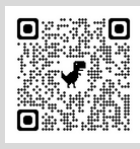




# Community Partner Quarterly Newsletter

Vol. 12 Winter 2023  
[www.firststepscentralmn.org](http://www.firststepscentralmn.org)  
 763-276-0441



## FIRST STEPS CENTRAL MN

is a team of Registered Nurses who offer support, advice and information to families living in Benton, Sherburne, Stearns, & Wright Counties.

Our Nurses support families to have a healthy pregnancy, a healthy baby, and be a great parent by providing free, voluntary in-home family home visits.

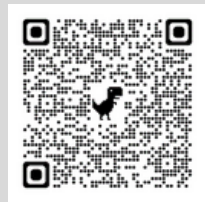
Our Nurses utilize an evidence-based curriculum with families to help them reach their pregnancy and parenting goals. They meet families where they are at and build the family's connections to resources within local public health, county-level, and community-based services.

Family home visiting program outcomes include improved maternal and child health, increased family economic self-sufficiency, promotion of optimal child development, and prevention of child abuse and neglect.

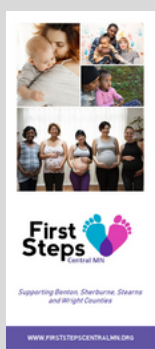
## ELECTRONIC REFERRAL FORM

We now have an electronic submission option for our First Steps referral form! We hope you enjoy this upgrade to our referral form and that it will help reduce barriers in making referrals to our team. Find the link at:

<https://firststepscentralmn.org/make-a-referral>



The option to download our paper referral form on our website to fax in to 763-765-4250 or to call in a referral to our main phone number 763-276-0441 will continue to be available. Use whatever option that works best for your workflow!



## OUTREACH MATERIALS

First Steps Central MN Brochures and Self Referral Postcards are available in English, Somali & Spanish. Also available are tear-off flyers that can be posted on bulletin boards, in meeting spaces, or exam rooms. Flyers are available in English & Spanish at this time. Give us a call if you would like some on hand.

### WHAT FAMILIES CAN EXPECT:





## FAMILY FEEDBACK SURVEY

*In Fall 2022, our teams conducted a Family Feedback Survey. All of the families currently enrolled in our family home visiting program were asked to complete a brief survey about their experiences in the program and working with their Personal Nurse.*

*It was no surprise that feedback was overwhelmingly positive from the 62 family respondents!*

100%

FELT **RESPECTED** DURING HOME VISITS IN PARENTING STYLE & CHOICES MADE FOR CHILD(REN)

100%

FELT HOME VISITING MATERIALS & INFORMATION ARE **USEFUL** FOR DETERMINING WHAT IS BEST FOR THEIR CHILD(REN)

74% Extremely Useful; 26% Very Useful

94%

FELT **CONFIDENT** THAT THEY CAN DO A GOOD JOB RAISING THEIR CHILD(REN) SINCE PARTICIPATING IN HOME VISITING

94% Strongly agreed; 5% Somewhat agreed

A word cloud of the 22 themes of positivity that families shared describing how home visiting has helped their family:



# 100%

of families expressed improvement in one or more areas of life, since beginning home visiting, including improved:

- understanding of child development & parenting
- patience with their child's behavior
- ability to ready their child's cues
- ability to solve problems
- appreciate for their child
- support system
- relationship with their family and/or partner
- ability to control their temper

*"My Nurse has given me good ideas for my children of different personality types, given me the reassurance that it's ok that I struggle some days, great breastfeeding tips, PT exercises for torticollis, etc. Very comprehensive and [she] is top notch."*

*"[Our nurse] helped us have reasonable expectations of our new baby and a friendly face to talk to about concerns regarding our baby."*

*"My Nurse is so awesome and so helpful with everything! She has helped me with prepping for baby, my mental health staying steady, a person to get advice from with different situations and a great support person for me and my kiddos."*

*"Home visits equipped us with knowledge and prepared us in our new journey as parents."*

## LET'S CONNECT!

**Our First Steps Central MN Outreach Team is eager to work with you to support families in Central MN in reaching their parenting goals. Contact us at 763-276-0441 or email [referrals@firststepscentralmn.org](mailto:referrals@firststepscentralmn.org) to get started!**







## RESOURCES

### The 40-Day Project

A virtual platform designed to promote mental wellness and self-care for Somali people during the postpartum period. See: [z.umn.edu/40days](http://z.umn.edu/40days)

The website offers parents five modules of resources, educational materials, birth stories and ways to access support for Somali birthing parents and the medical and social service providers who serve them. Find videos and handouts about the postpartum experience, mental wellbeing, building social connections and self-care. Many are offered in Somali and English.

The text message campaign provides parents with daily messages about the postpartum experience, self-care, mental wellbeing and social connections that affirm and support parents during the postpartum period. The gift package provides postpartum parents with affirmation statements, picture books to read to a young child, a book of Somali lullabies and child development information.

Visit the site, view the videos, download the handouts, pass along to parents! For more information, contact Cari at [cmichael@umn.edu](mailto:cmichael@umn.edu)

### Central MN Baby Cafés & Infant Feeding Support Groups

- M.I.L.K Infant Feeding Support, 763-271-2218
  - Monticello's Eastview Education Center, Media Room
  - 2nd & 4th Thursdays of the month
  - 4:30p-6:30p
- Baby Cafe-Princeton, 763-389-6329
  - U of M Fairview Northland Hospital, 3rd Floor, Room 3B
  - Thursdays 11:30a-1:30p
- Baby Cafe-Buffalo, 763-684-7630
  - Wright County Historical Society
  - Wednesdays 10a-12p
- Baby Cafe-St. Cloud, 320-251-2700 ext 51990
  - St. Cloud YMCA
  - Tuesdays 9:30a-11:30a
- Baby Cafe-East Central, 763-689-4212
  - Isanti County Gov Center
  - Thursdays 11a-12:30p

### Circle of Security (COS) Parenting Program

COS is based on decades of research about how secure caregiver-child relationships can be supported and strengthened

Learning objectives of group 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

Contact Cathy at Ellison Center for upcoming class information: 320-406-1600 ext 0 or email [office@ellisoncenter.org](mailto:office@ellisoncenter.org)

Classes offered in English or Spanish.

### Referrals

Unsure how to offer a referral to First Steps for a family you are working with? Check out our best practice tips below:

- Try using the phrase "personal nurse" instead of "public health nurse" or "county nurse."
- Use "First Steps" instead of "Benton, Sherburne, Stearns, Wright, or the County."
- Normalize the referral by saying "I refer all families to First Steps."
- A nurse will follow up with a phone call to the family within a few days to share more information.
- We are a voluntary support for families. Please ask the family for permission to connect them to us.
- There is no fee to families to participate.
- Families can change their mind at any time.

### Sample Script

"I would like to connect you to a personal nurse through First Steps. I like to refer all of my patients to them. They are a team of nurses who work with families during pregnancy and after baby is born. They can provide additional support and connection to resources as you go through your pregnancy and bring baby home. Are you okay if I ask for a nurse to give you a call in the next couple of days to talk more?"