

## New speaker and accompanist at the P'tit Bonheur !

My name is Bianca Aubut, I'm a proud mom of 2 boys, ages 6 and 7. I studied in early childhood education and worked for 3 years as an educator at the CPE Les P'tits Coquillages of Port-Daniel. As a mom, I fully understand how being a parent can be demanding at times and I hope to facilitate your task by offering the helping hand that you need.



## Schedule of the P'tit Bonheur

**Monday** 8am to 12pm and 1pm to 4pm

**Tuesday** 8am to 12pm and 1pm to 4pm

**Wed.** 8am to 12pm and 1pm to 4pm

**Thursday** 8am to 12pm and 1pm to 4pm

## Services offered by the P'tit Bonheur

### **Support, listening and counseling :**

- Welcoming and referral ;
- Home visits ;
- Individual accompaniment ;
- Respite care ( Pairing Family/Volunteer for infants of 0-12 months)

### **Rental/loan of equipments for babies :**

- Children car seats, cribs, portable playpens, etc. ;
- Verification/installation accredited by CAA Québec ;
- Breastfeeding support equipment

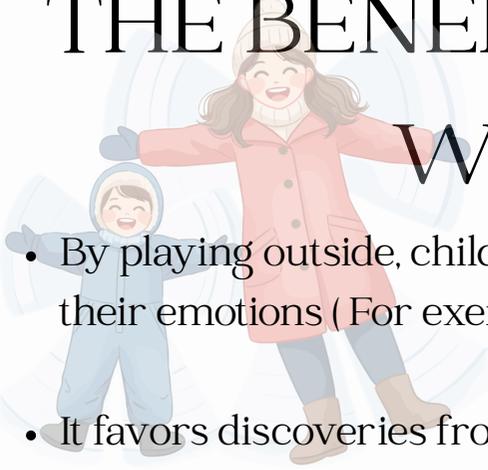
### **Temporary assistance :**

- Thrift shop of the little ones ;
- Diapers, milk, hygiene products, etc. ;
- Food (dairies, fruits and vegetables)

### **Accompaniment-transportation :**

- social appointments with referral ;
- Prenatal-postnatal follow-ups, immunization

## THE BENEFITS TO PLAY OUTSIDE IN THE WINTER FOR CHILDREN

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- By playing outside, children build strength, endurance, coordination and learn how to handle their emotions ( For exemple, when they get snow in their face).
  - It favors discoveries from apprenticeship, explorations and experimentations.
  - The children have to meet little challenges, which help on their global development and their balance. ( For exemple, walking in the snow is different than walking in the house.)
  - Playing outside will, in general, open their appetite, lower their stress and improve their mood.
  - Embracing the cold weather and allowing children to play outdoors is crucial for their overall development, providing a necessary break from screens and indoor confinement and they will sleep better.



Source : <https://naitreetgrandir.com>

## 5 IDEAS OF GAMES TO DO OUTSIDE IN WINTER

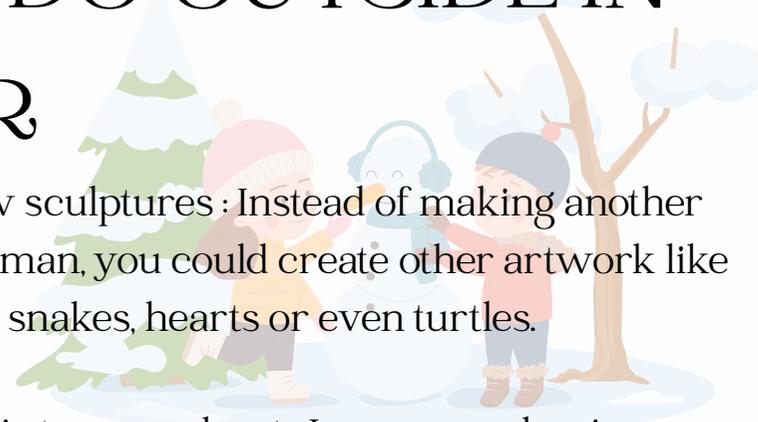
1. King/Queen of the hill : Climb and sliding down snow hill while modifying your movements. For exemple, climbing backward, get down on your butt or together on a sleigh.

2. Shovelling : Get your shovels and shovel some paths in your yard to make a labyrinth. You can also ask your children to help you shovel the balconies or stairs after a storm.

3. A fort in your yard : Build a fort by building walls, without digging tunnels



4. Snow sculptures : Instead of making another snowman, you could create other artwork like snow snakes, hearts or even turtles.



5. Nordic treasure hunt : In your yard or in a playground, hide small objects and ask your kids to find them. You could make it more challenging by using white objects.

\*For your babies : if you have a small pool, put a blanket at the bottom with toys and a little bit of snow. You may sit your child in it so they could discover the feeling of the snow.

Dress them warm since they don't move a lot they can get cold quicker. Watch that their hands and feet stay warm.

Source : <https://naitreetgrandir.com>