



### PREGNANCY

During your third trimester, your provider will ask you to count baby's movements every day. This is done to check on baby's well-being and gives you special time each day to spend with your baby. Try to count your baby's activity at the same time each day, this will show your baby's activity patterns.

A total of ten or more distinct movements in two hours suggest that your baby is doing well. If you haven't felt the ten movements in two hours, eat some food, drink some water, then lie down. If you continue to not feel the ten or more movements during that next hour, call your healthcare provider.

Also, call your healthcare provider if you notice a major change in your baby's activity level. If you smoke cigarettes, this can decrease the amount of oxygen your baby gets and can make baby less active. Avoid smoking at least one hour before you start counting.

### CHILD GROWTH & DEVELOPMENT

Your baby is born with several reflexes, including:

- Root Reflex: When the corner of the mouth is stroked, the baby will turn their head in that direction and will open their mouth. The baby is able to find the bottle or breast with this reflex.
- Babinski Reflex: When the bottom of the foot is stroked, the toes will fan out. This reflex is present until around 2 years of age.
- Tonic Neck Reflex: When the baby's head is turned to the left or right, the arm on the side the baby is facing will straighten and the opposite arm will bend. This is also known as the fencing position. This reflex is present until around 6 to 7 months old.

<https://www.choc.org/primary-care/ages-stages/newborn/>



### POSTPARTUM & PARENTING

The Nurturing Fathers Program is a 13-week training course designed to teach parenting and nurturing skills to Fathers and Father Figures in Wright County. Each class provides effective skills for healthy family relationships and child development. NFP can be in group format or on an individual basis.

Topics covered in the program include: self-nurturing, fathering without violence or fear, overcoming barriers to nurturing fathers such as anger and stress, how fun and games help children learn, and teamwork between father and spouse/co-parent. Self refer by completing our [online referral form](#).



### INFANT FEEDING

Best practices for formula feeding:

- Read instructions carefully on how to properly mix formula with water, including using the correct ratio of powder to water.
- Wash your hands with soap and water before preparing a new bottle
- Wash bottles, nipples, and rings in hot, soapy water or use the dishwasher
- Formula made from powder may be refrigerated up to 24 hours before use, but it is best to wait to prepare it until right before baby eats.
- Throw away any remaining formula in the bottle after one hour of the feeding.
- Formula does not need to be warmed. If you do warm it, placed the bottle in a bowl of warm water. Never microwave.

<https://www.health.state.mn.us/docs/peo/ple/wic/nutrition/english/infbottle.pdf>





## SAFETY & RESOURCES

When choosing toys for your baby, make sure they don't contain small parts that can be a choking hazards. Use a bin or container to store toys after playtime is over. Learn more about safety for your child at <https://www.safekids.org>



## MINDFULNESS

Journaling is a form of mindfulness that involves keeping a journal or diary to record your thoughts, feelings, experiences, and reflections.

- Find a quiet place to sit with your journal
- Take a few deep breaths to arrive fully in the present moment
- Set a timer for 5 minutes
- Write freely without judging yourself about whatever thoughts, feelings, or experiences pop up.
- If you get stuck, write "I am feeling stuck" until new words come.
- Name any emotions as they come up.

## AFFIRMATION OF THE MONTH



*"I am enough just as I am."*



## ACTIVITIES OF THE MONTH

**Father's Day Craft**—see page 3 for template



<https://www.gluedtomycraftsblog.com/2023/01/love-you-this-much-keepsake.html>

**Juneteenth is celebrated on June 19th.**



<https://craftingafunlife.com>

## Juneteenth Craft



## UPCOMING EVENTS

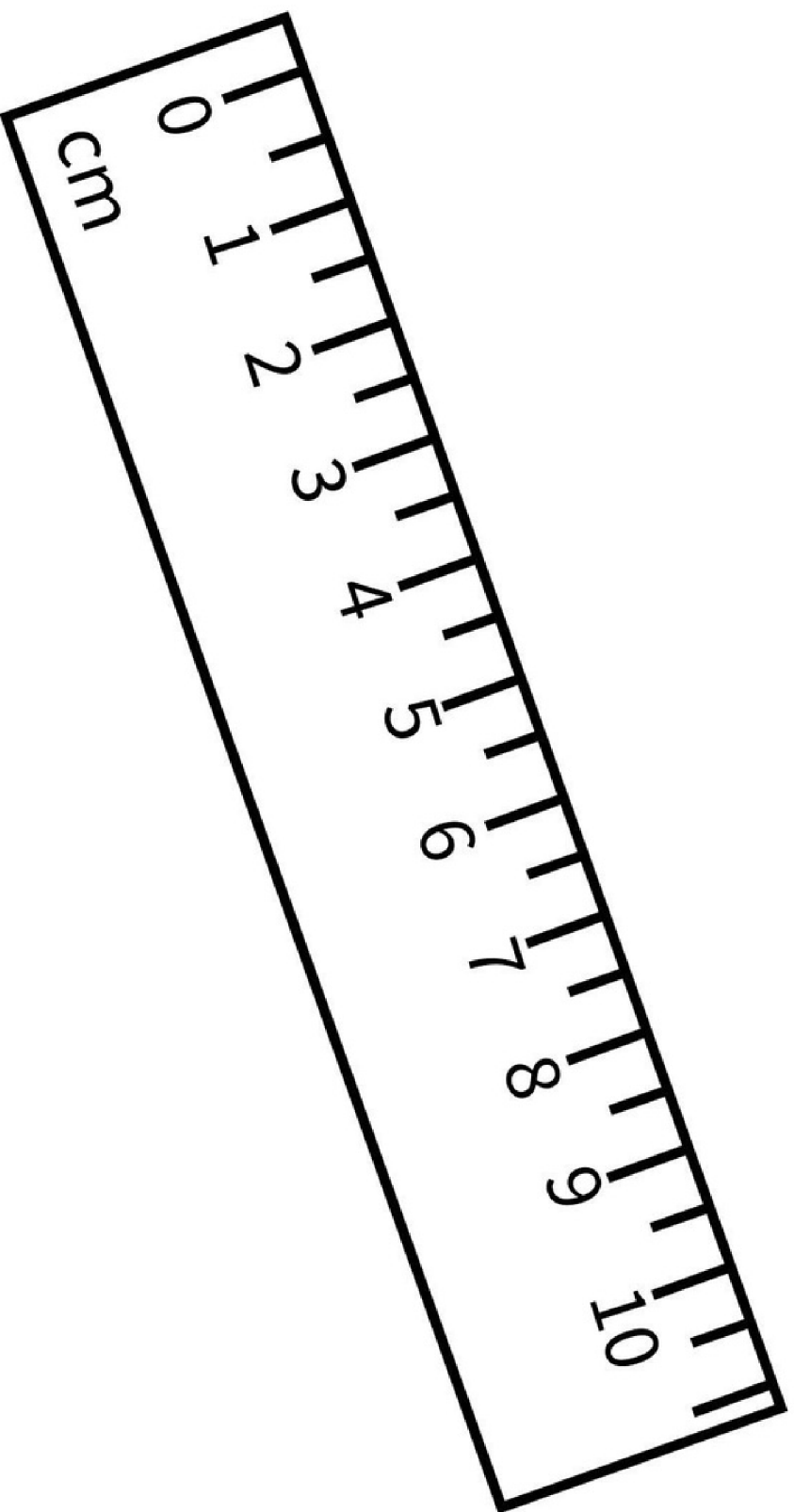
### Great River Regional Library Summer Reading

- FREE
- Children birth through 12th grade
- Runs June 3 through August 3.
- <https://griver.org/summer-reading-challenge>

### 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

**See pages 4-6 or additional upcoming events!**



**I LOVE YOU THIS MUCH!!!**



# 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:** Belinda Labor

**Location:** Virtual via Zoom

**Cost:** No cost to families thanks to grant funding.

**When: Wednesday afternoons from 12:00 noon to 1:00 p.m. (total of 8 sessions)**

Dates: June 5th, 12th, 19th, 26th, July 10th, 17th, 24th, and 31st

**Who should attend:** Parents, caregivers, foster parents, and guardians  
(minimum of 5 caregivers, maximum of 15 caregivers)

**Attending every week is important and expected!** Families who attend every session will receive a small gift at the end of the class.

***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)***

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*

600 25<sup>th</sup> Ave S Suite 102, Saint Cloud, MN 56301 – [www.EllisonCenter.org](http://www.EllisonCenter.org)



**FREE!**

**YOU'RE INVITED !!  
BIG LAKE ECFE**

**IN THE PARK**

REGISTER YOUR FAMILY AT [BIGLAKEECE.COM](http://BIGLAKEECE.COM)

**ECFE**

**IN THE PARK 2024**

- JUNE 12 LAKE RIDGE
- JUNE 26 SANFORD SELECT
- JULY 10 HUDSON WOODS
- JULY 24 WRIGHTS CROSSING
- AUG. 7 HIGHLINE
- AUG. 21 LAKESIDE

**Join us 10-11:30 AM**



2ND ANNUAL

# SUMMER KICKOFF

Join the  
**FREE FUN!**

Food for  
purchase

THE CORN DOG  
COMPANY

BRAIN FREEZE

MIKE'S MINI  
DONUTS

MISTER LEMONADE

PIZZA &  
CONCESSIONS

THURSDAY, JUNE 6  
11 AM-2 PM  
MIDDLE SCHOOL GROUNDS

NINJA ANYWHERE

PETTING ZOO

FACE PAINTING

YARD GAMES

VENDORS &  
MORE



SPONSORED BY:



**ARE YOU AND YOUR FAMILY**



## UP-TO-DATE ON YOUR VACCINATIONS?

MMR (Measles, Mumps and Rubella) and Varicella (Chickenpox) are recommended to routinely be given at:

12 - 15 months      &      4 - 6 years

Vaccine may also be recommended for adults.

Discuss with your health care provider for more information. If you are uninsured, reach out to your county Public Health office for resources.