



Healthy S T E P S

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



Parenting Tips!

Open Shut Them (finger rhyme)

Open Shut Them,
Open Shut Them,
Give a little Clap.

Open Shut them,
Open Shut them,
Put them on your lap.

Salad in a Jar



The trick to getting kids to eat more salad? Letting them build their own!



Healthy Snack Ideas

<http://www.superhealthykids.com/recipe-category/snacks>

#1 MODELING

Walk the walk. Don't just tell your child what you want them to do. Show them.



#2: Loving

Show your love. This can be as simple as giving them hugs, spending time with them and listening to their issues seriously.

#3: Positive Parenting

As a parent it is your job to teach your child the moral between right and wrong. Setting limits and being consistent are keys to good discipline. Be kind and firm when enforcing those rules. Focus on the reason behind the child's behaviour. And make it an opportunity to learn for the future, rather than punish for the past.

#4 Be a Safe Haven

Let your child know you will always be there for them by being responsive to the child's signals and sensitive to their needs. Support and except your child as an individual. Be a warm safe haven for your child to explore from.

#5 Keeping Perspective

Every parent has well intended goals for their child, but lots of days instead of helping our child to *thrive* we're just trying to *survive!* To not let survival mode rule your life, next time you feel frustrated or angry, step back. Take a deep breath and ask yourself how your actions will align with your ultimate goals for yourself and child.



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

BIRTLE:

Healthy Baby: First Thursday of the month in April, June, August, Oct. Dec. 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.

Step Together Tues. April 16, 23, 30, May 7, 14, 21 from 10:00- Noon @ 122 Main St. Basement Call Brianna pre-register 834-6623

HAMIOTA

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

Getting Ready for Kindergarten: April 4, 11, & 18 6:30-8:00 Contact Elementary School to register 842-2823

KENTON

Kenton Play Group Every other Friday @ the Kenton Hall @ 10:30 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

MINIOTA

Parent & Tot Yoga April 1, 8, 15, 22, May 6 @ Miniota Hall Contact Robin at Valley Rec to register 842-3460

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

EAL Rhyme Time: starts Mon. Feb. 25th for 6 weeks Contact: Settlement Services @ 476-2055

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

Rhyme Time April 4, 5:30-6:30 @ Redfern Hall Riverdale Community Center

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 @ 821-668

Circle of Security: Starts Feb. 27th Contact PHN Laureen at 773-7563

SHOAL LAKE

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

SIOUX VALLEY:

Nobody's Perfect Contact Megan @ 855-2205

STRATHCLAIR

First Aide Training: April 10, 17, 24, May 1st 3:30-5:30 (Child minding provided) Contact Denise @ 849-2263

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