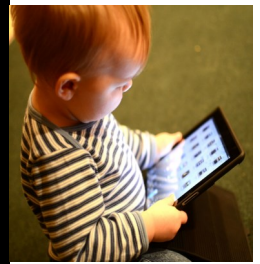


# Healthy STEPS

## 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 at [agravelouellette@pmh-mb.ca](mailto:agravelouellette@pmh-mb.ca) or call or text 204-573-0188 for more information.



### Snowky Pokey

You put your mitten in  
You take your mitten out  
You put your mitten in  
And you shake it all about  
You do the snowky pokey  
And turn yourself around  
BRRRR (shiver)  
That's what it's all about!

Other versus  
You put your hat in, boot,  
scarf & snowself!



### Banana Wrap

Whole wheat tortilla, Banana & peanut butter/nutella or alternative

## Children's Screen Time: How much is too much






*What is the right amount of screen time for my child?*


Young children learn best from face-to-face interactions with caring adults. It's best to keep their screen time to a minimum.

- **For Children under 2 years old**, screen time is not recommended.
- **For Children 2 to 5 years old**, limit routine or regular screen time to less than 1 hour per day.

Technology is here to stay and will continue to evolve. Just as it's important to have balanced meals of food, we can think about having healthy, balanced meals of media and technology as well.

Healthy **MEALS** of media

<p><b>M</b> Model</p>  <p>Set a good example! Your kids will learn from watching your actions.</p>	<p><b>E</b> Engage</p>  <p>Have conversations about the content they watch. Use media to make connections to real life.</p>	<p><b>A</b> Adjust</p>  <p>Not all screen time is the same. Choose appropriate, high-quality content.</p>	<p><b>L</b> Limit</p>  <p>Set healthy rules and expectations for your home.</p>	<p><b>S</b> Support</p>  <p>Support each other! Be patient, even on days when rules go out the door!</p>
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 [commonsensemedia.org](https://commonsensemedia.org)

### Things to think about: How do media choices affect my child?

Does it reflect my child's interests? Does it support language or literacy development? Does it help us have fun together? Does it teach kindness?

**Jan. 2024**

Website: <http://www.anpccfamilies.ca>

**Birtle**

**Healthy Baby**

**Stephanie Tourond,**

Healthy Baby Facilitator

Wednesday Dec. 20th 1:30 to 3:30

Birtle Health Center Boardroom

[STourond@pmh-mb.ca](mailto:STourond@pmh-mb.ca) (204) 748-2321 ext. 294

**Carberry Step 2 Is in the works! Stay Tuned!**

*For more info contact Callie at [rec@townofcarberry.ca](mailto:rec@townofcarberry.ca)*

**Healthy Baby**

**Alexandra Lozada-Gobe,**

Carberry Healthy Baby Facilitator

Carberry Health Center Boardroom

4th Tuesday 10-12

[alozadagobe@pmh-mb.ca](mailto:alozadagobe@pmh-mb.ca)

(204) 476-7554

**Hamiota**

**Healthy Baby**

**Stephanie Tourond,**

Healthy Baby Facilitator

3rd Tuesday Dec. 19th 10am to Noon

Cornerstone Pentecostal Church

[STourond@pmh-mb.ca](mailto:STourond@pmh-mb.ca)

(204) 748-2321 ext. 294

**Minnedosa**

*Together We Can, Together We Are  
Minnedosa United Church 2nd and 4th  
Wednesday Jan. 10th and 24th 10-Noon  
Contact Denise @ 849.2263 or  
email [parentinginpurple@gmail.com](mailto:parentinginpurple@gmail.com)*

**Healthy Baby**

**Alexandra Lozada-Gobe,**

Minnedosa Healthy Baby Facilitator

Minnedosa United Church

3rd Tuesday 10-12

[alozadagobe@pmh-mb.ca](mailto:alozadagobe@pmh-mb.ca) (204) 476-7554

**If you are interested in online Healthy Baby please contact Call 204-578-2545 Shauna**

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

**Neepawa**

**Rhyme Time with Seniors**

*Kinsmen Courts at 307 Davidson St*

*Jan. 8,15,22,29. Feb. 5th, 12th 26th and  
March 5th from 10 –11am*

*Any questions give Corri a call at*

**204-841-0330**

**Healthy Baby**

**Alexandra Lozada-Gobe,**

Neepawa Healthy Baby Facilitator

Neepawa Library

2nd Tuesday 10-12

[alozadagobe@pmh-mb.ca](mailto:alozadagobe@pmh-mb.ca)

(204) 476-7554

**Healthy Baby**

**Alexandra Lozada-Gobe,**

Neepawa Healthy Baby Facilitator

Neepawa Settlement Services

2nd Tuesday 1:30—3:30

[alozadagobe@pmh-mb.ca](mailto:alozadagobe@pmh-mb.ca)

(204) 476-7554

**Rivers**

**Because I Love You 6 week program starts**

**Jan. 10th 9:15-10:45**

**Call or text Antoinette to register!**

**204-573-0188**

**Healthy Baby**

**Stephanie Tourond,**

Healthy Baby Facilitator

Rivers 2nd Wed. Dec. 13th

10am to Noon

Zion Church 580 Main Street

[STourond@pmh-mb.ca](mailto:STourond@pmh-mb.ca)

(204) 748-2321 ext. 294

**Russell Stay & Play**

**Tuesday Dec. 12th 9:30—11:30**

**Bunge Room at Russell Memorial Multiplex**

**Contact Amy @**

**[recreation@mrbgov.com](mailto:recreation@mrbgov.com) or**

**204-773-2422 / Cell 204-821-8285**

**Healthy Baby**

**Stephanie Tourond,**

Healthy Baby Facilitator

Multiplex Bunge Room

3rd Wednesday Dec. 20th 10:15 to 12:15

[STourond@pmh-mb.ca](mailto:STourond@pmh-mb.ca) (204) 748-2321 ext.

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