



# FAMILY NEWSLETTER

## Refer a Friend

Having supports in your life when pregnant and in the early years of your parenting journey can help reduce stress, anxiety, and depression. They can also reduce the risk of complications during pregnancy and birth. Our nurses are here for you!

If you have a friend who is pregnant or recently delivered, encourage them to reach out to learn more. They can self-refer on our website or call or text us.



**[www.firststepscentralmn.org](http://www.firststepscentralmn.org)**  
**Call/Text: 763-276-0441**

## Pregnancy & Parenting

Newborns have irregular sleep patterns, which means you might be up at all hours of the night. This can take a toll on your physical and emotional well-being. Here are some tips to help you prioritize your own sleep:

- Sleep when your baby sleeps, even if it's just for a short nap.
- Share nighttime duties with your partner, family member, or friend (if possible).
- Create a relaxing bedtime routine for yourself, like taking a warm bath or reading a book.
- Limit caffeine in the afternoon and evening
- Take a break from screen time a few hours before bed.
- Ask for help when you need a break.

Remember, it's okay to prioritize your own rest. A well-rested parent is better equipped to handle the demands of caring for a newborn.



## Child Growth & Development

Executive Functioning skills combine movement, senses, talking, and thinking skills and are used daily when we play, learn, and make friends. Just like other milestones, children learn these skills at different times.

Here are some fun activities to help your 6-18 month old child with Executive Functioning:

- Play Peek-a-Boo
- Sing simple songs like Pat-A-Cake
- Hide a toy under a cloth and let them find it
- Stack blocks, knock them down, then build again
- Do fingerplays or songs with easy hand motions (like Itsy Bitsy Spider)
- Take turns doing an activity or pretending
- Talk to your child and point out things you see



A great way to play with your child is to keep them close to you, like holding them on your lap. Doing things over and over also helps with learning. Find out more at: [Center on the Developing Child](http://CenterontheDevelopingChild.org)

## Mothers & Babies

Our home visiting staff are now able to offer the Mothers & Babies intervention with families enrolled in our home visiting programming. Mothers & Babies can help you develop skills in reducing stress and nurturing your mental well-being. Ask your nurse about these tools at your next home visit!





## Infant Feeding

The stomach of a newborn is very small. That means you will need to feed your newborn often: 8-12 times in a 24 hour period. When your baby is latched well and is drinking effectively, your milk supply increases to keep up with your baby's needs. By about one month of age, babies typically take in 3-5 ounces per feeding and 20-35 ounces per day, although feeding frequency and amounts can vary.

Day 1	Day 3	Week 1	1 Month
			
Small frequent feeds of colostrum. 5-7ml	Milk production increases, which encourages baby to feed more frequently. 22-27ml	Frequent feedings now have baby taking 45-60ml at a feed.	Frequent feedings help establish the milk supply. Baby is now drinking 80-150ml a feed.

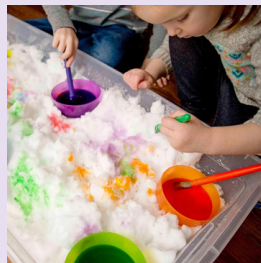
Image from: [La Leche League](https://www.la-leche-league.org/)

Learn more at: [Your Guide to Breastfeeding](https://www.yourguidetobreastfeeding.com/)

## Activity of the Month

### Snow Painting:

<https://busytoddler.com/paint-snow-winter-activity-for-kids/>



## Mindfulness Moment

Developing calm down strategies is important for children so they can build the skills and ability to manage strong emotions throughout life. When children learn to effectively regulate their feelings, they develop self-management capabilities that improve social interactions and overall well-being.

It's never too late for adults to work on these skills too. Check out page 3 for some ideas!

## Safety & Resources

It can be difficult to stay active between the snow, ice, wind, and cold temperatures of Minnesota winters. Staying active and getting outside can help with overall health and wellness. Here are some family winter activities:

- Build a snowman
- Make snow angels
- Go sledding: choose a hill with soft snow that is clear of obstacles
- Go on a winter hike
- Do a winter scavenger hunt
- Bring snow inside and create a sensory bin

Stay warm and dry!

- Dress in waterproof layers and cover skin with a scarf, a hat, and mittens.
- Wear a winter jacket, snow pants and winter boots.
- Children should change their clothes if they get wet.
- Avoid having your child wear a thick or puffy jacket underneath their car seat safety harness.


- Learn more about car seat safety here: <https://www.nhtsa.gov/>
- Learn more about winter driving tips here: <https://www.nhtsa.gov/winter-driving-tips>

## 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

Things I can do when I need to

# CALM DOWN



NAME MY  
FEELINGS



DEEP  
BREATHING



WRITE A  
LETTER



IMAGINE A  
QUIET PLACE



CHILD POSE



DRINK WATER



WARM BATH



RUN



5-4-3-2-1  
GROUNDING  
TECHNIQUE



HUG



PAINT



BLOW BUBBLES



SMELL MY  
FAVORITE  
SCENT



SQUEEZE  
SOMETHING



LISTEN TO  
MUSIC

100  
99  
98

COUNT  
BACKWARDS



EXPLORE  
NATURE



PRESS AND  
RELEASE  
PALMS  
TOGETHER



WATCH SNOW  
FALL



NOISE  
CANCELLING  
HEADPHONES



PLAY WITH  
A PET



HUG A TOY



WRAP UP IN A  
BLANKET



COUNT  
HEARTBEATS





# Fun with First Steps



**Wednesday, December 3rd**

**9:00am-12:00pm**

*Join us for a fun morning of  
children's crafts, connection, and  
holiday fun!*

All ages  
welcome!

- Ornament Craft
- Letters to Santa
- Christmas Tree Coloring

Drop in  
anytime!

## LOCATION:

Main Street Family Resource Center  
400 Jackson Ave NW  
Elk River, MN 55330



# SALEM COMMUNITY OUTPOST

## FREE HEALTHCARE FOR INDIVIDUALS AND FAMILIES!



90 RIVERSIDE DR SE, ST. CLOUD MN, 56304

### Our Services

#### Nurse Practitioner Clinic Visits

On site testing (UTI, strep, etc)

Basic medical care

Referrals to other health resources

Illness visits

Sports physicals

#### Nurse Visits

Blood pressure checks

Blood sugar checks

Learn how to lower stress

Healthy eating habits

Finding resources

#### When to Visit Us



NP & Nurse Visits Available



Nurse Visits Only

OCTOBER 2025								
S	M	T	W	T	F	S		
			1	2	3	4		
5	6	7	8	9	10	11		
12	13	14	15	16	17	18		
19	20	21	22	23	24	25		
26	27	28	29	30	31			

NOVEMBER							2025
S	M	T	W	T	F	S	
						1	
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30							

DECEMBER							2025
S	M	T	W	T	F	S	
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30	31				



Clinics will run 1-4pm each day they're offered. Walk-ins only, no appointments needed.

Interpreter services will be available on the dates the Nurse Practitioners are there.

Learn more at: <https://www.csbsju.edu/news/ribbon-cut-on-free-clinic-staffed-by-csb-and-sju-nursing-students-on-st-clouds-east-side/> and <https://www.centracare.com/services/project-h-e-a-l/>

# Community OUTREACH



You may be able to find us in your community, saving you a trip  
into our office.

Some of the needs we can assist with at our outreach locations are:

FOOD AND CASH PROGRAMS \* EVICTIONS \* DISCONNECTS

HOUSING \* CHILDCARE ASSISTANCE \* CHILD SUPPORT

HEALTH CARE ASSISTANCE \* SOCIAL SERVICE/PUBLIC HEALTH PROGRAMS (MENTAL HEALTH,  
DISABILITY, AGING, PARENTING)

We are currently visiting these community locations during these dates & times:  
(2:-5pm)

## 10-10 Park Community OutPost

1114 9<sup>th</sup> Ave SE St. Cloud, MN

Monday, Wednesday & Thursday's (9am-3 pm)

## Liberty Elementary

17901 205<sup>th</sup> Ave NW Big Lake, MN

1<sup>st</sup> & 3<sup>rd</sup> Thursday of the month

(1:30-4:30pm)

## Faith Lutheran Community Church

12266 255<sup>th</sup> Ave Zimmerman, MN

1<sup>st</sup> and 3<sup>rd</sup> Thursday of the Month (8am-10am)

## Main Street Family Resource Center (FRC)

400 Jackson Ave NW, Elk River, MN

1<sup>st</sup> & 3<sup>rd</sup> Wednesday of the month

