton Play Group Every other Friday @ the Kenton Hall @ 10:30 contact Nicole 838-2423

MINIOTA

Parent Toddler Yoga March 6,13 Contact Michelle to register 842-3460 or recreation@myprairieview.ca

MINNEDOSA

Healthy Baby : 3rd Tuesday of the month @ St. Mark's Anglican Church from 10-noon Contact Alexandra 476-7842
United We Can: 2nd & 4th Wednesdays@ 10 -noon Minnedosa United Church, contact Denise @ 849-2263

NEEPAWA

Healthy Baby: 2nd Tuesday of the month @Neepawa Public Library from 10-noon Contact Alexandra 476-7842

NEEPAWA

Neepawa &Area Immigrant Settlement Services 4th Tuesday of the month 1:30-3:30 Contact Alexandra 476-7842
Step Together: 1st and 3rd Wed. of the month 9:30 -11:30 at the United Church Text Val @ 841-4315

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
Toddler and Parent Yoga March 7, 14 @ 10 am Rivers United Church. Contact Laura @ Riverdale Recreation 328-7753

RUSSELL

Healthy Baby: 2nd Thursday of the month from 10-noon @ Russell United Church. Contact public health nurse

SHOAL LAKE

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

Coming soon Shake, Rattle and Roll

SIOUX VALLEY:

Nobody's Perfect Starting March 27th Contact Kim McKay @ 855-2536

STRATHCLAIR

WE CAN!: 1st and 3rd Wednesday from 10 to noon at the Baptist Church Contact Denise @ 849-2263

If you would prefer us to send you this via email please email to let us know! agravelouellette@pmh-mb.ca

We have an number of programs starting up so watch our Facebook for updates!

