



Healthy S T E P S

Preschool Parents Newsletter



Compliments of 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 call 1.204.764.4232 for more information



October is Learning Disability Awareness Month!

Learning disabilities affect approximately 10% of the population. LD and other disabilities vary in range and severity, and every individual's experience is unique.

“Every child has a different learning style and pace. Each child is unique, not only capable of learning but also capable of succeeding.”

-Robert John Meehan

Toilet Paper Mummy

Lots of laughs with this budget friendly Halloween Game!

Split into teams of 3 (1 mummy, 2 wrappers)

Race to finish your roll of toilet paper first!



TOILET PAPER MUMMY FALL PARTY ACTIVITY



Diagnosis is not a label, it's a key to the door of understanding.



EQUAL RIGHT

EQUAL OPPORTUNITY

Education and Disability

Find information on different learning Disabilities at;

PBS Misunderstood- <http://www.pbs.org/wgbh/misunderstoodminds>

Understood.org- <https://www.understood.org/en>

ADHD Families- <http://www.adhdfamilies.ca/>



Coming this Fall!

Come Play with Tracy!

Online parent child program

4 weeks on Wed. Mornings Sept.30,

Oct. 7, 14,21st @ 10-10:30

Contact Tracy tbwark@rrsd.mb.ca

Mothers Helping Mothers

Starting back up by Zoom on Oct. 6th

6:30-8:00 1st and 3rd Tuesdays

Contact Taneal @ 204-821-6686

***Minnedosa's Together We Can,
Together We Are***

Online program Tuesday mornings

***10am. Contact Denise @ 849-2263 or
email parentinginpurple@gmail.com***

Coming soon

Carberry parent child online

Rhyme Time

***Healthy Baby Sessions are talking
place in various ways. If you are
interested please contact***

***Call 204-578-2545 for the most up to
date information about our sessions
during Covid 19.***

Facilitators to contact:

**Alexandra: 204-476-7842 (Carberry,
Minnedosa, NAISS, Neepawa Library)**

**Kristie: 204-748-2321 (Rivers,
Hamiota, Birtle, Russell)**

**“Supported by Child and Youth
Services, Department of Families”**

What Gives You Strength?	
<i>Adapted from Sources of Strength www.sourcesofstrength.com</i>	
We can derive strength from a variety of sources - both from within ourselves and from outside ourselves...	
Family Support	Families, both biological and chosen or however defined can be an important source of strength, protection and safety.
Positive Friends	“Those that are there for us and are honest with us when we are not making the best choices for ourselves etc.”
Mentors	People who guide, teach, and challenge us - “Sometimes these may feel like those that nag us the most - as they want what is best for us.”
Healthful Activities	Leisure and creative that distract and entertain us. “Sports, music, etc.”
Spirituality	Faith and those qualities that provide meaning and purpose, the way we experience and connect with others, to nature, the earth, and the world around us.
Mental Health	Doing something each day that is important and that makes you feel better about the day and yourself, managing stress, pay attention to the moments you are feeling good, not only when you are feeling bad.
Access to Medical Service and Supports	There are both services for physical health and mental health available to you in your community.
Generosity	Giving back to your community, being interested in and helping others - volunteering.
<i>Who or what are your Sources of Strength?</i>	

**What ways help you stay
connected and centered in all of
the changing landscapes of life?**