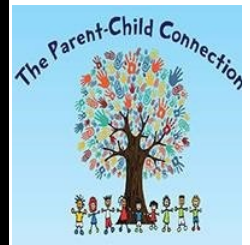


Healthy S T E P S

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 or call 1.204.764.4232 for more information

Nurturing Healthy Eaters

There are many messages out there about the right and wrong way's to raise a healthy eater. Let's try taking the stress out of it, and remember to give ourselves some grace! Offering an array of good food, at fairly regular times of the day, and trusting your child's natural cues on when they are hungry/full will help your child develop a healthy relationship with food. Center meal times around family fellowship and topics of conversation that build relationships instead of focusing on what/how much is being eaten. This will ultimately help your child develop a healthy relationship with food, by helping them feel good about eating, encouraging them to feel relaxed about eating all kinds of foods, and learn to listen to their bodies about how much they *need* to eat without worrying whether it is too much or too little.



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!



Eat Together

Phones are not invited to the dinner table

Enjoy your FOOD

Listen to your body, when it tells you it's full, listen

COOK TOGETHER

Use your manners

Try new things

Follow a meal and snack time schedule

Enjoy each other's company

Coming this Fall!

Come Play with Tracy!
Online parent child program
More coming contact Tracy
tbwark@rrsd.mb.ca

Mothers Helping Mothers
Starting back up by Zoom 6:30-8:00
1st and 3rd Tuesdays
Contact Taneal @ 204-821-6686

Minnedosa's Together We Can,
Together We Are Online program
Tuesday mornings 10am. Contact
Denise @ 849-2263 or email
parentinginpurple@gmail.com

Carberry Virtual Rhyme Time!
Mondays 6-7pm Contact rec depart. @
204.834.6623 or rec@townofcarberry.ca

Healthy Baby Sessions are talking place
in various ways. If you are interested
please contact

Call 204-578-2545 for the most up to
date information about our sessions
during Covid 19.

Facilitators to contact:

Alexandra: 204-476-7842 (Carberry,
 Minnedosa, NAISS, Neepawa Library)

Kristie: 204-748-2321 (Rivers, Hamiota,
 Birtle, Russell)

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

Nothing beats getting outside and in nature and the fresh air!

Icon	App Name	Web Address
	Mindshift	www.anxietybc.com/resources/mindshift-app
	Five Ways To Wellbeing	Available for download at Google Play or Apple App Store
	SAM - Self-Help Anxiety Management	https://sam-app.org.uk
	Happy Healthy	www.happyhealthyapp.com
	BellyBio Interactive Breathing	https://itunes.apple.com/ca/app/bellybio-interactive-breathing/id353763955?mt=8
	Stop-Breathe-Think	www.stopbreathethink.org
	7 Minute Workout	https://7minuteworkout.inj.com/
	Daily Yoga	www.dailyyoga.com
	Calm in the Storm	http://calminthestormapp.com
	3 Minute Mindfulness	https://itunes.apple.com/us/app/3-minute-mindfulness-fast/id982502810?mt=8

**We will be unveiling our
 newest partnership a
 Storybook Trail!
 Watch our Facebook
 page for info!**

