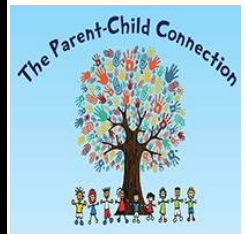


Healthy STEPS

Preschool Parents Newsletter



Compliments of The Parent Connection 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 204-764-4232 for more information



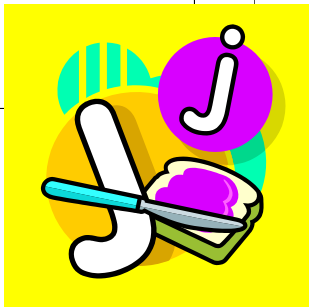
**Is there such a thing as perfect parenting?
Of Course not**

So then why do we work so hard to be that perfect parent? We have fallen into the trap where we want our children to want for nothing...iPad, smart phone, tropical vacation, name brand clothing, every activity sports or otherwise that will make our children "happy". And is it?

A great way to connect, spend quality time together and eat healthy balanced meals is to cook together! From deciding the meal, to making the grocery list, shopping, paying & cooking, there are so many great opportunities to learn and spend time as a family!

Making them happy?

How is this working for you?



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

We are actually turning our children into a "must have" society. They have everything because we thought it was the right thing to do. But what they really need is us. The parent. That connection to someone who listens when they need to talk, comforts when they need to cry, supports when they try something new and encourages to problem solve on their own. Instead we take away this independence because we cannot stand to see them struggle or heaven forbid, fail. Let them make mistakes.

Message for my child:

You matter, you matter absolutely
Whatever happens, we'll get through it together
I pick you, I choose you, I love you
You matter more than any mistake I make
You matter more than any mistake you make
I will be bigger, stronger, wiser, kinder, because...
"You matter, you matter absolutely"

They will be stronger, smarter, more confident ..and love you for all the valuable lessons they learned.

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

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.

HAMIOTA

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

KENTON

Sing, Move and Learn Jan. 10, 24, 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 and Rhyme Time!

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 Christa @ 204-748-2321 ext 294

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 204 773 2422 for more info

SHOAL LAKE

If you are interesting in having programing please contact me

SIOUX VALLEY:

Contact Megan @ 855-2205 for various sessions

STRATHCLAIR

Coming Soon !Triple P

Contact Denise @ 849-2263

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