



VOL. 93
NOVEMBER 2026

FAMILY NEWSLETTER

Contact Us



763-276-0441



www.firststepscentralmn.org



As November arrives, we're invited into a season of reflection, gratitude, and connection. It's a month filled with simple joys—sharing warm meals, creating new traditions, and appreciating the moments that bring families closer. Your home visitor is here to support you every step of the way, offering encouragement, resources, and ideas to help your family learn, grow, and thrive.

Each year, your home visitor will ask you to complete a family feedback survey to share about your experience in our family home visiting programming. Please complete your survey by November 20.



As you complete your survey, here are some questions to reflect on about your growth as a parent over the past year:

1. What goals did I have for myself?
2. How have any of my priorities changed?
3. What have I learned about myself in the past year?
4. What have I learned about my child this past year?
5. What am I most proud of?
6. Who are my greatest supports?
7. What goals do I have this next year?



FS Family Feedback Survey

Your feedback is valuable to us. Please help us continue to improve our services by filling out this survey.



<https://arcg.is/0HHGKy0>

Your First Steps nurse is here for you during your parenting journey. Thank you for partnering with us!



First Steps home visitors were asked to describe their family home visiting families in one word.

Resilient

was the number one response, followed by:

determined, resourceful, grateful, dynamic & strong



Influenza Season

Influenza (or the flu) is a contagious respiratory disease caused by a virus that attacks the nose, throat, and lungs. It is not the same as the “stomach flu.”

Now is a good time to get your flu shot to protect you, your developing baby in pregnancy, and your children (if at least 6 months old) as we head into flu season.

- The flu shot has not been shown to cause harm to pregnant people or their babies.
- You cannot get influenza from the flu shot.
- It also protects your baby for six (6) months after birth, while they are too young to get their own flu shot.

And remember, there are several other ways to help your immune system during these cold, winter months:

- Wash your hands well and often-- after going to the bathroom, changing a diaper, before you prepare food, before you eat, and when your hands are visibly soiled.
- Eat a healthy, nutritious diet.
- Stay hydrated--drink water.
- Prioritize a healthy sleep schedule.
- Avoid others who are ill.



The Period of PURPLE crying

This is a normal part of every infant’s development.

This period starts at around 2 weeks of age, peaks at 2 months of age, and ends around months 3 to 5. Some infants may cry more than others. www.dontshake.org

P	U	R	P	L	E
PEAK OF CRYING	UNEXPECTED	RESISTS SOOTHING	PAIN-LIKE FACE	LONG LASTING	EVENING
Your baby may cry more each week, the most in month 2, then less in months 3-5	Crying can come and go and you don't know why	Your baby may not stop crying no matter what you try	A crying baby may look like they are in pain, even when they are not	Crying can last as much as 5 hours a day, or more	Your baby may cry more in the late afternoon and evening

It’s important to remember that the word “period” means that there is an end. The Period of PURPLE Crying programs teach parents on what to expect and how to cope during this period.

If you need a break, place your child in a safe place and walk into the next room to calm your body. Call a friend or family member. Never shake your baby as this may cause life-long injuries or death.

Keeping a Growth Mindset

A growth mindset means believing that we can get better at things when we work hard and use helpful ways of thinking. Our mindset affects how we act every day and can even help us succeed. Learning to have a growth mindset takes time and practice.

Here are some ideas to help you shift your thoughts when you feel discouraged.

- Instead of saying “This is hard.” Try saying “Practice will help this become easier.”
- Instead of saying “I give up.” Try saying “I am not good at this yet, but with practice I will be.”
- Instead of “I’m making too many mistakes.” Try saying “Mistakes are how I learn and get better.”
- Instead of saying “I don’t know how.” Try saying “This is something I can learn.”



Drop-In Feeding Support

Tuesdays

- 9:30a-11:30a, Monticello Community Center
- 9:30a-11:30a, St. Cloud YMCA

Wednesdays

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

Thursdays

- 11a-12:30p, Cambridge-Isanti Adult Enrichment Center

Fridays

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

 =First Steps staff present

Mindfulness Moment

Mindful walking means paying close attention while you walk. You notice each step, your breathing, and how your body feels. This helps you stay calm and focused in the moment.

- Choose a quiet spot
- Stand tall and set intention
- Walk slowly and deliberately
- Sync steps with breathing
- Feel sensations under your feet
- Stay present, and ignore distractions
- Engage senses, and notice surroundings
- End mindfully, appreciating the experience



Activities of the Month

Hand Print Tree



<https://www.craftymorning.com/kids-handprint-fall-tree-craft/>



Fake Snow

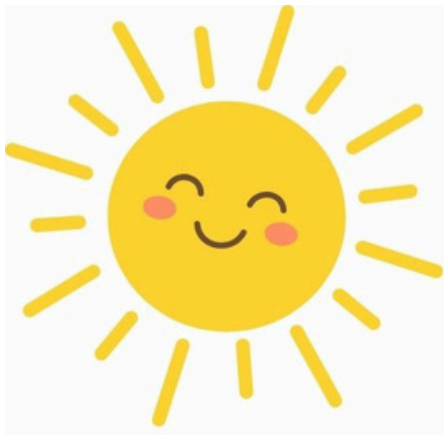


Only 3 ingredients needed!

- Corn Starch
- Baking Soda
- Water



<https://littlebinsforlittlehands.com/make-fake-snow-winter-sensory-play/>



Fun WITH

**First
Steps**

Central MN



CRAFTS | ACTIVITIES | CONNECTIONS

Caregivers and little ones are invited to join First Steps for a fun morning of crafts designed to build connection, creativity, and community!

**WEDNESDAY,
November 4th**
1:00PM-3:00PM

**MAIN STREET FAMILY
SERVICES**
400 JACKSON AVE NW,
SUITE 101
ELK RIVER, MN 55330



**FRIDAY,
November 20th**
10:00AM-12:00PM

**1010 COMMUNITY
OUTPOST**
1114 - 9TH AVE SE
ST. CLOUD, MN 56304



**THURSDAY,
November 12th**
9:00AM - 11:00AM

**Sauk Rapids
Government Center**
250 Summit AVE N,
Sauk Rapids, MN 56379



THESE EVENTS ARE FREE AND OPEN TO ALL!

FAMILY OPEN GYM

Laugh • play • connect

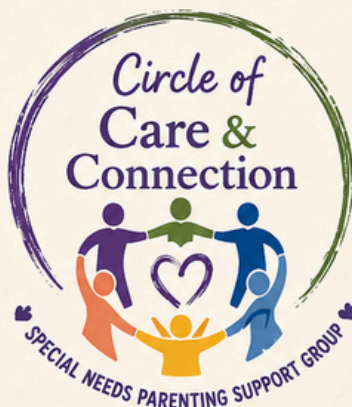


Thursday, November 19th

6:00pm-7:30pm

Where: Liberty Elementary Cafeteria

Come as you are! Play, laugh, and connect at Family Open Gym!



YOU'RE NOT IN THIS ALONE.

We're in this together.



SPECIAL NEEDS SUPPORT GROUP

Support. Connection. Understanding.

Join other parents and caregivers for a welcoming space to share, learn, and connect. We're here to support each other on the unique journey of raising children with special needs.

All families welcome!



WEDNESDAY, NOVEMBER 18TH



6:00PM – 7:30PM



LIBERTY ELEMENTARY

17901 205th Ave NW
Big Lake, MN 55309



Connect with other parents



Share experiences & get support



Learn helpful resources & tips



Find encouragement & hope

TOGETHER WE ARE STRONGER.



Early Childhood Family Education (ECFE)

FAMILY TIME SATURDAY

Families With Children
Birth to Kindergarten Entry



Spend time playing and learning with your child while connecting with other parents and caregivers. Share experiences, ask questions and get support from licensed early childhood and parent educators.

9:30-11:30 AM
SATURDAYS

Oct. 24, Nov. 14, Dec. 12,
Jan. 30, Feb. 27, March 20,
April 10, May 8

QUARRYVIEW
EDUCATION
CENTER



BABY TALK

FREE for Parents, Caregivers & Babies Ages 0-12 Months

**FREE GIFT
AT FIRST
VISIT!**

CONNECT

WITH OTHER PARENTS

GAIN

SUPPORT & INSIGHTS FROM
PARENT & EARLY
CHILDHOOD EDUCATORS

- ✓ Baby Care & Routines
- ✓ Sleep & Self-Care
- ✓ Postpartum Wellness
- ✓ Play & Early Learning
- ✓ Family Changes & Transitions
- ✓ Language, Motor & Social-Emotional Development

FREE! REGISTRATION AVAILABLE BUT NOT REQUIRED. THIS IS A DROP-IN CLASS.

MONDAYS

11:30a.m.-1:00 p.m.

No class 9/21, 12/21,
12/28, 2/15, 3/8, 5/17

TUESDAYS (1st & 3rd)

5:30-7:00 p.m.

No class 1/19

THURSDAYS

9:30-11:00 a.m.

No class 10/15, 11/26,
12/24, 12/31, 3/11



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



320-370-8250

Scan the code to check out
more parent child classes!



Drop In & Play

St. Cloud Area
School District 

Stop by our Early
Childhood Family
Education (ECFE)
classroom to play
with your child,
birth to age 5.



Free!
No Registration

Ages 0-5

Mondays

Sept. 14-Oct. 26
12-1:30 pm

Wednesdays

Sept. 23-Nov. 11
12-1:30 pm

Mondays

Sept. 14-Jan. 11
9-10:30 am



Quarryview Education Center
Door 1, 800 7th St S., Waite Park



Questions? 320-370-8250



No Morning sessions on late-start days. Go to isd742.org for holidays, closures and schedule changes.