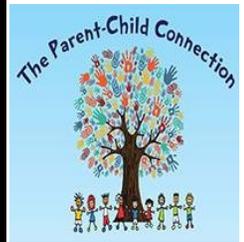


Healthy STEPS

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 Gravel-Ouellette at agravelouellette@pmh-mb.ca or call 1-204-764-4232 for more information

Let's Talk about Germs..

With the current COVID-19 topic, it seems a good time to talk to our children about germs, and teach them the ways to prevent the spread of them.

Enjoy the Spring weather and the many benefits of outdoor play!



Let's Wash Our Hands!

Whooshy washy!
Wet our hands
Under running water
Add some soap and
Rub them hard
Don't miss any part!
Between our fingers
Under the nails
Rid germs without fail
Front and back
And round the wrist
No germs will be missed!
They may hide
But we shall seek
So we will not fall sick!
Splishy splashy
Bye bye germs
Down the drain they squirm
With clean towels
We dry our hands
Now let's show our friends!



1. Boosts academic Performance
2. Improves Sleep
3. Increases Happiness



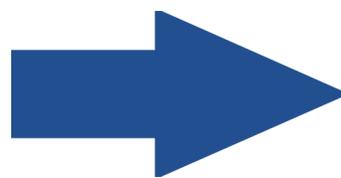
Wash, Wash, Wash Your Hands

(sung to tune of Row your boat)

**Wash wash wash your hands,
Many times a day,
Rub & scrub & rinse and dry,
And throw those germs away!**



Remember to wash our hands:



Demonstrate how to use hand sanitizer properly

The size of a *dime* is all that is needed. Rub palms, fingertips, and between and around fingers.

Cover your Cough

Cover your mouth and nose with a tissue when you cough or sneeze
cough or sneeze into your upper sleeve, not your hands.
Put your used tissue in the waste basket

Clean your Hands

Wash hands with soap and warm water
or
clean with alcohol-based hand cleaner.

**ALL PROGRAMING THAT
IS SUPPORTED BY
ANPCC and
HEALTHY CHILD IS
CANCELLED UNTIL
FURTHER NOTICE**

**Stay safe and take care
of
yourself and your loved
ones
and each other.**

The distancing being asked for at this time is physical , you can still reach out and support one another by phone, Facetime, text.

We still need to stay connected and support one another, just not physically.

Lots of on line ideas on how to keep your child safe and engaged!

Like outdoor play!

**Please check Facebook
for updates and info**

