

June 2023 edition



**CENTRE D'ACTION
BÉNÉVOLE**
SAINT-SIMÉON ♦ PORT-DANIEL



The new girl at P'tit Bonheur? It's me, Pauline Landry. I'm very happy to be part of this great team. Don't hesitate to let me know if you need our services. I look forward to meeting you and hearing your expectations. Leave me a message (contact details below). In my absence, team members will respond to your request. Please bear with me as my English is basic, but I'll do my best to make sure we can understand each other and have fun trying.



The P'tit Bonheur Service :



- Respite care for children from birth to six months, or longer depending on the situation.
- Psychological support and technical tips and advice (through friendly calls and/or home visits).
- Rental of safe equipment for babies and children, as well as the loan or donation of educational toys.
- Answering individual requests for short term help with clothing for babies and children, food (pre-selected), milk, diapers, and hygiene products.
- Upon referral, accompaniment & transport services for medical and/or social visits.
- These services are offered to families with children aged 0 to 6, living in the Saint-Siméon to Port-Daniel territory inclusively.



<https://etreparents.com/bouteille-de-retour-au-calme/>

DIY sensory activities.
Does your little angel suddenly think he's a Transformer?
Take a look at this great craft activity; a 'return the calm' bottle

In my opinion, the hardest part of being a parent is not getting enough sleep.
My little tricks before bedtime include:

- Dim the lights.
- Move your screen away from your child: cell phone, television, electronic games, etc.
- Quiet instrumental music: YouTube.
- Audio story: Radio Canada website.
- A quiet activity: small table game, colouring, blocks, etc.
- Snack for toddlers, ideally a sugar-free, chocolate-free protein snack.
- A cup of water within reach, a stuffed animal and a comforter is enough. Too much is the same as not enough.
- Take the time to give him a nice cuddle and wish him a good night. You'll see, he won't get up again 20 times (hihi)
- If you have to live with overflowing pee in the bed, try the liner.
 - 1- Use the night diaper as usual, then slip a pull-up over it.
 - 2- During the night, if the diaper is full (whisper and don't talk too much, so as not to wake him up completely), pull the pull-up down, take off the diaper and put the pull-up back on.
 - 3- Bum wash in the morning, but no bed wash required. Isn't that wonderful?

THE FRIPERIE IS BACK
For the 0-6 year olds
June 28-29, 2023

Summer schedule 2023

The P'tit Bonheur

| June 2023 | July & August 2023 | Fall 2023 |
|---|---------------------------|---------------------------|
| Monday Wednesday Friday (Variable) | Tuesday Thursday | Tuesday To Friday |
| 8 H À 12 H 13 H À 16 H | 8 H À 12 H 13 H À 16 H | 8 H À 12 H 13 H À 16 H |

Pauline Landry Support \worker

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