



PREGNANCY

Your healthcare provider may offer different screenings during your pregnancy. These screenings can help determine if your baby is at an increased risk of developing certain birth defects or developmental problems. They are optional but can help you and your provider feel better prepared. Examples include:

- Chorionic Villus Sampling (CVS)-where a small amount of tissue is removed from your baby's developing placenta by placing a catheter through your vagina and cervix or needle through your abdomen. It is typically done at 10-12 weeks of pregnancy.
- First Trimester Combined Screen-where an ultrasound is used to measure the fluid area behind baby's neck. This information is combined with a blood test in both your 1st & 2nd trimester.
- Blood samples, urine cultures, or vaginal/cervical swabs may also be taken from mom to run a variety of screenings, including a cystic fibrosis carrier test, HIV test, prenatal profile (to determine blood type, RH factor, hemoglobin level, and other health conditions), sexually transmitted disease testing.
- Ultrasound



CHILD GROWTH & DEVELOPMENT

Babies start learning to communicate from the day they are born. They listen to the voices and sounds around them. Then, babies make sounds like cooing and babbling. Most babies say their first words around 1 year. Ways to promote your child's language development:

- Talk to your baby a lot. Tell them what you are doing as you do it, like "Mommy is washing the dishes" or "Daddy is changing your diaper."
- Read to your baby every day. Point to the pictures and name what you see.
- When your baby points to something, say the name of it. If they point to a cup, say "cup."

If you have concerns with your child's development, you can talk with your First Steps Nurse, talk your child's pediatrician, and/or reach out to [Help Me Grow](#) for resources.



POSTPARTUM & PARENTING

Tips to keeping your family healthy as winter approaches:

- Wash your hands with soap and water regularly, including:
 - after changing diapers
 - before you or your baby eats
 - when entering your home
 - after blowing your nose or using the restroom
- Encourage anyone visiting your home or who plans to hold or interact with your baby to wash their hands first too.
- Prioritize a good night's sleep and healthy foods and water intake whenever possible
- Avoid others who are sick and/or crowded gatherings
- Keep baby's hair, hands, body, clothes, pacifiers, toys, car seat, and bedding clean and dry.
- Talk to your healthcare provider about recommended vaccines, including influenza, COVID, RSV.



INFANT FEEDING

It may be best to wait until breastfeeding is well-established before introducing breastmilk in a bottle. This allows your baby time to learn how to latch well on the breast. However, we know this is not always possible.

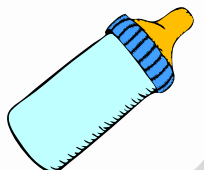
It may be helpful to meet with a lactation consultant, your nurse, and/or your healthcare provider to learn additional ways to support your breastfeeding goals. They may suggest use of a syringe, cup, or tube to assist with feedings. They can also offer tips about different types of bottles, nipple flow rate, and paced bottle feeding.

Check out your local Baby Cafe or Infant Feeding Group. Or, ask your First Steps nurse to learn more about this free support.

Research shows us that nursing moms who introduce a pacifier are just as successful with nursing as those who don't. Pacifiers can be a protective factor in reducing the risk of SIDS (Sudden Infant Death Syndrome). They are safe for infants to use during sleep.

Learn more at:

- [Your Guide to Breastfeeding](#)
- [Taking Cara Babies](#)
- [Baby Center](#)





SAFETY & RESOURCES

Fare For All

is a pop-up grocery store who sell packs of fresh produce and frozen meat at up to 40% off of retail prices. There are several locations across Minnesota, including those in Elk River, Buffalo, St. Cloud, and St. Joseph. <https://www.fareforall.org>



Tri-CAP

is the federally designated community action program for Benton, Sherburne and Stearns Counties. They can help with basic needs (transportation, housing, energy, food resources), self sufficiency (financial fitness, renting, taxes, rebuilding lives), and building stability (home ownership, repair, and weatherization). <https://tricap.org/>



Wright County Community Action (WCCA)

is the designated community action agency for Wright County. They can help with self sufficiency (aging services, MNSure navigation, tax prep), nutrition (WIC, backpack program, emergency food boxes, food shelf), housing (energy assistance, foreclosure prevention, transitional housing, weatherization), and education (Early Head Start, Head Start). <https://www.wccaweb.com/>



Community Connect-Big Lake 10/17/23, 2p-6p
a one-day, one-stop event that offers individuals and families access to resources and services in a welcoming and fun environment.
<https://sherburneunitedway.org/community-connect/>



Project Connect-St. Cloud 10/29/24, 10a-3p
a free event that offers people within our community the opportunity to access services offered by governmental, non-profit, and other agencies.
<https://www.facebook.com/phcstcloud>



MINDFULNESS

The purpose of nature connection in mindfulness works to calm the body and feel present through sensory observation.

- Take leisurely walks in natural settings, have picnics, and enjoy meals outdoors surrounded by nature.
- Look up at the stars on a clear night.
- Take photos!
- Meditate outdoors while listening to nature's sound.

AFFIRMATION OF THE MONTH

*I am grounded and rooted like the trees,
preparing to bring new life into the world.*



ACTIVITIES OF THE MONTH

Leaf Art



Candy Corn Foot Prints



Ghost Blow Straw Craft



To find more Fall crafts visit:
<https://www.craftymorning.com/category/fall-crafts/>



LOCAL WEEKLY BABY CAFES & INFANT FEEDING GROUPS

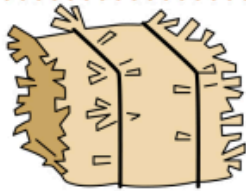
- Mondays**
- 10a-12p, Monticello Community Center
- Tuesdays**
- 9a-11a, Princeton ECFE Family Center
 - 9:30a-11:30a, St. Cloud YMCA
- Wednesdays**
- 9:30a-11:30a, Wright County Historical Society, Buffalo
 - 1:30p-3p, Maple Grove Hospital
- Fridays**
- 10a-12p, Options for Women - Cornerstone, St. Michael

FALL

SCAVENGER HUNT



SCARECROW



HAY BALE



SUNFLOWER



CORN



CORNSTALK



LEAF PILE



RAKE



APPLE



BUSHEL OF
APPLES



MUSHROOM



SQUIRREL



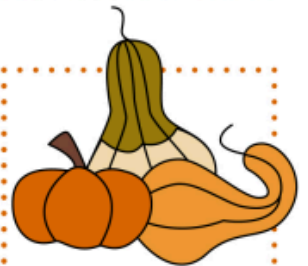
ACORN



PINE CONE



PUMPKIN



GOURDS



WHEAT



ORANGE LEAF



YELLOW LEAF



RED LEAF



TRACTOR

WE'D LIKE TO HEAR FROM YOU!

TO COMPLETE THE 2024 COMMUNITY HEALTH SURVEY

[HTTPS://ARCCG.JS/159BBC](https://arccg.js/159BBC)



HELP US GATHER
IMPORTANT HEALTH
INFORMATION ABOUT
OUR COMMUNITIES BY
COMPLETING THE
COMMUNITY HEALTH
SURVEY.

LA ENCUESTA ESTA
DISPONIBLE EN
ESPAÑOL.

Sahanka ayaa lagu
heli karaa af-
soomaali



CENTRAL MN ALLIANCE
STRENGTHENING PARTNERSHIPS FOR CHANGE

Early childhood Family Educator



Classes meet at

Quarryview
Education Center
800 7th St. S.
Waite Park, MN 56387

TUESDAYS
12:00-1:30 pm

THURSDAYS
9:00-11:00 am

Register
By Phone:
(320) 370-8289

Or email:
jeanine.schroeder@isd742.org

Way to Grow Classes

Way to Grow is a free ECFE resource for families with classes that offer more flexibility.

- * For parents and children birth to 5
- * Registration is through a personal contact with a teacher and the class continues for the full school year
- * Families may join anytime
- * Regular attendance is not required
- * Classes have a more flexible schedule to meet the needs of the group
- * General parenting topics are covered like eating, sleeping, diapering, toileting, behavior, care of parent, and community resources.

St. Cloud Area
School District 
Prepare. Engage. Educate. Empower. Inspire.

AllinaHealth
BUFFALO HOSPITAL

CentraCare

WCCA
WRIGHT COUNTY COMMUNITY ACTION

WRIGHT COUNTY
PUBLIC HEALTH



TAKE THE WRIGHT COUNTY COMMUNITY HEALTH SURVEY

Wright County Public Health and partners conduct a Community Health Survey every three years to understand residents' health behaviors and concerns. This survey helps develop and direct programs that meet community needs. This is the first year the survey is online!

Participation takes about ten minutes, and is completely anonymous.

Questions or concerns? Don't hesitate to reach out!

Email: HS.PublicHealth@co.wright.mn.us

Phone: (763) 335-0280



BABY TALK

For parents/caregivers & newborns to 16 weeks

Connect with other parents of newborns and gain insights from educators. Join us for support, guidance, and community as you navigate life with a newborn.

Time: 12:30 -2:00 pm on most Thursdays

~ Different topics each week ~

Sept 5 & Nov 14: Adjusting to parenthood

Sept 12 & Nov 21: Baby care/Caring time

Sept 19 & Dec 5: Sleep

Sept 26 & Dec 12: Post-partum self-care

Oct 10 & Dec 19: Play

Oct 24 & Jan 2: Cognitive & social emotional development

Oct 31 & Jan 9: Motor & language development

Nov 7 & Jan 16: Family change

FREE!

No Registration Required.

Just Show Up!

St. Cloud Area
School District 

Check out our parent child classes at



Quarryview Education Center

800 7th St. S., Waite Park, MN 56387 (320) 370-8250

isd742.org/ECFE

FAMILY FUN FEST!

COSTUMES ENCOURAGED

2024

FRIDAY OCT. 4
5:00 TO 7:00 PM

FREE RESOURCE FAIR! LIBERTY GYM

PRIZES
GAMES

COME
JOIN US

FACE
PAINTING

Big Lake
EARLY
CHILDHOOD



FLU VACCINE

Vacuna contra la gripe

Appointments are required.
Se requieren citas.

Call 320-200-3200 or visit CentraCare.com to schedule today!

Llame al 320-200-3200 hoy para programar una cita.

Stay ahead of flu season— get your flu shot today!

Mantente adelante de la temporada de gripe!

- The flu vaccine is recommended for everyone over the age of 6 months.
- No other health concerns will be addressed.
- Please wear short sleeves and bring your insurance card.
- La vacuna contra la gripe se recomienda para todas las personas mayores de edad de 6 meses.
- No se ablara de otros problemas de salud en este evento.
- Use camisa de manga corta.
- Traiga su tarjeta de seguro.

CentraCare®

CentraCare.com

Circle of Security® PARENTING SERIES

At times all caregivers feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure caregiver-child relationships can be supported and strengthened.

Learning Objectives of the Class:

- Understand your child's emotional world by learning to read the emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure in their relationship with you

Presented by: Belinda Labor and Sara Falk

Location: Virtual via Zoom

Cost: No cost to families thanks to grant funding.

Choose from one of these two options:

Option A: Wednesday evenings from 7:00 p.m. to 8:00 p.m. (total of 8 sessions)
Dates: September 25, October 2, 9, 16, 23, 30, November 5 and 13, 2024

Option B: Wednesday evenings from 7:00 p.m. to 8:00 p.m. (total of 8 sessions)
Dates: October 23, 30, November 6, 13, 20, (Skip 11/27) December 4, 11 and 18, 2024

Who should attend: Parents, caregivers, foster parents, and guardians
(minimum of 5 caregivers, maximum of 15 caregivers)

Attending every week is important and expected! Families who attend every session will receive a small gift at the end of the class.

For questions or to register, please contact Cathy at Ellison Center:

320-406-1600, extension 0

or email: office@ellisoncenter.org

If you are a childcare provider, please contact Pam to find out about upcoming Circle of Security classes to earn Develop credit. You can reach Pam at pam@ellisoncenter.org.

Ellison Center
A place for growth, development, and reflection

600 25th Ave S Suite 102, Saint Cloud, MN 56301 – www.EllisonCenter.org

CIRCLE OF SECURITY® Abbreviated

Virtual Parenting Class



Circle of Security Parenting Program is ideal for parents with children ages Birth through 8 years old.



Enhance the development of your child's self esteem



Support your child's ability to successfully manage emotions



Understand your child's emotional world by learning to read their emotional needs

Thursday Evenings 7pm-8pm CST
OCTOBER 3rd-NOVEMBER 21st
Virtually

**REGISTRATION
eventbrite**

<https://cospabbreviated.eventbrite.com>

\$10 per Class (\$70 Total)
Register by: 9/30/24



For more information please visit our website or call

Main Street
FAMILY SERVICES
Mainstreetfamilyservices.org
763-595-1420