



FAMILY NEWSLETTER

Pregnancy & Parenting

Maternal Mental Health Month

As many as **1 in 5** new mothers experience some type of perinatal (before and after giving birth) mood and anxiety disorder (PMADs). Without understanding, supporting, and treatment, these PMADs can have a significant impact on women, their partners, children and families.

Women of every culture, age, income level and race can develop PMADs.



Symptoms can appear at any time during pregnancy and the first 12 months after childbirth.

If you develop a PMAD, this does not mean you are doing anything wrong or that you love your baby less; it is a chemical/hormone imbalance.

Talk to your healthcare provider right away if you are experiencing these feelings. There are effective and well-researched treatment options available to help women recover.



Here are some additional resources:

- Postpartum Support International-Minnesota
<https://www.postpartum.net/locations/minnesota/>
◦ 1-800-944-4773, #1 Spanish or #2 English
- National Maternal Mental Health Hotline
1-833-TLC-MAMA (1-833-852-6262)
<https://mchb.hrsa.gov/national-maternal-mental-health-hotline>
- Postpartum Support: The First 40 Days
<https://sites.google.com/umn.edu/40daysproject/home>
- Nystrom & Associates Mother-Baby Program
<https://www.nystromcounseling.com/our-services/mother-baby-program/>
- PrairieCare Maternal Mental Health Services
<https://prairie-care.com/treatment/perinatal-mental-health/>
- Redleaf Center for Family Healing 612-873-HOPE <https://redleaffamilyhealing.org/>

Child Growth & Development

Object Permanence

As your baby grows, they observe things and interactions around them. Around 7-8 months old, infants may cry when a parent leaves the room. They believe things (and people) only exist when they can be seen. They don't fully understand that you still exist in the other room and will return to them. Closer to 10 months of age is when infants begin to fully understand that things exist even when they cannot see them. This is called object permanence.

Some easy ways to help your baby develop object permanence include playing:

- Peek-a-Boo
- Hide-and-seek



For more information on object permanence, visit:
<https://www.pampers.com/en-us/baby/development/article/object-permanence>



Testing Limits

As your child grows from infant to toddler, they begin to test limits and claim their independence. While this is a normal part of development, it can also be challenging for parents. Here are some tips:

- Set clear boundaries around activities like mealtimes, play, and bedtime. Consistency helps with development.
- Include simple choices that your child can make into your daily life. "Would you like the red plate or blue plate?"
- Practice responding patiently as your toddler pushes back.
- Focus on connecting with your child through one-on-one play and communication.
- Look for support if you are feeling overwhelmed. Parent groups through ECCE or seeing a therapist can help.





Activities of the Month

Nature Walk

Cardboard Vase:

<https://tinyurl.com/5n8s97du>



Mother's Day

Footprint Flower:

<https://tinyurl.com/4hj2xkt7>



Mindfulness Moment

Body Scan Meditation is a relaxation technique focusing breath and awareness on each body part at a time to melt away tension.

- Start at your toes. On exhale, visualize tension releasing.
- Move up through your feet, ankles, and legs.
- Soften more with each breath out.
- Continue to your hips, torso, and fingers.
- Let go of any tension you are holding.
- End at your head and face.
- Relax your jaw, forehead, and shoulders.
- Finish with full body breaths.
- Carry the calm with you.



Safety & Resources

Home Safety

At 3-5 months of age, babies begin to wave their arms and grab at things. It is important to keep dangerous items out of reach. Keep hot liquids or warm objects away to prevent the chance of burning your baby. Avoid carrying a hot liquid and your baby at the same time, to also prevent burns. Learn more about safety at this age at www.healthychildren.org



Newborn Cues

Newborns should be fed on demand or every 1 to 3 hours. Most newborns will show early signs they are hungry and when they are full. Changes in eating patterns can change often as your baby grows.

Signs that baby is hungry:

- Moving their head from side to side
- Opening their mouth
- Sticking out their tongue
- Moving their hands to their mouths
- Crying
- Nuzzling against their mother's breast
- Puckering their lips as if to suck

Signs that the baby is full:

- Slowing down
- Spitting out the bottle
- Unlatching from the breast
- Closing the mouth
- Turning away from the bottle or breast

<https://kidshealth.org/en/parents/feednewborn.html>



Drop-In Feeding Support

Mondays

- 10a-12p, Monticello Community Center

Tuesdays

- 9a-11a, Princeton ECFE Family Center
- 9:30a-11:30a, St. Cloud YMCA



Wednesdays

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



Fridays

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



=First Steps staff present





CAR SEAT CLINIC

HOSTED BY: ST CLOUD AREA CHILD
PASSENGER SAFETY COLLABORATIVE

Learn how to confidently install
car seats and keep your little
ones safe with our certified car
seat technicians!

What to Bring:

- ✓ Bring your vehicle and car seat manuals
- ✓ Clear your backseat for accessibility



WEDNESDAY

MAY 21ST

3PM-6PM

501 Pinecone Rd S



Learn & Play

Family friendly drop in play group for all ages!

2025 Dates:

May 9

July 11

October 10



9:30-11:30am



Wright County Historical Society
2001 MN-25, Buffalo, MN 55313

Rotate through a variety of activities
focused on fun and early learning skills!

★
Free
★



HOOYO HOUR ORGANIZATION

UNITING MOTHERS, UPLIFTING COMMUNITIES

HOOYO HOUR'S COMMUNITY CONVERSATION ABOUT AUTISM: MYTHS VS FACTS



Join us for an open and informative discussion on autism, common misconceptions, and trust in our community. Let's address concerns, share knowledge, and empower families with reliable information.

- Understanding Autism: Myths vs. Facts
- Community Support and Resources
- Sharing personal Stories and Experiences
- Open-ended Q&A



- May 10, 2025
- 1300 W St Germain St

- 12:30 - 4:30 PM
- www.hooyohour.org

Guest Speaker: Anisa Hagi Mohamed
Autism parent, caregiver, and advocate Anisa Hagi-Mohamed will lead a discussion on autism awareness and sharing her expertise and lived experience.

Our partners



CentraCare® BENTON COUNTY



Stearns County
Minnesota



SHERBURNE
COUNTY



Ellison Center Book Clubs

LET'S LEARN TOGETHER!
for caregivers & professionals

SUMMER 2025

8am Tuesdays (Virtual) June 10, 17, 24 July 15, 22, 29



1pm Tuesdays (Virtual) June 10, 17, 24 July 15, 22, 29

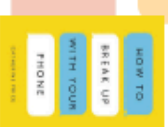
3pm Tuesdays (Virtual) June 10, 17, 24 July 15, 22, 29



12pm Thursdays (Virtual) June 12, 19, 26 July 17, 24, 31



1pm Thursdays (Virtual) June 12, 19, 26 July 17, 24, 31



SCAN ME

REGISTRATION & MORE INFO

Includes a video overview of all offerings!



COST

Suggested donation of \$60 for club registration. You will be invoiced during the first week of your meeting. Scholarships are available.

CONTACT INFO

- Six weekly 45 minute meetings will be a time to process and reflect on what you've read.
- These are NO-GUILT book clubs
- You are encouraged to attend meetings regardless of whether you are "caught up" with the reading.

Email: beka@ellisoncenter.org
Phone: 320-406-1600



RSVP Seniors Readers Theater Presents

"Make Way for Ducklings"



Join Main Street Family Resource

Center and RSVP Seniors for a
Reader's Theater presentation of,
"Make Way for Ducklings"!

RSVP Readers Theater is a group of
enthusiastic local volunteers (ages 55+)
dedicated to sharing their passion for
reading!

They bring stories to life in a group
setting, using an expressive, fluent
reading style that is understandable and
fun!



Main Street
FAMILY RESOURCE CENTER



AmeriCorps
Seniors RSVP

Tuesday, May 13th
10:00am-11:00am
Main Street Family Resource
Center
400 Jackson Ave NW
Elk River, MN 55330



Braids of Empowerment Event

Hosted by: Danielle's Unique
Styles for Youth & Charles Jackson

of Truth 2 Da Youth

📍 The Hair Jurniee

2845 Brookdale Drive, Ste A
Brooklyn Park, MN 55444

📅 May 18th, 2025 | 12 PM – Until

10-15 Youth Are Braided and Cut

🎉 Free for Ages 5 - 18!

A Fresh Look, A New Confidence!

While They Wait

Food & Drinks

Arts & Crafts

Games

🧸 Special Appearance: MN's

Mascot of Love, Yummy Bear – Get

Your Cameras Ready!

Contact Danielle Jackson on

Facebook Messenger for Details.

💜 Support Our Mission!

Venmo: @Danielle-Jackson-321

Empowering Our Youth, One Braid

at a Time!

