



# Healthy STEPS

Preschool Parents Newsletter

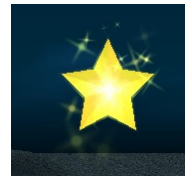


Compliments of

**The Parent Child Connection Assiniboine North Parent Child Coalition**

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

Contact Antoinette @ 204.764.4232 or agravelouellette@pmh-mb.ca for more information



## Kids Love Routine and Traditions!

**Happy New Year!**

**Our littles ones thrive on routines and love them as it helps them feel safe and when they feel safe they can use their brain power to learn more!**

**This is the perfect time of year to implement new routines and traditions!**

**What are the holiday traditions you recall from your childhood you still do and enjoy?**

**What are your values and what can you start to do in the new year to reflect your values?**

**Value Learning? \*Read a story daily**

**Value Respect? \*Teach your child by respecting and listening to them. Have family suppers together and ask what did they find beautiful today**

**Value Love ? \*Teach acceptance and guidance with calm and nurturing conversation**

**Value Truthfulness? \*Teach honesty and trust**

**Value Confidence? \*Teach by praising tell them what they are doing right!**

Twinkle, twinkle, little star.

What a wonderful child you are!

With bright eyes and nice round cheeks,

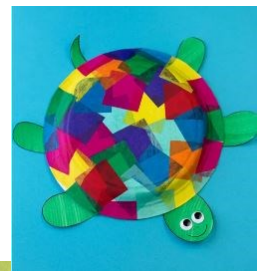
A talented person from head to feet.

Twinkle, twinkle, little star,

What a wonderful child you are!

Why do arts and crafts?

Arts and crafts engage multiple brain areas simultaneously and improve bilateral coordination between left and right sides of the brain....



**Healthy Kids Toast**  
plus Dietician Tips & Activities  
to Make Healthy Snacking Fun

<https://www.godairyfree.org/recipes/healthy-kids-toast>

## January 2023 Programs Near You!



### New Weekly parent chat Wednesday afternoons by Zoom from 2-3 Zoom ID

<https://us06web.zoom.us/join/9112DFHNSMU>

#### Russell

*Mothers Helping Mothers Support  
for Moms 6:30-8:00  
Contact Taneal @ 204.821.6686*

#### Minnedosa

*Together We Can, Together We Are  
Minnedosa United Church 2nd and 4th Tuesday's  
10-Noon  
Contact Denise @ 849.2263 or  
email [parentinginpurple@gmail.com](mailto:parentinginpurple@gmail.com)*

### Step 2 Programs are Back!

#### Rivers Step 2

*Riverdale Community Center  
Jan. 10 & 24 9:30-11:30  
contact Christine at Riverdale Recreation  
204.328.7753 for more*

#### Neepawa Step 2

*At Arts Forward  
Friday Jan. 13th & 27th 10-noon  
Contact Heidi at the town 204.476.614 or just drop  
in/ no registration required*

#### Birtle Step 2

*Birtle Library 10:30-Noon  
January 21st  
Contact library 204.834.3418 or  
just drop in!*

*Coming in January Step 2 in Carberry and  
Russell! Watch our Facebook for dates and  
times!*

**"Supported by Child and Youth Services,  
Department of Families"**

**Healthy Baby Sessions are talking place in  
various ways. If you are interested in online  
please contact Call 204-578-2545 Shauna  
Facilitators to contact:**

**Alexandra Lozada-Gobea,**  
Healthy Baby Facilitator  
Minnedosa, Neepawa, Carberry  
[alozadagobea@pmh-mb.ca](mailto:alozadagobea@pmh-mb.ca) (204) 476-7842

Carberry 4th Tues. Evangelical Free Church  
Minnedosa 3rd Tuesday United Church  
Neepawa Library 2nd Tuesday  
Neepawa Immigrant Services 2nd  
Tuesday's 2-4

#### **Stephanie Tourond,**

Healthy Baby Facilitator  
Russell, Hamiota, Birtle, Rivers  
[STourond@pmh-mb.ca](mailto:STourond@pmh-mb.ca) (204) 748-2321 ext. 294

Birtle 4th Wednesday Community  
Development Center  
Hamiota 3rd Tuesday Cornerstone  
Pentecostal Church  
Rivers Zion Church 2nd Wednesday  
Russell Untied Church 3rd Wednesday

**Times for Healthy Baby are 10-12 unless  
listed otherwise**

***Kids love traditions and it builds resiliency  
as they help children feel safe.***

***Please watch our Facebook page for more  
information on start dates or contact us!***