



# Healthy S T E P S

## 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 Gravel-Ouellette at [agravelouellette@pmh-mb.ca](mailto:agravelouellette@pmh-mb.ca) or call 1.204.764.4232 for more information



Math can be as simple as counting out the energy bites as your child rolls them and places them on the cookie sheet! Make it more advanced for older children by adding and subtracting as you take some away and add some back again. Incorporate measurements while measuring out ingredients and following directions in the recipe book, etc.!

### Are You Struggling with the extra Demands of Schooling from home?

The days of teaching from home are well upon us, and for many young families this means combining school age teaching along with the demands of caring for younger siblings. Know that you are not alone! We are all in this together, keeping in mind that every family is unique, and therefore what works for one family may not work for another! Try these suggestions to help find your groove.

- ◆ **Make a Schedule**—It doesn't matter if your schedule has lots of academics or barely glances at a book. Kids benefit from knowing what to expect throughout the day.
- ◆ **Be Flexible**—We all know that raising children means that there are going to be surprises, or days where things just do not go our way. That's ok! We do what we need to get through, roll with the punches and move on.
- ◆ **Feed and Water Kids Often**—Everyone learns and self-regulates best when they are hydrated and fed. Remember that these little body's are growing! It's a good idea to keep water available regularly and granola bars on standby! (or whatever snack works for you ;)
- ◆ **Reach out to your Teacher/Friend/Mother/Help Line**— Call, email, text whomever, if you need ideas, advice or just someone to talk to.
- ◆ **Be Kind to Yourself**—If you need a break take it! This is your schedule so make it what you need it to be. If your kids are happy, safe and fed you are doing a great job and they are lucky to have you!



Reading together is a great time for learning language skills and for bonding. Older siblings may enjoy reading to younger and vice versa.

## ONLINE PROGRAMS AVAILABLE

Please contact us or see us on  
Facebook as it is evolving

### Virtual Meetings by MS Teams

What would you like to have to  
support and help you navigate?

June 17th Getting Ready for  
Kindergarten Parkwest School  
Division

Via ZOOM Contact 764-4232 to register and  
get the link

Starting June 15th

### On line parenting supports for parents of preschoolers



Parenting Supports  
Ask the Expert

#### MONDAY

Ask Public  
Health Nurse?  
Developmental  
Stages? Sleep  
Issues?

1:00-1:30

#### TUESDAY

Parent and Tot  
yoga

9:30-9:50

#### WEDNESDAY

Handling  
Behaviours ie:  
melt downs or  
temper tantrums?

2:00-2:30

#### THURSDAY

Dietician Feeding  
from baby to  
preschooler ??

9:30-10:00

Contact for log  
in  
information

agravelouellette  
@pmh-mb.ca  
204-764-4232

#### EXTRA

What would you  
like to know  
about or hear  
from?  
Contact us and  
we will do our  
best to get it on  
our schedule!

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Healthy Child Social Innovation Office -  
"Putting children and families first"

**Stay safe and take care  
of  
yourself and each other.**

**On Line programing still  
happening**

**Carberry Rhyme Time**

**Minnedosa**

Together We Are - Online Circle time

**Russell Mothers Helping  
Mothers**

Contact us for links and contact  
info...

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

On-line resources

Free counselling [http://www.manitoba.ca/  
covid19/bewell/virtualtherapy.html](http://www.manitoba.ca/covid19/bewell/virtualtherapy.html)

<https://global.cbeebies.com/>

<https://home.oxfordowl.co.uk/>

<https://pbskids.org/>

<https://kids.sandiegozoo.org/>

<https://www.seussville.com/>

<https://jr.brainpop.com/>

[https://www.protectchildren.ca/en/resources-  
research/online-safety/](https://www.protectchildren.ca/en/resources-research/online-safety/)

[www.manitoba.ca/covid19](http://www.manitoba.ca/covid19)

[www.manitobaparentzone.ca](http://www.manitobaparentzone.ca)