



PREGNANCY

Preeclampsia is a serious high blood pressure condition that can occur in the second half of pregnancy or after your baby is born. It can be life threatening.

Depending on your risk factors, your provider may recommend you take a low-dose (81mg) aspirin daily beginning in your second trimester.

Many women may not have any symptoms. However call your healthcare provider right away if you have any of these signs of preeclampsia:

- sudden weight gain (more than 2 pounds in 1 day or 5 pounds in 1 week)
- swelling in your hands or face
- pain in your upper abdomen or shoulder
- trouble breathing
- changes in your eyesight, such as blurred vision, seeing spots, blind spots, or flashes of light
- a headache that won't go away

It is important to attend your routine prenatal appointments to prevent complications of preeclampsia and catch any early warning signs.

CHILD GROWTH & DEVELOPMENT

The importance of sleep begins with newborns. Newborns sleep much of the time, but in very short segments. Over time, the total amount of sleep slowly decreases, as well as the length of night time sleep. Your baby may show signs of being ready for sleep by: rubbing eyes, yawning, looking away, fussing.

Creating a sleep routine can help babies establish a sleep/wake pattern. Babies who feel secure are better able to handle sleep separations. Some ways to help your baby learn to sleep include:

- allowing time for naps each day based on your baby's age
- limit stimulation or activity close to bedtime
- create a bedtime routine, such as bath, books, songs, rocking
- put baby in their crib when drowsy, not fully asleep
- be consistent with routine and responding to your baby



POSTPARTUM & PARENTING

In Cesarean birth, your baby is born through an incision (surgical cut) in your lower abdomen. Some C-births may be planned while others may be unplanned. Your healthcare team will make sure you are numb or unconscious (use of anesthesia) before starting surgery. You often can have one support person with you during the surgery.

In the first couple of hours after your baby's birth, both you and your baby will be monitored carefully. You will have your blood pressure and temperature taken often. Your incision bandage will be checked.

Gas pains are common after abdominal surgery, peaking on day two or three of your recovery. Walking around every 2-4 hours, rocking in a rocking chair, and putting a warm blanket on your abdomen can help.

It will also be helpful to support your incision with your hands or a pillow when you cough, laugh, move in bed, stand up, or walk. You typically spend one additional day in the hospital for recovery than with having a vaginal delivery. You will start out by having have a weight lifting restriction after surgery (no more than 10 pounds). Your healthcare provider will ask to see you in clinic at 2 weeks and 6 weeks postpartum to assess how you are recovering.

INFANT FEEDING

You can express milk by hand (manual) or with a breast pump. Breast pumps vary a lot in quality and effectiveness. There are also milk collection devices, such as the Haakaa or Ladybug, to consider.



Most insurance plans cover a breast pump. Your plan may have guidelines on whether the covered pump is manual or electric, if it can be purchased or rented, length of rental, and when you'll receive it (before or after birth).



Learn more at: <https://tinyurl.com/563us6d6> and with your health insurance company. Your Nurse can answer additional questions you may have and/or connect you with a Lactation Consultant for more help. Milk Moms is another helpful resource.





SAFETY & RESOURCES

Did you know a new child restraint law went into effect in Minnesota on August 1, 2024?

Here's a quick summary:

- Age birth to at least 2 years old: rear-facing in an infant or convertible child safety seat
- At least 2 years old AND has outgrown the rear-facing seat with internal harness by height or weight: forward facing with internal harness
- 4 years old AND has outgrown the forward-facing seat with internal harness by height or weight: ride restrained in a belt positioning booster seat using the lap belt and shoulder belt.
- 9 years old or has outgrown the booster seat AND the child can pass the 5-step test: ride restrained with a lap belt and shoulder belt secured correctly on the vehicle seat.
- A child under age 13 must sit in a back seat, if possible.
- Learn more at <https://dps.mn.gov/>

Be sure to register your child's car seat and booster seat to receive recalls and safety notices. Fill out the postcard that came with your seat, or do online here: <https://www.nhtsa.gov/>

Does your vehicle need repair as part of a recall? Enter your vehicle's VIN number at <https://www.nhtsa.gov/recalls> to find out.

You may be eligible for a free car seat through your health plan. Ask your Public Health Nurse for more information!

MINDFULNESS

Mindful journaling is about writing to stay present, understand feelings, and reduce stress.

- Set aside dedicated time each day for journaling.
- Begin by focusing on your breath to center yourself.
- Write freely about your thoughts, feelings, and experiences without judgment.
- Notice any sensations or emotions that arise as you write.
- Reflect on what you've written and its impact on your well-being.
- Express gratitude for the opportunity to connect with yourself through journaling.

AFFIRMATION OF THE MONTH

I am capable, strong, and ready to embrace the journey of motherhood.



ACTIVITIES OF THE MONTH



Thumbprint Tree
Template on page 3
<https://www.gluedto mycraftsblog.com>



<https://happytoddlerplaytime.com>

LOCAL WEEKLY BABY CAFES & INFANT FEEDING GROUPS

Mondays

- 10a-12p, Monticello Community Center

Tuesdays

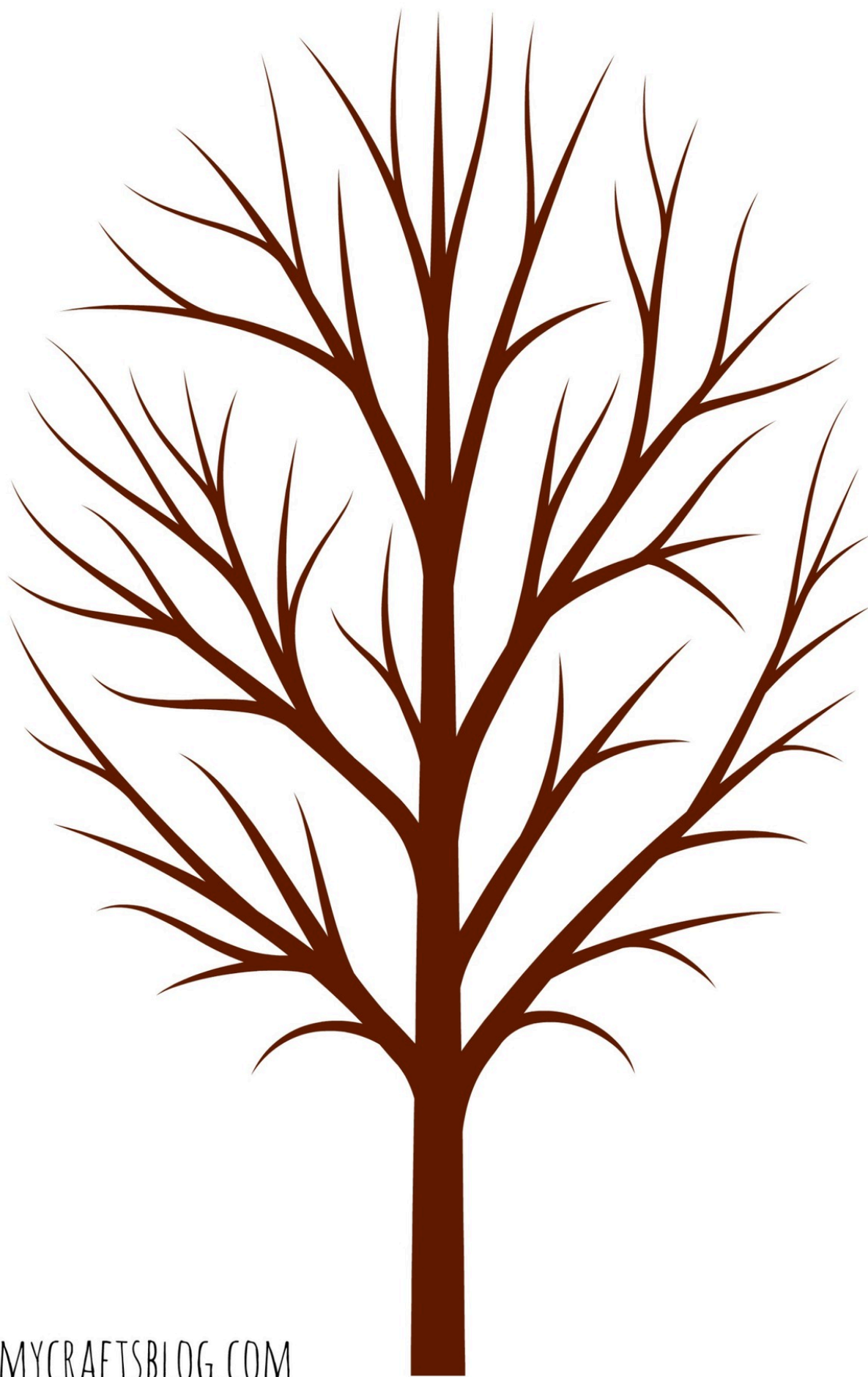
- 9a-11a, Princeton ECCE Family Center
- 9:30a-11:30a, St. Cloud YMCA

Wednesdays

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

Fridays

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



WE'D LIKE TO HEAR FROM YOU!

TO COMPLETE THE 2024 COMMUNITY HEALTH SURVEY

[HTTPS://ARCG.IS/159BBC](https://ar.cg.is/159BBC)



CENTRAL MN ALLIANCE
STRENGTHENING PARTNERSHIPS FOR CHANGE

HELP US GATHER
IMPORTANT HEALTH
INFORMATION ABOUT
OUR COMMUNITIES BY
COMPLETING THE
COMMUNITY HEALTH
SURVEY.

LA ENCUESTA ESTA
DISPONIBLE EN
ESPAÑOL.

Sahanka ayaa lagu
heli karaa af-
soomaali