



### PREGNANCY

Your baby may arrive earlier than expected, so it's nice to think about what to pack in your hospital bag as you enter your third trimester. Consider packing:

- Chapstick
- Glasses, contacts, contact solution (if you wear them)
- Phone charger (with long cord)
- Slippers or sandals
- Hairbrush, clips, ponytail holder & other bathroom toiletries
- Comfortable clothes (that fit during pregnancy)
- Nursing bra and pads (if planning to breastfeed)
- Robe
- Car seat
- Any special clothing or blankets for baby's first photos & going home
- Any special comforts from home (your own pillow or blanket)
- Snacks
- Sound machine



### CHILD GROWTH & DEVELOPMENT

The following are some newborn cares that will be offered in the hospital and talked about as you discharge home with your baby:

- **Vitamin K Shot:** Vitamin K helps blood to clot. Babies are born with very little of it in their bodies, which could lead to dangerous bleeding. Newborns are given this shot shortly after birth.
- **Eye Ointment:** Newborns are given this to protect their eyes from bacterial eye infections they could catch during childbirth.
- **Umbilical Cord Care:** After your baby's cord is clamped and cut, a small piece remains. This usually dries and falls off within the first 2 weeks. Until then, keep this area dry and fold diapers below it. A few drops of blood can be normal after the cord drops off. This is not painful to your baby.



### POSTPARTUM & PARENTING

As many as 1 in 5 new mothers experience some type of perinatal (before and after giving birth) mood and anxiety disorder (PMADs). Without understanding, supporting, and treatment, these PMADs can have a significant impact on women, their partners, children and families.

Women of every culture, age, income level and race can develop PMADs. Symptoms can appear at any time during pregnancy and the first 12 months after childbirth. If you develop a PMAD, this does not mean you are doing anything wrong or that you love your baby less; it is a chemical/hormone imbalance. Talk to your healthcare provider right away if you are experiencing these feelings. There are effective and well-researched treatment options available to help women recover.

Here are some additional resources:

- Postpartum Support International-Minnesota <https://www.postpartum.net/locations/minnesota/>
  - 1-800-944-4773, #1 Spanish or #2 English
- National Maternal Mental Health Hotline 1-833-TLC-MAMA (1-833-852-6262) <https://mchb.hrsa.gov/national-maternal-mental-health-hotline>
- Postpartum Support: The First 40 Days <https://sites.google.com/umn.edu/40daysproject/home>
- Nystrom & Associates Mother-Baby Program <https://www.nystromcounseling.com/our-services/mother-baby-program/>
- PrairieCare Maternal Mental Health Services <https://prairie-care.com/treatment/perinatal-mental-health/>
- Redleaf Center for Family Healing 612-873-HOPE <https://redleaffamilyhealing.org/>

### INFANT FEEDING

World Breastfeeding Week is August 1-7, 2024. Check out page 3 for a special feature on breastfeeding!





## SAFETY & RESOURCES

August weather calls for beach days. Here are some tips to keep you and your family safe at the beach!

- Avoid blue-colored swimsuits as this color decreases visibility under water. Neon yellow, orange, and green swimsuits are detectable under 18 inches of open water.
- Pack lots of water! Fruits high in water content such as watermelon and strawberries are also good to bring. A water break should be taken every 20 minutes.
- Life jackets are important! For children under 5, a lifejacket that has a strap in between the legs and has head support should be utilized. These life jackets are labeled as "Type II life jackets."
- Have beach shoes. Sand can heat up to 120 degrees F when outdoor temperatures are in the 90s.
- Avoid wet sand as this can be a breeding ground for parasites and pinworms.
- Wear sunscreen as the sun reflects off sand and water, making a person more likely to burn. Remember to reapply.

## MINDFULNESS

Mindful breathing is a fundamental of mindfulness that focuses on reducing stress, increasing focus, and promoting a sense of well-being, and can be incorporated into your daily routine.

- Begin by finding a comfortable position
- Sit with a relaxed yet straight posture, and allowing your shoulders to drop
- Focus on the natural flow of your breath at the nostrils, chest, or abdomen.
- You can count breaths to maintain focus.
- Redirect your attention gently when the mind wanders

## AFFIRMATION OF THE MONTH



**"I attract positivity and abundance into my life."**



## ACTIVITIES OF THE MONTH

"I love you berry much" handprint craft (template found on page 4)  
[www.gluedtomycraftsblog.com](http://www.gluedtomycraftsblog.com)



**SENSORY ACTIVITIES FOR BABIES 6-12 months**



**Edible FINGER PAINT for BABIES and toddlers**



Sensory activities for babies:  
<https://littlelearningclub.com/sensory-activities-6-12-months/>

Edible finger paint:  
<https://littlelearningclub.com/edible-finger-paint-for-babies/>

## 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

# World Breastfeeding Week

## August 1-7

We often hear about the benefits of breastfeeding for baby. Babies that are breastfed have a reduced risk of ear infections, diarrhea, SIDS, obesity, Type 1 and 2 diabetes, asthma and leukemia. Did you know that breastfeeding is beneficial for the parent as well?

**Parents who breastfeed have a reduced risk for:**

- breast cancer
- ovarian cancer
- type 2 diabetes
- postpartum depression

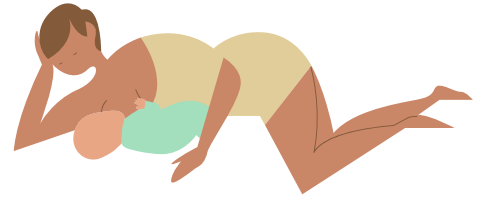


The current recommendation from the American Academy of Pediatrics (AAP) recommends exclusive breastfeeding for about the first six months. They also support continued breastfeeding after solid foods are introduced as long as you and your baby desire, for 2 years or beyond.



**We know the longer a parent breastfeeds the more benefits for both parent and baby.**

To help support breastfeeding, workplace protections for parents were recently expanded requiring nursing and lactating employees to receive paid break time to express milk at work.



**Minnesota has very strong laws protecting families.**

Minnesota law requires employers to provide breastfeeding parents with reasonable break time to express milk and a private room or other location for milk expression, other than a bathroom or toilet stall, with access to an electrical outlet and in close proximity to the employee's workspace.



**For further details about these laws, contact the Department of Labor at 651-284-5075 or visit**

**<https://www.dli.mn.gov/newparents>**





I love you "berry" much!

