

Welcome! April 2021 marks the one year anniversary of our FHV newsletters! Did you know all newsletters are posted to our website so you can enjoy them at any time? Check them out at <https://firststepscentralmn.org/for-families>

Did you know? 1 in 7 Moms and 1 in 10 Dads suffer from perinatal depression (depression during pregnancy, postpartum, or up to a year after baby is born).

Postpartum Support International-MN provides direct peer support to families during pregnancy, after baby is born, or after pregnancy loss.

- PSI HelpLine: 1-800-944-4773
 - #1 Spanish, #2 English
- Text in English: 800-944-4773
- Text in Spanish: 971-203-7773
- Help for moms: <https://www.postpartum.net/get-help/help-for-moms/>
- Help for dads: <https://www.postpartum.net/get-help/help-for-dads/>
- Online Support (list of meetings in graphic below): <http://www.postpartum.net/get-help/psi-online-support-meetings/>

"Affirming words from moms and dads are like light switches. Speak a word of affirmation at the right moment in a child's life and it's like lighting up a whole roomful of possibilities."
Gary Smalley

MON: • Perinatal (Pregnancy & Postpartum)
• Loss Support for Parents

TUE: • Perinatal (Pregnancy & Postpartum)
• Apoyo Perinatal
• Black Mamas Matter Group
• Perinatal Parents Group

WED: • Pregnant Moms
• Military Moms (Pregnant or Postpartum)
• Perinatal (Pregnancy & Postpartum)
• Queer Parents
• Postpartum Psychosis Survivors

THU: • Perinatal (Pregnancy & Postpartum)
• NICU Parents

FRI: • Perinatal (Pregnancy & Postpartum)
• Loss Support for Moms (Pregnancy or Infant loss)

SUN: • Black Mamas Matter Group

Caring For Yourself

While You Care For Your Children

- Try the "doorknob practice"-take a brief pause just before entering the house or a room, feel your hand on the doorknob, notice its temperature and texture, take a deep breath.
- Help your child make transitions too-let your children know a few minutes before making a transition between one activity and another.
- Practice "feet on the ground"-focus on the feeling of your feet touching the floor, take 3 deep breaths.
- Be present in the moment of everyday activities-select an activity you do many times a day (handwashing!). As you do this activity, play close attention to your senses.

The hardest thing about mindfulness is remember to practice.

Find out more information here:
<https://www.zerotothree.org/resources/3797-caring-for-yourself-while-you-care-for-your-children>

LATE PREGNANCY & NEWLY POSTPARTUM

Preeclampsia

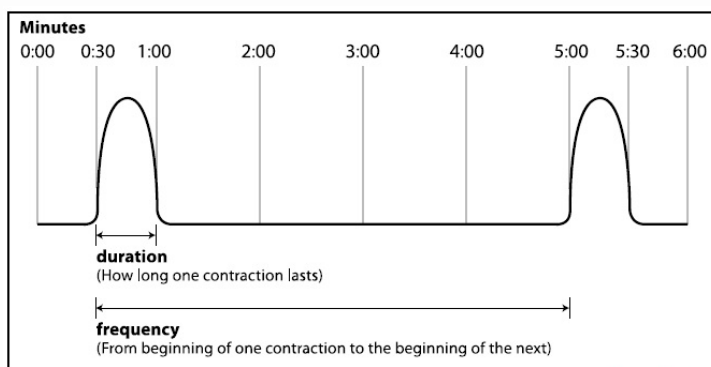
A condition in which you have high blood pressure, protein in your urine, and swelling (edema) that can quickly become more serious.

In general, if diagnosed with preeclampsia by your healthcare provider, you will have more appointments and tests to closely monitor you and your baby's health. You may also be put on reduced activity, need to take medication or be hospitalized. Your provider will give you a list of signs to watch for, which may signs such as:

- sudden weight gain (more than 2 pounds in 1 day or 5 pounds in 1 week)
- sharp or severe abdomen pain
- blurred vision
- sudden swelling in your hands and face
- noticeable changes in your baby's activity
- unusual vaginal discharge
- dark or decreased amount of urine
- severe or constant headache not relieved by acetaminophen (Tylenol)

Circumcision Decision

Circumcision is the surgical removal of the foreskin at the end of the penis. Some parents choose to have their sons circumcised because of religious, cultural or social reasons. The American Academy of Pediatrics (AAP) states the preventative health benefits of circumcision outweigh the risks of the procedure. Talk with our provider about risks and benefits. The decision is up to you. Check with your insurance provider about coverage and copays. The procedure can be done in the hospital or after discharge. You will need a supply of petroleum jelly on hand for each diaper change until the penis is healed.



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<https://www.allinahealth.org/health-conditions-and-treatments/health-library/patient-education/beginnings/giving-birth/timing-contractions>

Timing Contractions

Duration is how long your contraction lasts; it is timed from when you first feel a contraction until it is over. Frequency is how close together they are; it is timed from the start of one contraction to the start of the next. Keeping a written log or entering in a mobile app can help you see the pattern of your contractions. Regular contraction patterns are considered when the duration and frequency are stable over a period of time. An example is contractions lasting 60 seconds and coming five minutes apart for an hour. Over the course of labor, contractions get longer, stronger and closer together.

Healthcare providers differ in how you report that you are in labor. Ask your provider for those instructions.

Skin to Skin

The fourth trimester is the period immediately after birth until baby is 3 months old. Research suggest that an hour of skin to skin daily in the fourth trimester may impart long lasting benefits, including:

- Regulates baby's heart rate, breathing and temperature
- Reduces mom's recovery time
- Strengthens baby's immunity and reduces infection risk
- Supports good sleep cycles for baby's brain development
- Encourages initiation and continuation of breastfeeding and boosts milk production
- Promotes bonding, helping babies feel happier and cry less
- Combats anxiety and depression
- Improves baby's digestion, reduces feeding discomfort and encourages weight gain
- Accelerates baby's brain growth and supports early brain development

What is Skin to Skin? Also known as "Kangaroo Care" is when a baby is laid directly on a caregiver's chest. Baby is naked or wearing only a diaper and caregiver also has a bare chest so that the duo is "skin to skin."

<https://www.carryingmatters.co.uk/skin-to-skin/>



Great River Regional Library

<https://griver.org/>

Serving Benton, Morrison, Sherburne, Stearns, Todd and Wright Counties in central Minnesota with locations in Albany, Annandale, Becker, Belgrade, Big Lake, Buffalo, Clearwater, Cokato, Cold Spring, Delano, Eagle Bend, Elk River, Foley, Grey Eagle, Howard Lake, Kimball, Little Falls, Long Prairie, Melrose, Monticello, Paynesville, Pierz, Richmond, Rockford, Royalton, St. Cloud, St. Michael, Sauk Centre, Staples, Swanville, Upsala and Waite Park.

Libraries are open for limited services during the hours listed on the Great River Regional Library website.

- **Apply for your free library card:** <https://griver.org/services/apply-for-your-free-library-card>
- **Digital resources (that don't require a library account to access):**
<https://griver.org/services/e-books>

Reading aloud with children builds vocabulary and language skills. You'll build early literacy skills while bonding with your child; it's a win-win! Check in with your local library to see how they award small prizes along the way.

- 100 Books Before Kindergarten (Early Literacy Program): <https://griver.org/library-news/early-literacy-program>

Parenting Resources: <https://griver.org/kids/parents>

Kids Ages 0-5 Preschool Play Ideas: <https://griver.org/kids/preschool-play>

April 22 is Earth Day

Here are some small ways we can all make a difference!

- Use a reusable water bottle and grocery bag
- Use both sides of paper
- Go on a family walk with a bag and pick up trash along the way
- Turn off all lights and electronics when not in use
- Check out books from your local library instead of buying one
- Turn off water while you brush your teeth
- Recycle any junk mail you receive

Daily activity is an important part of our physical, mental and emotional development. The American Academy of Pediatrics (AAP) recommends that infants and children have time for physical activity and play every day.

Smart toys for play at every age:

<https://kidshealth.org/en/parents/smart-toys.html>

Benefits of Physical Activity:

- Growth: build stronger muscles, bones, and a healthy heart
- Fitness: promote strength and flexibility
- Motor Skills: develop coordination and fine motor skills
- Weight: maintain a healthy weight and improve body image
- Brain Power: improve concentration, connection, memory
- Mental Health: boost moods and build self-esteem and self-confidence
- Social Skills: hone communication skills, non-verbal cues, and the ability to work as a part of a team, when being active together.

Craft Corner

DIY Recyclable Crayons

Instructions: <https://tinyurl.com/c8hcxhv5>



Mess Free Earth Painting

Great for toddlers, as well as older infants during tummy time. Instructions: <https://tinyurl.com/z6pjfae2>



Creativebug

Gain unlimited access to over 1,000 online arts and craft classes taught by expert instructors using Creativebug. Classes include knitting, crochet, art + design, paper, sewing, quilting, jewelry, kids, food + home, holiday + party. <https://griver.org/library-news/new-service-creativebug>

Earth Day Shaving Cream Art

<https://tinyurl.com/8r6hwpjm>

Spray and spread white shaving cream about one inch deep in a cake pan. Add some blue and green paint. Use a popsicle stick to swirl the paint into the shaving cream until you get the fun swirls of color. Cut a circle out of white cardstock or heavier construction paper. Place the paper on top of the colored shaving cream, press down gently so all of the paper makes contact with the shaving cream. Take the paper out and place colored-side up on a paper towel. Let dry for about five minutes then use a ruler, squeegee, or pancake turner to scrape off the excess shaving cream leaving a beautiful swirl of colors on your paper.

