



Info P'tit Bonheur

How to help your child fall asleep well?

For one reason or another, your child may have difficulty falling asleep at night: illness, digestion, anxiety, fear of sleeping alone, need for attention, etc. Here are some tips that can make bedtime easier for you.

1. Establish a bedtime routine

- Avoid over-arousal activities before bedtime.
- Read a book about bedtime.
- Make sure your child is not hungry, thirsty or wanting to go to the bathroom before going to bed
- Establish clear and precise rules regarding bedtime.



2. Bring him comfort

- Offer the child an object he likes (stuffed toys).
- Use imagination to counter fears (magician who protects his room from monsters)
- Use a nightlight against fear of the dark



Source : Naitre et grandir 2015

Here are some suggestions for activities to do with children in winter

- | | |
|-------------------------------|--|
| - <i>Cross-country skiing</i> | - <i>Skating</i> |
| - <i>Alpine skiing</i> | - <i>Snow painting</i> |
| - <i>Snowshoeing</i> | - <i>Fire, hot chocolate/marshmallow</i> |
| - <i>Snowmobiling</i> | - <i>Snowman</i> |
| - <i>Sliding</i> | - <i>Snow sculpture</i> |



Baby nest and cover for winter

If you're using a sleeping bag or car seat cover instead of a snowsuit, make sure they're made for winter. Under the sleeping bag or the cover, dress your baby as you would when you put on a snowsuit, not forgetting to put a toque, slippers and mittens. If your sleeping bag or cover isn't specially designed for winter, your baby should wear a snowsuit to go outside.

Source : Naitre et grandir

10 contagious diseases in autumn / winter

-Flu
-Cold

-Nasopharyngitis
-Tonsillitis

-Gastroentéritis
-Otitis

-Sinusitis
-Bronchitis

-Pharyngitis
-Trachéitis

Source : passeportsante



DIY craft for Valentine's Day

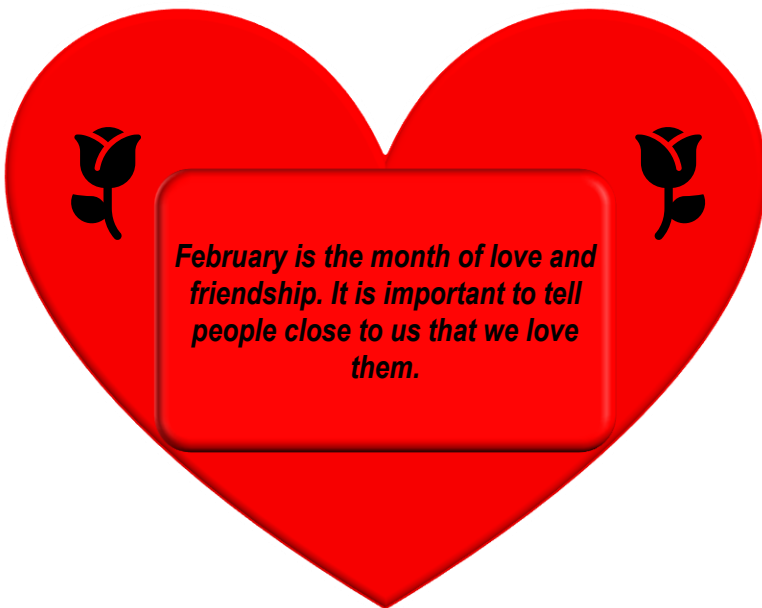
The pin of love and friendship:

- Draw a heart
- Cut the heart in half
- Glue the clothespin on the 2 ends of the heart
- Decorate your heart as you wish
- Stick your message on the bottom piece of heart so you can see it when you press on the pin.



Source : Tête à modeler

Other crafts are available on the following sites : Tête à modeler, pinterest, wooloo, etc ...



February is the month of love and friendship. It is important to tell people close to us that we love them.

At P'tit Bonheur, you can also come and borrow books. It's free, and it contains a host of topics that are relevant to parents and children. Come see us!

I love daddy, i love mommy...



*I love daddy, I love
mommy
I love my little cat, my
little dog, my little
brother
I love daddy, I love
mommy
I love my grandmother
and my big elephant*

The P'tit Bonheur program

Being a parent is wonderful and terrifying at the same time. At P'tit Bonheur we hope to make this reality as pleasant and happy as possible. We offer families of children aged 0 to 6 years of age various services to support them in this great adventure.

- **Respite care** for children from birth to six months, or more depending on the situation.
- Psychological **support** and small technical **advice** (through friendly calls and / or home visits).
- **Rental of safety equipment** for babies and children, as well as loan or donation of educational toys.
- **Clothing assistance** for babies and children, **food assistance** (pre-selected), milk, diapers and hygiene products: on individual request.
- **Transport- Accompaniment** services: for medical and / or social visits upon referral.

These services are offered to families living in the Saint-Siméon to Port-Daniel territory inclusively.

Schedule: Monday to Thursday 8 a.m. to 12 p.m. - 1 p.m. to 4 p.m

Demeurer bien informé est la meilleure des solutions !



**CENTRE D'ACTION
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