



## Info P'tit Bonheur



Le P'tit Bonheur invites you to check the dates of the thrift store days which take place approximately every 5 to 6 weeks. Possibility by appointment.

Le P'tit Bonheur is aware of the feelings that can appear when you are a parent and invites you to read this: Do guilt, patience, fatigue, denial, "I'm going to arrive" does that mean anything to you? Know that you are not the only parent wondering. A child who is sleep deprived also has similar symptoms. Every child is different and unique. Sometimes we lack the tools and it is exhausting for the child and the parents. Do you need information? I also invite you to visit Maman Sophie's website which is full of great resources <https://www.mamansophie.com/>.

### Symptoms of hyperactivity and impulsivity.

#### The child often :

- Wiggles hands or feet or squirms in seat;
- Gets up in situations where he must remain seated;
- Runs or climbs everywhere;
- Has trouble keeping still during play or leisure activities;
- Acts as if "on springs";
- Talks too much;
- Answers a question that has not yet been fully asked;
- Has trouble waiting his turn;
- Often interrupts others or imposes his presence.

### Symptoms of inattention

#### Children often :

- Fails to pay attention to details;
- Makes careless mistakes;
- Has trouble sustaining attention at work or play;
- Often seems not to listen when spoken to;
- Does not listen to instructions and fails to complete tasks;
- Has trouble getting organized;
- Avoids or really dislikes tasks requiring sustained mental effort;
- Loses objects;

### ATTENTION

**For babies, it's best to stay indoors when the outside temperature is below -12°C. For older children, we recommend not sending them outside to play if the temperature, with or without the wind factor, is -25°C or below.**

- Easily distracted by external stimuli;
- Frequent forgetfulness,
- Do you recognize your child? Click on this link to find out more.

<https://naitreetgrandir.com/fr/sante/naitre-grandir-sante-enfant-trouble-deficit-attention-hyperactivite-tdah/>

## What a beautiful day! December 21, 2023

Thanks to the generosity of employees at New-Carliste Detention Centre and under the supervision of Nadine Aubut (Correctional Officer) Santa Claus and his elves distributed 45 gifts to the homes of 23 P'tit Bonheur families. The gratitude was palpable. Once again, we would like to thank these people with generous hearts.

**A day that I will not soon forget.**



### P'tit Bonheur opening hours

**Monday:** .....

**Tuesday:**

8h to 12h – 1h to 4h

**Wednesday:**

8h to 12h – 1h to 4h

**Thursday:**

8h to 12h – 1h to 4h

**Friday:**

8h to 12h - 13h to 16h

[ptitbonheur@cabst-](mailto:ptitbonheur@cabst-simeonport-daniel.com)

[simeonport-daniel.com](mailto:ptitbonheur@cabst-simeonport-daniel.com)

[https://www.facebook.com/](https://www.facebook.com/cab.saint.simeon.port.daniel)

[cab.saint.simeon.port.d](https://www.facebook.com/cab.saint.simeon.port.daniel)

[aniel](https://www.facebook.com/cab.saint.simeon.port.daniel)

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Serving you is a pleasure!

### our services

The main purpose of this service is to allow for parents to experience their parenthood in a natural and harmonious way while maintaining a good physical and mental health.

#### SUPPORT, LISTENING, COUNSELING AND RESPITE CARE

- Welcoming, referral
- Home visits
- Individual accompaniment
- Pairing family/volunteer for infants 0-12 months

#### RENTAL/LOAN OF EQUIPMENT FOR BABIES

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

#### ACCOMPANIMENT-TRANSPORTATION

- Medical/social appointments with referral
- Prenatal-postnatal follow-ups, immunization

#### TEMPORARY ASSISTANCE

- Diapers, milk, hygiene products, etc.
- Clothing 0-6 yrs and maternity

Our volunteers are essential for all of the P'tit Bonheur services.  
**THANK YOU FROM THE BOTTOM OF OUR HEARTS!**  
 You would like to become one of them?  
**CONTACT US!**

#### TO CONTACT US

**CENTRE D'ACTION BÉNÉVOLE SAINT-SIMÉON/PORT-DANIEL**  
 176 boul. Gérard-D.-Levesque Ouest, Paspébiac (Québec) G0C 2K0  
**418 752-5577**  
 Email : [ptitbonheur@cabst-simeon-port-daniel.com](mailto:ptitbonheur@cabst-simeon-port-daniel.com)  
[cab.saint.simeon.port.daniel.com](http://cab.saint.simeon.port.daniel.com)

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[CABST-SIMEON-PORT-DANIEL.COM](http://CABST-SIMEON-PORT-DANIEL.COM)

**Pauline Landry** Intervenor and accompanist **418-752-5577 poste 4**

