

FAMILY NEWSLETTER

Contact Us

763-276-0441



www.firststepscentralmn.org

Pregnancy & Parenting

Exercise During Pregnancy

Exercise may seem like the last thing on your mind to do, but there are many physical and mental benefits to staying active during pregnancy. Here are some tips to get started:

- Start slow. Exercise does not need to be physically demanding to be beneficial and any amount of time exercising is better than nothing
- Warm up before exercising and cool down afterwards. Yoga is great for stretching.
- Drink plenty of water to stay well hydrated
- Avoid exercise that has risk of falling or contact, such as skiing, ice skating.

6 Week Postpartum Checkup

Schedule your postpartum checkup with your healthcare provider around 6 weeks after delivery to ensure your body is healing as it should be and before resuming any sexual activity.

It is possible to get pregnant soon after giving birth. If you are sexually active but do not want to get pregnant again, it is important to either abstain from sex around the time of ovulation or use a form of contraception, or birth control. Talk with your healthcare provider about which option might work best for you. If you are breastfeeding, there are many options that will not have an affect on your milk supply.

Upcoming Events

County offices are closed:

- Wednesday, January 1 (New Years Day)
- Monday, January 20 (Dr. Martin Luther King Jr Day)

**SORRY
WE'RE
CLOSED**

Child Growth & Development

help me



Children develop skills in predictable ways, referred to as developmental milestones. They cover four areas of development, including cognitive, communication and language, social and emotional, and motor. They help you understand how your child learns and grows. Learn more at <https://helpmegrowmn.org/HMG/DevelopMilestone/index.html>

Follow Along Program

Ask your nurse about enrolling in the Follow Along Program: https://www.health.state.mn.us/people/children_youth/fap/index.html



Pathways Baby Milestone Calendar

Sign up to receive week-to-week activities and games based on your child's age at <https://pathways.org/baby-milestones-calendar/>



Paced Bottle Feeding

Paced bottle feeding slows down the flow of milk into the nipple and mouth, giving baby a chance to swallow and breathe. It helps prevent overfeeding and spit-up, and gives baby more control over the feeding. Learn more at: <https://tinyurl.com/4e6ahj2z>

- English Video: <https://www.youtube.com/watch?v=GNMm4Twhvbs>
- English Video: <https://www.youtube.com/watch?v=OGPm5SplxXY>
- Spanish Video: <https://www.youtube.com/watch?v=oeKSP7cmtEk>





Activities of the Month

Snow Globe Craft



Snowball Painting



Mindfulness Moment



Hot Chocolate Breaths
<https://youtu.be/yLB9Bc1VtIs>

Imagine you are holding a warm mug of hot chocolate. Breathe in through your nose slowly and smell the sweet chocolate scent. Then blow out through your mouth slowly to cool down the hot chocolate. It is still too hot to drink. Try breathing in and cooling the hot chocolate two more times.

**Happy New Year from all of us at
First Steps Central MN!**

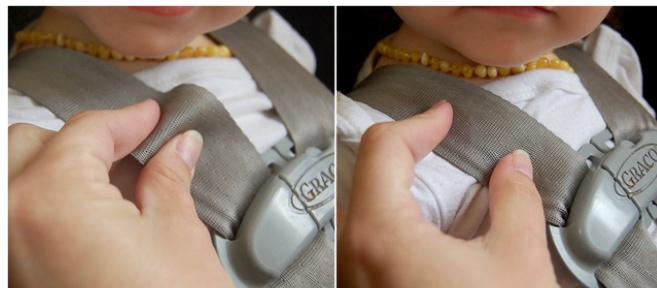


Safety & Resources

Car Seat Safety

Puffy coats and snowsuits are great at keeping kids warm in winter months, but take them off of your child before securing them in their car seat. In the event of a crash, the bulky material will compress and make the harness straps too loose on your child. When harness straps are too loose, they aren't doing their job of helping your child stay safe!

Keep your child rear-facing as long as possible. Your child should remain in a rear-facing car seat until they reach the top height or weight limit allowed by your car seat.



Pinching=too loose

No pinching=tight enough

Drop-In Infant 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