



FAMILY NEWSLETTER

Pregnancy & Parenting

Fetal Movement Counts

During your third trimester, your provider will ask you to count baby's movements every day. This is done to check on baby's well-being and gives you special time each day to spend with your baby. Try to count your baby's activity at the same time each day, this will show your baby's activity patterns.

"10 in 2"

A total of ten or more distinct movements in two hours suggest that your baby is doing well.



If you haven't felt the ten movements in two hours, eat some food, drink some water, then lie down. If you continue to not feel the ten or more movements during that next hour, call your healthcare provider.

Also, call your healthcare provider if you notice a major change in your baby's activity level. If you smoke cigarettes, this can decrease the amount of oxygen your baby gets and can make baby less active. Avoid smoking at least one hour before you start counting.



Great River Regional Library Summer Reading Challenge

<https://griver.org/summer-reading-challenge>



- FREE for children birth through 12th grade
- Runs June 9 through August 9, 2025
- **Sign up at your local library** for fun events, books, prizes and more
- While there, sign up for a free **library card** and enroll your child in the library's **1,000 Books Before Kindergarten Program** to help build early literacy skills while bonding with your child.

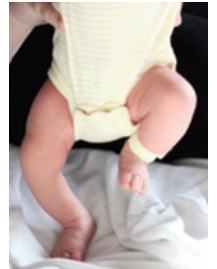
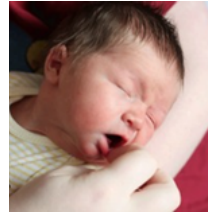
Curious how to read to your newborn?
Find helpful tips from the Monticello School District's Rally to Read initiative on pg 3-4!

Child Growth & Development

Newborn Reflexes

Your baby is born with several reflexes, some include:

- **Moro Reflex:** when baby is startled, they will fling their arms and legs to the side and arch their back. This reflex lasts about 2 months.
- **Rooting Reflex:** when the corner of the mouth is stroked, the baby will turn their head in that direction and will open their mouth. This reflex lasts about 4 months. The baby is able to find the bottle or breast with this reflex.
- **Babinski Toe Reflex:** When the bottom of the foot is stroked, the toes will fan out. This reflex is present until around 2 years of age.
- **Walking Reflex:** Baby will mimic walking when held under the arms. This reflex lasts until baby is about 2 months old.



Formula Feeding

Best practices for formula feeding:

- Read instructions carefully to properly mix formula with water, including using the correct ratio of powder to water.
- Wash your hands with soap and water before preparing a new bottle
- Wash bottles, nipples, and rings in hot, soapy water or use the dishwasher
- Formula made from powder may be refrigerated up to 24 hours before use, but it is best to wait to prepare it until right before baby eats.
- Throw away any remaining formula in the bottle after one hour of the feeding.
- Formula does not need to be warmed. If you do warm it, placed the bottle in a bowl of warm water. Never microwave.





Activities of the Month

Father's Day Painted Rocks:

<https://tinyurl.com/444xamts>



Baby Sensory Bin

using noodles, rice, and shapes



Mindfulness Moment

Journaling is a form of mindfulness that involves keeping a journal or diary to record your thoughts, feelings, experiences, and reflections.

- Find a quiet place to sit with your journal
- Take a few deep breaths to arrive fully in the present moment
- Set a timer for 5 minutes
- Write freely without judging yourself about whatever thoughts, feelings, or experiences pop up.
- If you get stuck, write "I am feeling stuck" until new words come.
- Name any emotions as they come up.

Parenting journal prompts to help get you started:

- **What do you want your child(ren) to remember most about their childhood?**
- **What piece of advice would you give another parent?**
- **What is your favorite thing to do with your child(ren)?**



Safety & Resources

Family Resource Centers & Community Schools

Several organizations and community members across Benton, Sherburne, Stearns & Wright Counties are working to bring Family Resource Centers (FRC) & Community Schools to Central MN.

- FRC provide a safe, accessible place for families to connect and achieve their goals.
- They are community-led. Programming is tailored to the culture, resources, and needs of the community they serve and focus on building the strengths of the individuals, families, and communities. They will look and feel different in every community.
- Core services focus on parenting education & skills, early childhood literacy & access to economic supports.

Current locations include:

- Elk River: Mainstreet Family Services (now open)
<https://www.mainstreetfamilyservices.org/family-resource-center/>
- Wright County Family & Community Resource Center (mobile)
<https://frcrcwc.my.canva.site/>
- St. Cloud 10-10 Park Community Outpost (opening soon)
- ISD 742 Full Service Community Schools-North & Discovery (now open)

Drop-In Feeding Support

Mondays

- 10a-12p, Monticello Community Center

Tuesdays

- 9:30a-11:30a, St. Cloud YMCA 

Wednesdays

- 9:30a-11:30a, Wright County Historical Society, Buffalo 
- 1:30p-3p, Maple Grove Hospital

Thursdays

- 10a-12p, Mainstreet Family Resource Center, Elk River 
- 11a-12:30p, Cambridge-Isanti Adult Enrichment Center

Fridays

- 10a-12p, Options for Women -Cornerstone, St. Michael



=First Steps staff present



READING AT HOME

INFANTS

IT IS NEVER TOO EARLY TO START READING TO YOUR INFANT!

90% of brain development happens within a child's first five years. Parents are a child's first teachers!

- Read to your infant daily. A few minutes between diaper changes, feedings, and naps add up. Aim for a total of 30 minutes throughout the day.
- Look for small, sturdy board books that have simple text and a variety of objects, including rhyming words and/or faces of people.
- It is okay if you don't read all the words in the book or look at all the pages. Point at the pictures and talk about what you see.
- You can read anything to your infant. Your baby doesn't understand the words yet, but they feel safe in your loving arms, hearing the familiar sound of your voice.
- Let your infant become familiar with books by opening and closing them, holding them, or even chewing on them.



SINGING

...EASES STRESS & CALMS INFANTS
...BOOSTS BRAIN DEVELOPMENT



Wheels on the Bus

The wheels on the bus go 'round and 'round
'Round and 'round, 'round and 'round
The wheels on the bus go 'round and 'round
All through the town

*repeat with other parts of the bus and actions

Head, Shoulders, Knees and Toes

Head, shoulders, knees and toes, knees and toes.
Head, shoulders, knees and toes, knees and toes.
And eyes and ears and mouth and nose.
Head, shoulders, knees and toes, knees and toes.

*point to each body part as you sing

Old MacDonald

Old MacDonald had a farm
Ee i ee i o
And on his farm he had some cows
Ee i ee i oh
With a moo-moo here
And a moo-moo there
Here a moo, there a moo
Everywhere a moo-moo
Old MacDonald had a farm
Ee i ee i o

*repeat with other animals and sounds

Itsy Bitsy Spider

The itsy bitsy spider crawled up the water spout.
Down came the rain, and washed the spider out.
Out came the sun, and dried up all the rain,
And the itsy bitsy spider went up the spout again.

**SINGING SONGS AND LULLABIES ARE GREAT WAYS TO
INTRODUCE MORE WORDS TO YOUR CHILD IN A FUN WAY AND
HELP THEM GET READY TO READ.**

HELPFUL RESOURCES

Scan the QR codes with your phone camera to link to more information about each of these resources



Monticello Schools Early Childhood Family Education (ECFE) offers a variety of family classes, activities, and events taught by early childhood or parent educators to promote cognitive, physical, and social-emotional growth.



First Steps Central MN free and voluntary visits with a Nurse during pregnancy through your child's early years for connection to resources, parenting support, and child growth & development education. Check out their monthly family newsletter on their website!



Follow Along Program a free developmental tracking program done through the mail for parents to learn about their child's health and development, ways to promote learning, and get connected to local services.



Help Me Grow If you have concerns about your child's development, this is a great first step in getting connected to early intervention services through your school district and local resources.



Help Me Connect an online resource to help you locate local services and supports for pregnant and parenting families with young children.



Think Small Parent Powered Texts get three text messages a week with fun facts about your child's development based on their age. Sign up by texting LMC (for English) or LMC ESP (for Spanish) to 70138.



Tri-Valley Head Start provides free early childhood education and family support services to families who meet income eligibility and are working in agriculture, or families who migrate for the purpose of working in agriculture.



Reach Up Head Start/Early Head Start provides free early childhood education and family support services to families who meet income or life factor eligibility.

READ BOOKS YOU HAVE AT HOME AND FIND MORE AT YOUR LOCAL LIBRARY!

Great River Regional Library-Monticello
<https://griver.org/locations/monticello>

The Monticello Library offers:

- Family Fun Storytime
- Summer Reading Program
- and more fun events!



MONTICELLO RALLY TO READ

Monticello Rally to Read's vision is to equip families and the community with engaging resources to promote early literacy and build proficient readers at every grade level because brains are prepared for literacy development by age 3.

Learn more at:
<https://www.monticello.k12.mn.us/monticello-rally-to-read>



Stay tuned! Imagination Library is coming to Monticello soon. Your child will be eligible to sign-up to receive one free book per month from birth to age 5.

MONTICELLO

Early Childhood Family Education



ECFE SUMMER CLASSES

Join Us for a Summer
Filled with Fun, Learning,
and Exploration!



- Butterflies and Fairies (ages 3-5) Monday, Jun 9, 9:00 AM - 2:00 PM
- Kaleidoscope Summer Days (ages 3-5) Tue/Thu, Jun 10 - Jun 26, 9 AM - 12 PM
- Be a Little Einstein (ages 3-5), Wed, Jun 11 - Jun 25 & Jul 9 - Jul 23 9:00 AM - 12:00 PM
- Pop-In and Play (ages 0-5), Wednesdays, Jun 11 - Aug 13, 9:00 - 11:00 AM
- Firetruck Academy (ages 3-5), Monday, Jun 16, 9:00 AM - 2:00 PM
- ECFE at the Playground, Tue Jun 17 & Tue Jul 15, 6:00 - 7:00 PM
- ECFE at the Playground, Tue Jun 24 & Tue Jul 22, 9:00 - 10:00 AM
- Beach Day (ages 3-5), Monday, Jun 23, 9:00 AM - 2:00 PM
- To Infinity and Beyond (ages 3-5), Monday, Jul 7, 9:00 AM - 2:00 PM
- Board the Bus for Magical Fun (ages 3-5), Tue/Thu, Jul 8 - Jul 24, 9:00 AM - 12:00 PM
- Diggers and Dozers (ages 3-5), Monday, Jul 14, 9:00 AM - 2:00 PM
- Off on an Adventure (ages 3-5), Monday, Jul 21, 9:00 AM - 2:00 PM



Registration Information:

Register Early! Spots fill up fast.
monticello.ce.eleyo.com



Join Us for a Summer
Filled with Fun, Learning,
and Exploration!
Call Us With Questions
763-272-2901



Family,
Friend and
Neighbor
Minnesota

Stay and Play Open House For FFN Providers

- | | |
|-------------------|--------------------------|
| June 9, 2025 | July 14, 2025 |
| 2 pm - 4 pm | 2pm - 4pm |
| Bremer Room | Bremer Room |
| June 23, 2025 | July 28, 2025 |
| 10:30 am-12:30 pm | 10:30am-12:30pm |
| Mississippi Room | Bremer Room |
| | St. Cloud Public Library |
| | 1300 W St Germain St, |
| | St Cloud, MN 56301 |

To RSVP: Scan QR code or
Text/ Call: 320-471-8266 or
VGarrett@milestonesmn.org



Participants will :

Learn **meaningful ways to engage with the children cared for.**
Have an educational and entertaining experience.
Be able to **network with other local caregivers.**



Anyone regularly caring for someone else's
children is welcome to bring children 0-5 for
this fun early childhood education play time.

Big Lake
COMMUNITY EDUCATION

3RD ANNUAL

SUMMER KICKOFF

Join the FREE FUN!

THURSDAY, JUNE 5
11 AM - 2 PM
MIDDLE SCHOOL GROUNDS

Food for purchase

THE CORN DOG COMPANY
BRAIN FREEZE
ICE CREAM
MINI DONUTS
FRESH LEMONADE

NINJA ANYWHERE
PETTING ZOO
FACE PAINTING
YARD GAMES
VENDORS & MORE

SPUDFEST

SPONSORED BY:

Set up a table to promote your program/organization!
Email: ce@biglakechschools.org

FREE!
You are invited!

Big Lake ECCE in the Park

Join us from 10:00-11:30 am
Please register at biglakece.com

June 11 @ Liberty Playground
Explore the nature classrooms & playground!

June 25 @ Wrights Crossing
Music in the Park!

July 9 @ Hudson Woods
Science in the Park!

July 23.....Highline
Sports in the Park!

August 13.....Lakeside Park
Water Fun in the Park!



at schools & other sites

Free Nutritious Meals For Kids 18 And Under

Only a click away, the Free Meals for Kids mobile app will help families and kids find free meals at schools and other sites across Minnesota.

How it works:

- 1 Download the Free Meals for Kids app to your cell phone.
- 2 Use the app to find the nearest site providing meals by GPS.
- 3 Click on the nearby site and use the Site Updates tab for more details.
- 4 Share the app with friends, neighbors and on social media.

Free Meals for Kids can be downloaded at Apple or Google Play app stores.

There are free meal sites across the state at schools and community locations. The app provides location, directions to the site and hours and days of operation. More sites are added daily. For more information: www.hungerimpactpartners.org.

