



# Info P'tit Bonheur

## Winter 2023

If the thought of preparing a schedule for the spring break period is stressing you out, we've put together a survival guide.

1. Plan, but not too much...
2. Involve your children...
3. Respect your budget...
4. No alarm or bedtime hour...
5. Take a break of fresh air...
6. Divide the tasks...
7. Chores bedevilled...
8. Most importantly, relax as a family...

Do you remember that at Le P'tit Bonheur, we offer respite care? Hey yes!

Do you know families with little choldre 0 to 18 months old who are going through a period of great fatigue, stress or who would just like to take a moment to decompress or clear their head? They can request a period of 3 hours a week for 10 weeks. Pairing a family with a volunteer is not only possible but also free! The volunteer goes to your home and takes care of the children, while you take some much needed free time.

Great idea, isn't it! Sometimes a break allows us to be at our best for our children and our family.



### P'tit Bonheur Services

- . **Respire care** for children from birth to six months old more depending on the situation.
- . **Psychological support and technical advice** (through friendly calls and / or home visits).
- . **Rental of safety equipment for babies and children**, as well as the loan or donation of educational toys.
- . **Help with clothing** for babies and children.
- . **Emergency help** with food, milk, diapers, hygiene products.
- . **accompaniment and transportation services** for medical and/or social service visits when referred.
- . These services are offered inclusively to families living in the territory between Saint-Siméon and Port-Daniel.



« Family is the most important things in the world. -Princess Diana.

## A few words and some advice for you.....

### Christmas 2022

As you know, again this year we distributed gifts to your families. We would like to thank you, the moms and dads, for letting us into your homes, so we could see your children and how happy they were with our visit. Despite the delay in our schedule you waited patiently for us. Thank you for your patience and generosity in that respect. It made for a successful and happy visit for us.



### Frostbite

In very cold weather blood circulates less well, therefore less easily to the extremities (cheeks, ears, chin, nose, hands and feet). The skin can then freeze: it reddens, tingles and, in more serious cases, turns white. To treat frostbite go inside, gently remove the clothing covering the frozen area and warm it with your hands, under you're arms or in lukewarm water. It's important not to rub the frozen part of the body or apply snow or grease. Do not immerse it in hot or cold water.

To learn more: Frostbite

Source: Naître et Grandir Janvier 2023

### Mothers who breast feed




### Supportons-Lait

Baie-des-Chaleurs breastfeeding support group, Family&pregnancy Gaspésie, Québec

Our objectives :

- To offer courses and workshops about breastfeeding to couples who are expecting a child.
- To offer breastfeeding consultations to breastfeeding mothers.
- To assure training and support to breastfeeding 'godmothers'
- Provide support throughout the breastfeeding experience by organizing meeting to provide security for parents who wish to experience breastfeeding.

 (418-391-2166)

### Céline Fourcaudot

Intervenor-accompanist  
Le P'tit Bonheur parental support service  
418-752-5577 poste 4



Service de soutien parental  
0-6 ans, Le P'tit Bonheur