

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

Biting, Tantrums, Challenging Behavior...Oh My!

There is meaning behind your child's challenging behavior. Here are some tips to help bring perspective and support to your child as you help them work through their feelings.

Tantrums

- **Observe:** What was happening right before the tantrum? Are there certain patterns to the behavior? Do certain situations trigger them?
- **Learn:** What might be causing the child's loss of control? Are they frustrated or unable to do something? Are they hungry, tired, or just don't have enough words to express themselves?
- **Respond:** by staying calm, staying close by and keeping your child safe, validate their feelings by saying something like, "You are really having a hard time. Everyone needs a break sometimes."

Biting

- **Observe:** What happened before the biting?
- **Learn:** Is the child teething? Frustrated? Angry? Defending a toy or his space? Trying to engage someone?
- **Respond:** Offer safe objects the child can safely bite, offer crunchy foods, offer a "safe space" where the child can regroup, say firmly "No biting. Biting hurts," or provide simple words for your child to use instead like "no" or "I want".

"Don't be afraid to start over. This time you're not starting from scratch, you're starting from experience."



For more tips on challenging behavior, visit the Zero to Three website: <https://tinyurl.com/2edzc84n>

Local breastfeeding & infant feeding support groups:

- Buffalo Baby Cafe, Wednesdays 10a-12p, Wright County Historical Society
<https://tinyurl.com/2kkwzkipz>
- Mercy Hospital-Mother Baby Center, Mondays 12p-2p
763-236-7430
- Monticello's MILK: Breastfeeding & Mother Support-
beginning Thursday, Sept 23
<https://tinyurl.com/krtszp57>
- Maple Grove Mommy & Me Breastfeeding Support
Group: Tuesdays 10:30a-12p 763-581-2021
- St. Cloud Area Baby Cafe-beginning Tuesday,
September 14 <https://tinyurl.com/92e2an2n>
- Princeton Baby Cafe: anticipated start date fall 2021



Journaling

has physical and mental health benefits, including reducing stress, improving your immune system, keeping your memory sharp, boosting your mood, and strengthening your emotional functions.

It can also help you manage difficult emotions by getting thoughts out of your head and onto paper, or help you focus on the positive or even some self-love.

Here are some prompts to help you get started each day:

- Monday: *"Something I did well today..."*
- Tuesday: *"I felt good about myself when..."*
- Wednesday: *"I had a positive experience with..."*
- Thursday: *"Three good things about me are..."*
- Friday: *"Something I did for someone..."*
- Saturday: *"Today I achieved..."*
- Sunday: *"Today I overcame..."*



Refer a Friend

Do you know someone who is pregnant or recently had a baby? We would love to connect with them to share more about how our nurses can support them on their parenting journey!

They can call/text **763-276-0441**, email: referrals@firststepscentralmn.org or send a message from our [website](#).

One of our nurses will follow up with them to share more about nurse home visiting, other public health programs, and local resources that may be helpful to them.

Our programs are voluntary and parents can change their mind at any time if they are no longer interested.

Craft Corner

Here are activities to do to celebrate special days in September:

9/5: National Pet Rock Day--Painted Rocks <https://tinyurl.com/zay9w2hh>



9/6: Read a Book Day--Be intentional about finding extra time today to read to your child. Check out the calendar on page 4 for daily activities that can help build pre-reading skills!

9/9: Teddy Bear Day--Bear Footprint Keepsake <https://tinyurl.com/y4zn4b5d>



9/12: Grandparent's Day <https://tinyurl.com/njxc4wes>



9/15: Make a Hat Day <https://tinyurl.com/frc9t3aa>



9/19: Talk Like a Pirate Day <https://tinyurl.com/bmzj68av>



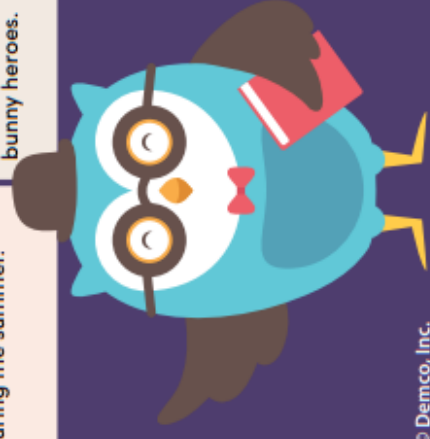
9/21: World Gratitude Day: Start a Family Gratitude Jar--Talk about your day as a family, focusing on the things that you are grateful for having happened. Write them down on a piece of paper with the date and stick it in a jar. At the end of the year, spend some time reading through all of the experiences your family was grateful for.

9/22: First Day of Autumn--Handprint Apple Tree <https://tinyurl.com/frysbwps>



Daily Fun with Your Little One!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 Science On Cheese Pizza Day, make mini pizzas and talk about what happens to the cheese as it bakes.	6 Songs Make up songs to sing about everyday tasks like making breakfast or going to the store.	7 Math Put together a puzzle with your child.	8 Stories Ask your child what she thinks his pet or a favorite stuffed animal does during the day.	9 Play It's Teddy Bear Day! Have your child gather his teddy bears and stuffed animals, and hold a slumber party for them.	10 Rhymes Point to an object and ask your child to say the name for it and a word that rhymes with it.	11 Writing Have your child draw a picture of you while you draw a picture of your child.
12 Stories On Grandparents Day, tell your child a funny story about one of her grandparents.	13 Math It's National Ants on a Log Day. Make this healthy snack together and count how many "ants" (raisins) you add to each.	14 Sounds Look at pictures in magazines and have your child say the words for the objects in each picture.	15 Rhymes Fill a basket with household items. Say a word, real or made-up, that rhymes with one of the objects, and have your child choose the right match.	16 Writing On Play-Doh Day, have your child make letters out of play dough.	17 Songs Sing the words to a familiar song to the tune of a different song.	18 Play Build a fort out of blankets and cardboard boxes.
19 Play It's Talk Like a Pirate Day! How long can you and your child talk like pirates?	20 Writing Have your child color a picture using different shades of his favorite color.	21 Reading Choose a subject like birds or cars. Together, find a book about that subject.	22 Songs Sing a song as loudly as you can. Then, sing the same song as quietly as you can.	23 Stories Read your child's favorite book together. Talk about what she likes most about the story.	24 Sounds Talk about how the sounds you hear in the fall are different from the sounds you hear during the summer.	25 Reading On Bunny Day, read books like <i>The Runaway Bunny</i> by Margaret Wise Brown and others featuring bunny heroes.
26 Reading While grocery shopping, have your child help you read your grocery list.	27 Rhymes Cut out or draw pictures of rhyming objects. Have your child sort them into pairs or groups that rhyme.	28 Play Make puppets out of paper bags and put on a puppet show.	29 Science Fill a clear glass with water. Ask your child to drop small objects into it, guessing whether each will float beforehand.	30 Math Mix up pairs of colorful socks, and have your child match them.		





Circle of Security® 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® Parenting™ 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: Pam Walz & Leyda Antunez

Location: Virtual via Zoom

Cost: Free thanks to Morgan Family Foundation Grant Funding

Dates: Mondays – September 27th, October 4th, 18th, & 25th

Times: 6:30-9:00 p.m.

Who should attend: Parents, caregivers, 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 gift of their choice (\$40 value) 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

Ellison Center
A place for growth, development, and reflection

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