



PREGNANCY

Having supports in your life when pregnant and in the early years of your parenting journey can help reduce stress, anxiety, and depression. They can also reduce the risk of complications during pregnancy and birth. Our nurses are here for you!

If you have a friend who is pregnant or recently delivered, encourage them to reach out to learn more. They can self-refer on our website or call or text us.



www.firststepscentralmn.org
 Call/Text: 763-276-0441

POSTPARTUM & PARENTING

As your child grows from infant to toddler, they begin to test limits and claim their independence. While this is a normal part of development, it can also be challenging for parents. Here are some tips:

- Set clear boundaries around activities like mealtimes, play, and bedtime. Consistency helps with development.
- Include simple choices that your child can make into your daily life. "Would you like the red plate or blue plate?"
- Practice responding patiently as your toddler pushes back.
- Focus on connecting with your child through one-on-one play and communication.
- Look for support if you are feeling overwhelmed. Parent groups through ECFE or seeing a therapist can help.

CHILD GROWTH & DEVELOPMENT

As your baby grows, they observe things and interactions around them. Around 7-8 months old, infants may cry when a parent leaves the room. They believe things (and people) only exist when they can be seen. They don't fully understand that you still exist in the other room and will return to them. Closer to 10 months of age is when infants begin to fully understand that things exist even when they cannot see them. This is called object permanence.

Some easy ways to help your baby develop object permanence include playing:

- Peek-a-Boo
- Hide-and-seek



For more information on object permanence, visit: <https://www.pampers.com/en-us/baby/development/article/object-permanence>



INFANT FEEDING

Newborns should be fed on demand or every 1 to 3 hours. Most newborns will show early signs they are hungry and when they are full. Changes in eating patterns can change often as your baby grows.

Signs that baby is hungry:

- Moving their head from side to side
- Opening their mouth
- Sticking out their tongue
- Moving their hands to their mouths
- Crying
- Nuzzling against their mother's breast
- Puckering their lips as if to suck



Signs that the baby is full:

- Slowing down
- Spitting out the bottle
- Unlatching from the breast
- Closing the mouth
- Turning away from the bottle or breast



<https://kidshealth.org/en/parents/feednewborn.html>



SAFETY & RESOURCES

At 3-5 months of age, babies begin to wave their arms and grab at things. Because of this, it is important to keep dangerous items out of reach. Always keep hot liquids or warm objects away from your baby to prevent the chance of burning your baby. Never carry a hot liquid and your baby at the same time, to also prevent burns.



Learn more about safety at this age at www.healthychildren.org



ACTIVITIES OF THE MONTH

Mother's Day Craft: (template on page 3)



<https://www.gluedtomycraftsblog.com/2023/11/good-job-mama-keepsake.html>



Cinco de Mayo Instruments:



<https://www.learningresources.com/blog/>

MINDFULNESS

Body Scan Meditation is a relaxation technique focusing breath and awareness on each body part at a time to melt away tension.

- Start at your toes. On exhale, visualize tension releasing.
- Move up through your feet, ankles, and legs.
- Soften more with each breath out.
- Continue to your hips, torso, and fingers.
- Let go of any tension you are holding.
- End at your head and face.
- Relax your jaw, forehead, and shoulders.
- Finish with full body breaths.
- Carry the calm with you.

AFFIRMATION OF THE MONTH

"I am at peace with where I am."



UPCOMING EVENTS

Local Weekly Baby Cafes & Infant Feeding Groups

- **Mondays:** 10:00a-12:00p, Monticello Community Center
- **Tuesdays:** 9:30a-11:30a, St. Cloud YMCA
- **Tuesdays:** 10:30a-12:30p, Princeton ECFE Family Center
- **Wednesdays:** 10:00a-12:00p, Buffalo Wright County Historical Society **Hours changing to 9:30a-11:30a beginning May 15.



Thank you to SCSU Nursing Students completing their Public Health clinicals in Spring 2024 for your contributions to our newsletters!

YOU ARE DOING A

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JOB MAMA!



COLLABORATIVE COMMUNITY
EVENT



FREE EVENT

Funded by: Donations to the
CentraCare Foundation

BETTER TOGETHER: A DAY OF WELLNESS

Lundeen Stadium
12000 Hancock Street
Becker, MN 55309
May 19, 2-4pm

Make & Take Stations
Community Resources
Food Trucks &
Concessions

SPECIAL PERFORMERS:
KOO KOO

Visit the Bounce Back Project
Facebook page or Becker Schools
webpage for weather related
announcements

 **BOUNCE BACK PROJECT™**
promoting health through happiness



Pictures & Videos may be taken to celebrate
the joy of our communities coming together!



Healthy Minds Support Healthy Bodies

Building healthy brains happens from birth to adulthood.

You play a critical role in helping children build mental wellness.

- Build stronger relationships and support healthy brain development at every age.
- Learn how you can positively impact children's mental well-being.
- Explore ways to help children cope with stress and strong emotions.
- Know the signs of distress and where to find help.



Scan the QR code for
helpful tips and ideas!



Vaccinations

Help Your Child **Thrive!**



Scan the QR code to watch CentraCare clinicians answer common parent questions.

On-time childhood vaccinations teach your child's immune system how to fight viruses before they are ever exposed.

Your child's vaccination schedule is carefully planned to provide the best protection at the right time.

For trusted immunization resources talk with your primary care provider or visit [CentraCare.com/childhoodvaccines](https://www.centracare.com/childhoodvaccines).



Vaccines are safe.
Vaccines are effective.
Vaccines save lives.