



### 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, 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.



### CHILD GROWTH & DEVELOPMENT

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.
- Your 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.



### POSTPARTUM & PARENTING

After birth, whether 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.



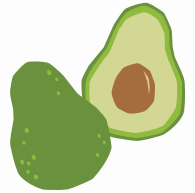
<https://my.clevelandclinic.org/health/symptoms/22485-lochia>

### INFANT FEEDING

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>



How to start BLW:

- limit distractions
- have infant sit in an upright high chair
- cut soft foods into finger-sized slices
- remember gagging (not choking) can be normal (video: <https://tinyurl.com/mvzb2cwa>)

Learn more at: <https://tinyurl.com/bddj8hpt>

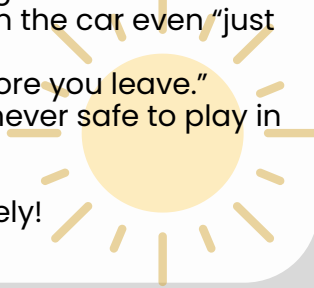


## SAFETY & RESOURCES

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. 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.

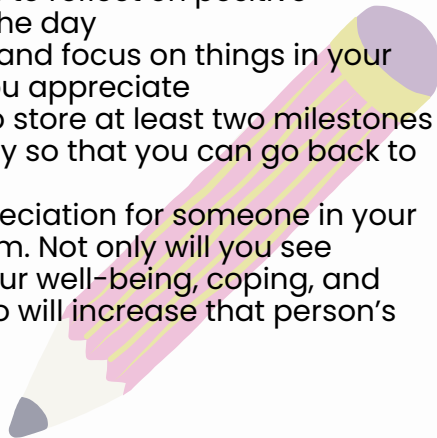
If you ever see a child in a car by themselves, call **911** immediately!



## MINDFULNESS

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.



## AFFIRMATION OF THE MONTH

**"I am resilient and can overcome any challenge."**



## ACTIVITIES OF THE MONTH

### Fourth of July Crafts:

- <https://www.icanteachmychild.com/holidays/fourth-of-july/>
- <https://www.gluedtomycraftsblog.com>



### Sensory Crafts:

- <https://www.icanteachmychild.com/saving-cream-fireworks/>
- <https://toddlerapproved.com>



## Upcoming Events

### Summer Nutrition Programs for Kids

<https://hungerimpactpartners.org/meals-for-kids/ebt/>

### Local Weekly Baby Cafes & Feeding Groups

- Mondays: 10:00a-12:00p, Monticello Community Center
- Tuesdays: 9:30a-11:30a, St. Cloud YMCA
- Wednesdays: 9:30a-11:30a, Buffalo Wright County Historical Society
- Wednesdays: 1:30p-3p, Maple Grove Hospital Lower Level Conference Room
- Fridays: 10a-12p, Cornerstone Options-St. Michael





# Circle of Security<sup>®</sup>

## 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<sup>®</sup> Parenting<sup>™</sup> 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 the Ellison Center Team**

**Cost:** Free thanks to grant funding

**Location:** Virtual via Zoom

Ellison Center offers Circle of Security classes on an ongoing basis throughout each year. Please scan the QR code to add your name to the list and we will contact you when we have new classes starting.



SCAN ME

Click Me



**Who should attend:** Parents, Caregivers, Foster Parents, and Guardians  
(Minimum of 5 caregivers, maximum of 15 caregivers)

For questions or to register, please contact Cathy at Ellison Center:  
320-406-1600, extension 0 or email: [office@ellisoncenter.org](mailto:office@ellisoncenter.org)  
Please indicate if you want Option A or B when registering.

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](mailto:pam@ellisoncenter.org).

Ellison  Center  
*A place for growth, development, and reflection*



**at schools & other sites**

## **Free Nutritious Meals For Kids 18 And Under**

Only a click away, the Free Meals for Kids mobile app will help families and kids find free meals at schools and other sites across Minnesota.

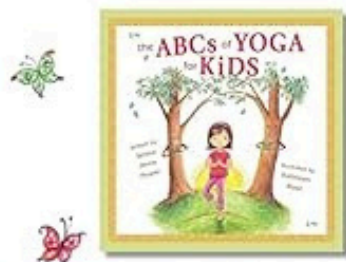
### **How it works:**

- 1** Download the Free Meals for Kids app to your cell phone.
- 2** Use the app to find the nearest site providing meals by GPS.
- 3** Click on the nearby site and use the Site Updates tab for more details.
- 4** Share the app with friends, neighbors and on social media.

Free Meals for Kids can be downloaded at Apple or Google Play app stores.

There are free meal sites across the state at schools and community locations. The app provides location, directions to the site and hours and days of operation. More sites are added daily. For more information: [www.hungerimpactpartners.org](http://www.hungerimpactpartners.org).





# the ABCs of YOGA for KiDS



**A** Airplane



**B** Butterfly



**C** Cobra



**D** Dog



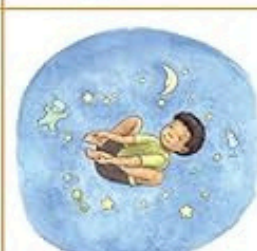
**E** Easy Pose



**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



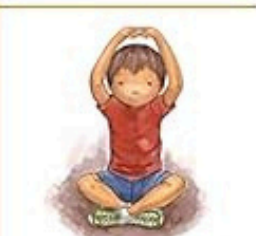
**V** Volcano



**W** Waterfall



**X** **Y**



**Z** Zero