



Dating back to 1865, it was on June 19th that enslaved people of Galveston, TX were informed that the Civil War had ended and they were free. This news came two and a half years after President Lincoln's Emancipation Proclamation.

Juneteenth celebrates the end of slavery in the United States, also known as Emancipation Day, Juneteenth Independence Day, and Black Independence Day. It commemorates African American freedom and emphasizes education and achievement.

Official website: <http://www.juneteenth.com/>

Juneteenth Activities for Kids:

<http://goosegooseduck.com/juneteenth-activities-for-kids/>

Picture Books & Young Readers:

- "All Different Now: Juneteenth, the First Day of Freedom" By Angela Johnson
- "Freedom's Gifts" By Valerie Wesley
- "Juneteenth Jamboree" By Carole Boston Weatherford
- "Juneteenth for Mazie" By Floyd Cooper

"Just don't give up what you're trying to do. Where there is love and inspiration, I don't think you can go wrong."

- Ella Fitzgerald



Happy Juneteenth Song:

<https://tinyurl.com/ztnjf8n7>

A cartoon that explores fun facts about Juneteenth and why it is celebrated around the US:

<https://tinyurl.com/v7mwtmfs>

Part of PBS Kids "All About Holidays" series, this educational video introduces kids to Juneteenth <https://tinyurl.com/aea8axns>

## IS BABY GETTING ENOUGH BREASTMILK?

(from <https://tinyurl.com/396z857s>)

- Weight gain: it is normal for newborns to lose 5-7% of their birth weight during the first 3-4 days after birth. Baby should regain birth weight by 10-14 days.
- Wet diapers: expect one wet diaper on day one, increasing to 6 or more by day 4.
- Stools: bowel movements should be yellow by day 5. It is normal for them to be yellow and soft (often seedy in texture)
- Other positive signs: after feeding, mom's breasts feel softer and baby seems reasonably content. Reach out to your IBCLC, clinic, or public health nurse if having any concerns.

## INFANT MASSAGE

(from <https://pathways.org/massage-30-10-5/>)

Benefits of Massage+30, 10, 5:

- Lower cost of NICU hospitalization
- Greater responsiveness to prepare baby for feeding
- More engagement after feeding, during playtime
- Improved sleeping and feeding habits
- Faster weight gain and growth in length
- Decreased healthcare visits after hospital discharge

Introduction Guide to Massage+ 30, 10, 5:

English: <https://tinyurl.com/z2ujbsnr>

Spanish: <https://tinyurl.com/bexn6chv>

The numbers 30, 10, 5 refer to the length of time involved in the massage. They stand for:

- Talk to baby for 30 seconds
- Massage baby's head, arms, legs, belly and back for 10 minutes
- Rock baby for 5 minutes

## VEHICLE SAFETY

Does your child's car seat have a recall? You can find the latest recall list here, which includes recalls on child restraints manufactured since 1/1/10:

<https://tinyurl.com/3cs8trnj>

Does your vehicle have a recall? Enter your vehicle's VIN number here to find out: <https://www.nhtsa.gov/recalls>

Our current and past family newsletters are posted to our website. Check them out at <https://firststepscentralmn.org/for-families>

The latest from Mayo Clinic about pregnant women getting the COVID-19 vaccine: <https://tinyurl.com/efv3s2zs>

STAY SAFE MN

# COVID-19 Vaccines and Pregnancy



## People who are pregnant can get the COVID-19 vaccine

- We know that pregnant people are at a higher risk of severe COVID-19 disease compared to non-pregnant people.
- Based on how the COVID-19 vaccines work in the body, medical researchers do not think that the vaccines are a risk for people who are pregnant. But, we do not have much data on the safety of COVID-19 vaccines in pregnant people.
- If you are pregnant, you can choose to get vaccinated for COVID-19.
- You may want to talk with your health care provider to help you decide whether to get vaccinated, but it is not required.



## People who want to have a baby one day can get the COVID-19 vaccine.

- If you are trying to become pregnant now or want to get pregnant in the future, you can get a COVID-19 vaccine when one is available to you.
- We do not have any data to say that COVID-19 vaccination causes any problems with pregnancy, including the development of the placenta.
- There is no evidence that fertility problems are a side effect of any COVID-19 vaccine.

**mi** MINNESOTA

[mn.gov/vaccine](https://mn.gov/vaccine)

Minnesota Department of Health | [health.mn.gov](https://health.mn.gov) | 651-201-5000 | 625 Robert Street North PO Box 64975, St. Paul, MN 55164-0975  
Contact [health.communications@state.mn.us](mailto:health.communications@state.mn.us) to request an alternate format.

04/29/2021



# Craft Corner

Here are activities to do with your child to celebrate special days in June:

- June 1: National Say Something Nice Day
  - Send a card, text, or call a friend or family member telling them what you like best about them. Do the same to yourself and your child!
- June 17: National Eat You Vegetables Day
  - Try making a vegetable pizza with cauliflower crust, "ants on a log" using peanut butter and raisins on celery sticks, or "potato face" letting your child 'decorate' a baked potato or sweet potato with cherry tomatoes for lips, broccoli for earrings, olives for eyes (and a little shredded cheese for hair)
  - Use leftover vegetables for painting fun, or fun sensory play!



- June 18: International Picnic Day
  - Eat lunch with your child in your backyard or at a local park. Don't forget a blanket to sit on and sunscreen! How many animals can you see or hear?
- June 19: Juneteenth (see pages 1, 5, 6)
- June 20: Father's Day
  - Make dad an "out of this world"

Father's Day project using construction paper, glue, paint and your child's foot! Instructions:

<https://tinyurl.com/yjcdbk7e>



# JUNETEENTH FLAG PENCIL CRAFT



1 - Cut out flags.

← PENCIL LINE →

2 - Apply glue to  
opposite side.

3 - Fold onto pencil,  
straw or wood stick.

WWW.GOOSEGOOSEDUCK.COM



Family Picnic  
Style

Activities

St. Cloud's

25<sup>th</sup>

Annual

JUNETEENTH

FREEDOM DAY

Family Day

Fun Day

Our Day

Glad Day

Entertainment

*Celebration*

Health Fair

Saturday, June 12<sup>th</sup>, 2021

For more info, call Higher Works Collaborative at 320.774.1588

Lake George ~ 2 pm – 7 pm

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Male Forum

