

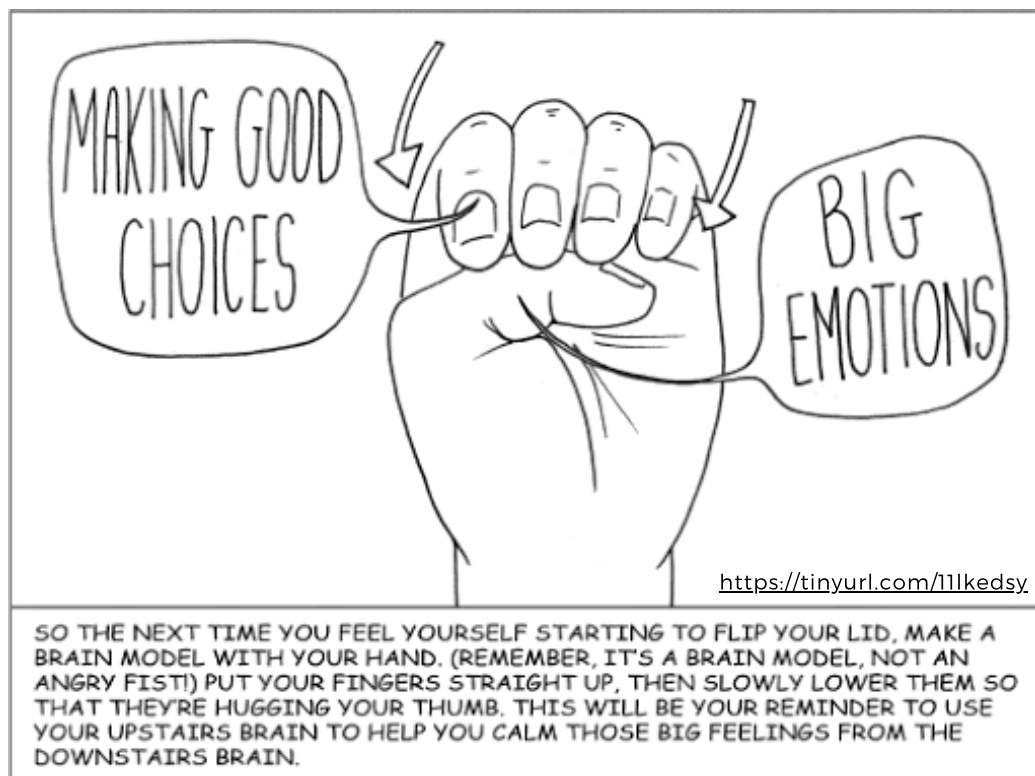
What Happens When We "Flip Our Lid"

(from <https://tinyurl.com/59eebw02>)

The human brain is amazing! The different parts of our brain work together to help us remain calm and connected during times of high emotions. This is the same for our children. Sometimes, when our "lower" brain feels overwhelmed and takes over, the "upper brain" (also known as the thinking part of our brain) disconnects and we may respond with strong emotions. Children, as well as those who have experienced trauma, may find it more difficult to manage these strong emotions. The hand model of the brain is a helpful way of showing the functions of the brain and what happens when we are overwhelmed with emotions, or 'flip our lids'. This video is a great example of how this concept can be explained to children: <https://tinyurl.com/hcgl9jfa>

"The kind of relationships you provide for your children will affect generations to come. We can impact the future of the world by caring well for our children"

*Dr. Daniel Siegel
The Whole Brain Child*



Here are some useful tips for what we can all do to help ourselves to become better at 'keeping the lid on':

- **Exercise.** Exercise does not have to be planned or extensive. Jump up and down on the spot. Do some quick yoga poses. Go for a walk or ride a bike if you are able.
- **Deep breathing:** Breathe in slowly and deeply from your tummy, and breathe out slowly, imagining all your worry and anxiety leaving your body as you exhale. Sometimes counting while breathing in and out can further calm your mind.
- **Imagine a comfortable, calm and safe place.** Imagine yourself in a safe and comfortable place. Feel the safety of it. Put yourself there and try to experience the sounds and sensations of the place.
- **Counting Awareness.** Look outside and count the things you see. You can count the trees, the stop signs, the bushes, even the cars on the road.
- **Laugh and talk** with a friend.

Pregnancy

First Trimester: Week one to the end of week 12

Second Trimester: Week 13 to the end of week 26

Third Trimester: Week 27 to the end of pregnancy

Counting Baby Kicks

Sometime between 18-25 weeks, pregnant moms begin feeling their baby move. Being attentive to your baby's movements helps you notice any significant changes that may occur in late pregnancy. You may be asked to keep track of the number of your baby's movements each day in your third trimester. A total of 10 or more movements in 2 hours suggests your baby is doing well. You will likely feel 10 movements in less time than that.

Eating well

During the 2nd and 3rd trimester, your energy needs increase by about 300 calories a day. That is about the number of calories in a peanut butter sandwich or an orange and large glass of milk. During your pregnancy, try to limit foods high in calories from sugar or fat.

Choose whole grains, fruits and vegetables for their nutrients and fiber. Choose lean sources of protein such as chicken, turkey and fish. Eat foods high in calcium and iron. Eating a variety of healthful foods will promote both your baby's health and your own.

Physical Changes

The hormones of pregnancy cause changes to your skin, such as stretch marks, spider veins, linea nigra (a thin brown line up the center of your belly), or chloasma (blotchy brown areas on your face). These all fade after your baby is born. Heartburn, constipation, hemorrhoids, breathlessness, round ligament pain, and leg cramps are also result of pregnancy.

Where the Pregnancy Weight Goes

- Baby: 7-8 pounds
- Amniotic fluid: 2-3 pounds
- Placenta: 1-2 pounds
- Uterine muscle: 2-3 pounds
- Breasts: 1-2 pounds
- Maternal energy stores (fat): 7-9 pounds
- Maternal body fluids/blood: 5-7 pounds

Alcohol

Alcohol in the mother's blood passes to the baby through the umbilical cord. Drinking alcohol during pregnancy can cause miscarriage, stillbirth, and a range of lifelong physical, behavioral, and intellectual disabilities. All types of alcohol are equally harmful, including hard alcohol, all wines and beers. Women who are pregnant or who might be pregnant should not drink alcohol. There is no known safe amount of alcohol use during pregnancy. It is never too late to stop drinking. Because your baby's brain growth takes place throughout pregnancy, the sooner you stop drinking, the better it will be for you and your baby.

Weight Gain

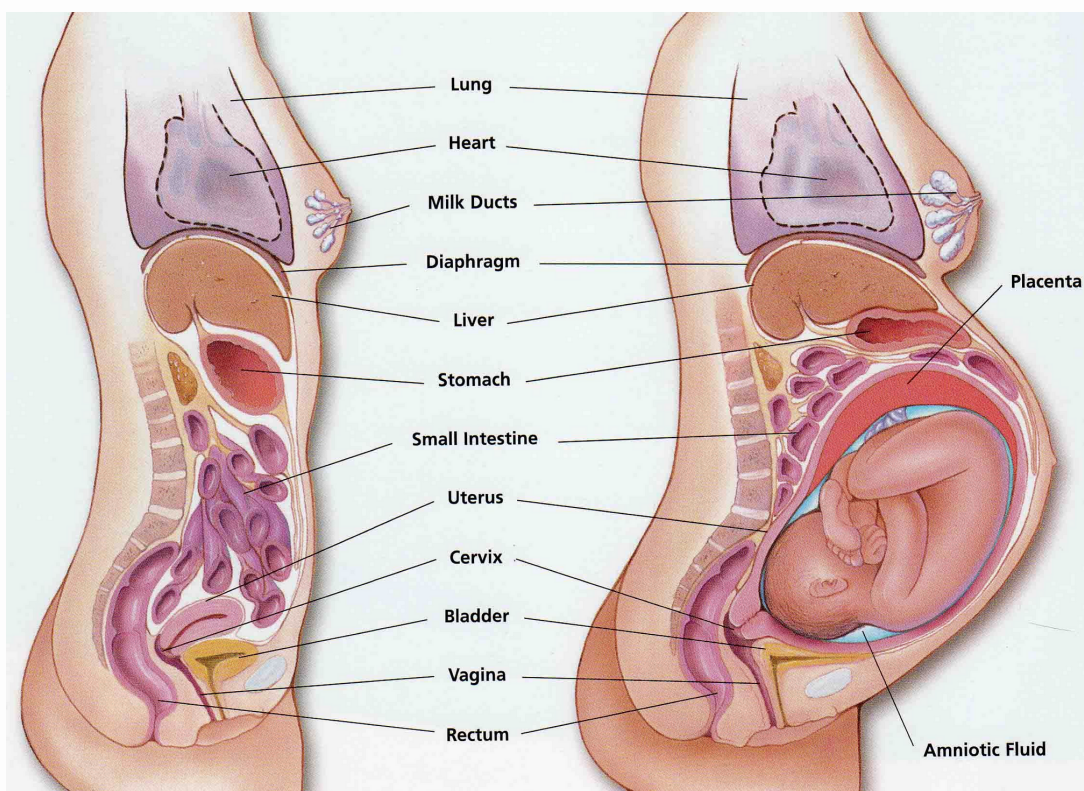
Your healthcare provider will talk to you about recommended weight gain during your pregnancy. This can vary woman to woman and is often determined by your pre-pregnancy weight. Here is a general recommendation from the American College of OBGYNs (ACOG) based on pre-pregnancy BMI:

- Underweight (BMI less than 18.5): gain 28-40 pounds
- Normal weight (BMI 18.5-24.9): gain 25-35 pounds
- Overweight (BMI 25-29.9): gain 15-25 pounds
- Obese (BMI 30+): gain 11-20 pounds

It is best to eat well rather than focus on the scale.

Emotional Changes

Pregnancy affects your emotions and how you feel and care for yourself. Preparing yourself physically and emotionally will prepare your mind and body for labor, the changes that occur after baby arrives and your relationship with your baby. You may also have mood swings that are wider than normal. If your mood swings are severe or interfere with your day to day living, talk to your healthcare provider.



Fetal Growth Chart

HOW BIG IS OUR BABY?

CREATED BY TULAMAMA

WEEK 5  .13 in Sesame Seed	WEEK 6  .25 in Sweet Pea	WEEK 7  .51 in Blueberry	WEEK 8  .63 in .04 oz Raspberry	WEEK 9  .9 in .07 oz Grape	WEEK 10  1.2 in .14 oz Prune
WEEK 11  1.6 in .25 oz Lime	WEEK 12  2.1 in .49 oz Plum	WEEK 13  2.9 in .81 oz Peach	WEEK 14  3.9 in 1.52 oz Lemon	WEEK 15  4.0 in 2.5 oz Apple	WEEK 16  4.6 in 3.5 oz Avocado
WEEK 17  5.1 in 4.9 oz Pear	WEEK 18  5.6 in 6.7 oz Sweet Potato	WEEK 19  6.0 in 8.5 oz Mango	WEEK 20  6.5 in 10.2 oz Banana	WEEK 21  10.5 in 12.7 oz Pomegranate	WEEK 22  10.5 to 11.8 in 12.7 to 20.8 oz Papaya
WEEK 23  10.5 to 11.8 in 12.7 to 20.8 oz Grapefruit	WEEK 24  10.5 to 11.8 in 12.7 to 20.8 oz Cantaloupe	WEEK 25  13.6 to 14.8 in 1.5 to 2.5 lbs Cauliflower	WEEK 26  13.6 to 14.8 in 1.5 to 2.5 lbs Lettuce	WEEK 27  13.6 to 14.8 in 1.5 to 2.5 lbs Kulabaga	WEEK 28  13.6 to 14.8 in 1.5 to 2.5 lbs Eggplant
WEEK 29  15.2 to 16.7 in 2.5 to 3.8 lbs Acorn Squash	WEEK 30  15.2 to 16.7 in 2.5 to 3.8 lbs Cucumber	WEEK 31  15.2 to 16.7 in 2.5 to 3.8 lbs Pineapple	WEEK 32  15.2 to 16.7 in 2.5 to 3.8 lbs Squash	WEEK 33  17.2 to 18.7 in 4.2 to 5.8 lbs Durian	WEEK 34  17.2 to 18.7 in 4.2 to 5.8 lbs Butternut Squash
WEEK 35  17.2 to 18.7 in 4.2 to 5.8 lbs Coconut	WEEK 36  17.2 to 18.7 in 4.2 to 5.8 lbs Honeydew Melon	WEEK 37  18.9 to 20.9 in 6.2 to 9.2 lbs Wintermelon	WEEK 38  18.9 to 20.9 in 6.2 to 9.2 lbs Pumpkin	WEEK 39  18.9 to 20.9 in 6.2 to 9.2 lbs Watermelon	WEEK 40  18.9 to 20.9 in 6.2 to 9.2 lbs Jack Fruit

Craft Corner

March 1-Peanut Butter Lover's Day:

Try making a pine cone bird feeder. Have your child spread peanut butter on a pine cone then roll in bird seed. Tie twine or string around the pine cone and hang from a tree or hook.

<https://preschoolinspirations.com/pine-cone-bird-feeders/>



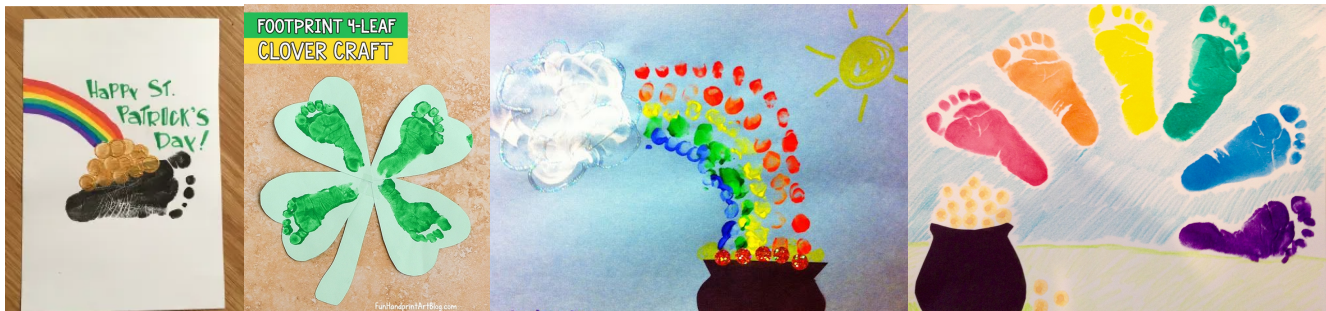
March 9-Popcorn Lover's Day:

Draw a simple half circle onto paper and line the top with glue. Press the popcorn into the glue and continue until you have six layers. Mix food coloring into milk to create colored paint. Use a small paintbrush to drop milk paint onto the popcorn. Glue unpainted popcorn to the ends of the rainbow as clouds.

<https://kidsactivitiesblog.com/64767/milk-paint-popcorn-rainbow>



March 17-St. Patrick's Day



March 20-First Day of Spring



March 21-World Down Syndrome Day:

Wear colorful, attractive or mismatched socks today to observe and raise awareness of World Down Syndrome Day. 3/21 was chosen to signify the trisomy of the 21st chromosome, which causes Down Syndrome.

March 30-Take a Walk in the Park Day

- MN State Park Finder: <https://www.dnr.state.mn.us/parkfinder/index.html>
- Benton County Parks: <https://www.co.benton.mn.us/292/Parks>
- Sherburne County Parks: <https://www.co.sherburne.mn.us/604/Parks-Recreation>
- Stearns County Parks: <https://www.stearnscountymn.gov/238/Parks>
- Wright County Parks: <https://www.co.wright.mn.us/132/Parks-Recreation>



A photograph of a woman with dark hair, wearing a white top, holding a baby in a pink patterned onesie. The woman is looking down at the baby with a gentle expression. The background is softly blurred.


MOTHERHOOD – THE POSTPARTUM EXPERIENCE

The Birth Center at CentraCare – Monticello is here to support you and your new baby as you learn and grow together.

Join the Birth Center's virtual group, Motherhood – The Postpartum Experience, to hear evidence-based information, explore helpful community resources, talk with professionals and experts, and chat with other moms. Motherhood – The Postpartum Experience is a free resource designed specifically for moms during their baby's first year.

Motherhood – The Postpartum Experience meets virtually twice a month on Thursdays from 11 a.m. to noon. Meetings include 30 minutes of education presented by community professionals and 30 minutes of open conversation facilitated by a licensed mental health professional.

Motherhood – The Postpartum Experience is hosted by Healing Moments Counseling and CentraCare – Monticello and is funded by donations through CentraCare – Monticello Foundation.

A circular graphic with a blue, hand-painted brushstroke texture.

Encouragement,
education, and
support – without
leaving your home!

For more information or to join Motherhood – The Postpartum Experience, email Info@healingmomentscounseling.com. Each new participant receives a Welcome pack filled with helpful information and local resources.