



FAMILY NEWSLETTER

Pregnancy & Parenting

Blood sugar in pregnancy

Maintaining your blood sugar by following a balanced diet and participating in moderate exercises is important. Insulin is a hormone the body makes that keeps your blood glucose level within normal range. Insulin helps move glucose from your blood into the body's cells to make energy.

During the first trimester of pregnancy, your body requires a normal level of insulin. After the 12th week of pregnancy, your body's demand for insulin starts to increase and peaks at 36 weeks. After delivery, the insulin requirement starts to fall.

You'll receive a one-hour Glucose Tolerance Screen from your provider between 26-28 weeks to check for Gestational Diabetes.



Postpartum bleeding

After birth, whether you deliver vaginally or by C-Section, you can expect vaginal bleeding. This is normal—it is how your uterus heals. Bleeding can last for several weeks and comes in 3 stages:

--Stage 1: Dark or bright red blood, can contain small blood clots, flows like a heavy period. You may experience mild, period-like cramping. Can last for 3-4 days.

--Stage 2: Pinkish-brown discharge that is more watery, flow will lighten with little to no clots. Can last 4-12 days.

--Stage 3: Yellowish-white discharge with little to no blood. You should experience a light flow or spotting and no clots. This stage can last for 12 days to 6 weeks.



Follow your healthcare provider's guidance for what to do if you experience bleeding outside of these normal ranges.

<https://my.clevelandclinic.org/health/symptoms/22485-lochia>

Child Growth & Development

Tummy Time

Tummy time is important for infant muscle development.

--At first, your little one might fuss when on their belly. The position is new, and tummy time is tough work for little muscles!

--Start slow with just a few minutes a day. Place toys nearby and talk or sing face-to-face with your baby.

--Work up to longer spurts of tummy time that total an hour throughout the day by the time your child is 3 months old.

--You baby will have the strong muscles needed to lift their head, crawl, sit, and more!

See different tummy time positions and learn more at:
<https://tinyurl.com/2wwn7m96>



Always remember to put your baby to sleep on their back.

Introducing Solid Foods

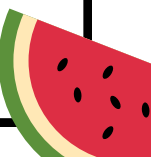
Around 4-6 months of age, your pediatrician will recommend introducing solid foods to your infant. Some families choose to start with pureed foods, others may try baby-led weaning (BLW), and some may try a combination of both.

BLW signs of readiness:

- closer to 6 months of age, showing interest in foods you are eating
- able to sit up right with minimal support & control head
- reaching for objects, picking them up and bringing them to mouth
- diminishing tongue-thrust reflex

Learn more here:

<https://tinyurl.com/5d5day3b>
and <https://tinyurl.com/bddj8hpt>





Activities of the Month

Apple Stamp Ladybug Art

<https://tinyurl.com/3j4t5cwn>



Handprint Firework

<https://www.avasalphabet.com/handprint-fireworks/>



Butterfly Sponge Art:

<https://tinyurl.com/2xxbfjzp>

Mindfulness Moment

Gratitude practice is a form of mindfulness that involves reflecting and expressing gratitude for every positive aspect of life and milestones made.

- Use a gratitude journal to write down three things you are grateful for each day
- Take a few moments to reflect on positive experiences during the day
- Take a mindful walk and focus on things in your surroundings that you appreciate
- Use a gratitude jar to store at least two milestones that you make weekly so that you can go back to read them.
- Write a letter of appreciation for someone in your life and give it to them. Not only will you see positive effects to your well-being, coping, and memory but you also will increase that person's happiness.

Safety & Resources

Heat Safety

With the July heat, it does not take long for cars to reach unsafe temperatures. In just 10 minutes, the car can heat up to deadly temperatures. Here are some tips to keep your child safe:

- Place something in the backseat: a purse, your left shoe, phone - something to help remind you that your child is in the backseat.
- Create a check-in system: have a friend or family member send a call or text after drop-off or pick-up. Daycare facilities may call too if your child has not arrived at their usual time.
- Always close and lock car doors and trunks to prevent children from entering on their own.
- Never leave your child alone in the car even "just for a minute."
- Create a habit of "looking before you leave."
- Teach your children that it is never safe to play in cars.



If you ever see a child in a car by themselves, call 911 immediately!



GRCM is now open in downtown St. Cloud!

<https://greatrivercm.org/>

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

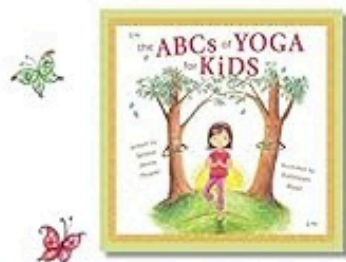
Fridays

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



=First Steps staff present





the ABCs of YOGA for KIDS



A Airplane



B Butterfly



C Cobra



D Dog



E Easy Pose



F Frog



G Grasshopper



H Happy Baby



I Inhale



J Jack-in-the-Box



K Kite



L Lion



M Mouse



N New Pose



O Otter



P Peacock



Q Queen



R Rag Doll



S Swan



T Triangle



U Unicorn



V Volcano



W Waterfall



X



Y



Z Zero



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: Hodan Omar & Amina Mumin **Cost:** Free **Location:** Virtual



Affinity Class for Somali Parents and Caregivers (Presented in English)
Fridays from 5:30 to 6:30 pm

Dates: July 11th, 18th, 25th, August 1st, 8th, 15th, 22nd, 29th

Scan the QR code or click the arrow to register

For assistance with the registration form, contact Amina Mumin at 619-808-4040 or Hodan Omar at 612-872-4660

Who should attend: Parents, Caregivers, Foster Parents, and Guardians

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

A veces todos los padres se sienten perdidos o sin pistas sobre lo que nuestro niño/a puede necesitar de nosotros. Imagina ¿Cómo te sentirías si fueras capaz de darle sentido a lo que tu hijo/a realmente estaba pidiendo de ti? El programa de Circulo de Seguridad Para Padres™ se basa en décadas de investigación acerca de cómo se pueden ayudar y fortalecer las relaciones seguras entre padres e hijos.

Objetivos de aprendizaje de la capacitación:

- Entender el mundo emocional de tu hijo/a mediante el aprendizaje de leer las necesidades emocionales
- Apoyar la habilidad de tu hijo/a para manejar con éxito sus emociones
- Mejorar el desarrollo de la autoestima de su hijo/a
- Honrar tu sabiduría innata y tu deseo de que su hijo esté seguro

Presentado por: Yoalys Ramos y Paola Cardenas

Las clases son gratuitas



¿Quiénes deben atender?: Padres, cuidadores, padres de crianza o sustitutos y tutores (custodios).

Horario: Virtual los miércoles a las 7:00-8:30 pm

julio 9, 16, 23, 30, agosto 6, 13, 20, 27

Para obtener ayuda con inscribirse, por favor comuníquese con Paola (346-475-0938) o Yoalys (320-469-6957)

Por favor escanee el código "QR" o haga clic en la flecha para inscribirse.

