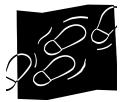
April 2019

Parent-Child Connec







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.

<u>Salad in a Jar</u>



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 programing in your community.

BIRTLE:

<u>Healthy Baby:</u> 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

<u>Healthy Baby</u>: 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

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

HAMIOTA

<u>Healthy Baby:</u> 2nd Wednesday of the month @ 10-noon Cornerstone Church Contact public health nurse <u>Getting Ready for Kindergarten:</u> April 4,11, & 18 6:30-8:00 Contact Elementary School to register 842-2823

KENTON

<u>Kenton Play Group</u> Every other Friday @ the Kenton Hall @ 10:30 contact Nicole 838-2423

MINNEDOSA

<u>Healthy Baby</u> : 3rd Tuesday of the month @ St. Mark's Anglican Church from 10-noon Contact Alexandra 476-7842

<u>Together We Can:</u> 2nd & 4th Wed. @ 10-12 Minnedosa United Church contact Denise @ 849-2263

MINIOTA

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

NEEPAWA

<u>Healthy Baby</u>: 2nd Tuesday of the month ©Neepawa Public Library from 10-noon <u>Neepawa & Area Immigrant Settlement</u> <u>Services</u> 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

<u>Healthy Baby</u>: 3rd Tuesday of month from 10-noon @ Zion Church. Contact Denise @ 204-748-2321 ext 294 <u>Rhyme Time</u> April 4, 5:30-6:30 @ Redfern Hall Riverdale Community Center

RUSSELL

<u>Healthy Baby</u>: 2nd Thursday of the month from 10-noon @ Russell United Church. Contact public health nurse <u>Mothers Helping Mothers:</u> Mothers support group 1st and 3rd Tues. Contact Taneal @ 821-668 <u>Circle of Security:</u> Starts Feb. 27th

Contact PHN Laureen at 773-7563

SHOAL LAKE

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

SIOUX VALLEY:

<u>Nobody's Perfect C</u>ontact Megan @ 855-2205

STRATHCLAIR

<u>First Aide Training:</u> 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"