

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

Filling Your Child's Cup (from Seed & Sew)

Filling a child's cup doesn't require 1:1 time or hours of undivided attention. Simply being present with them, seeing them, hearing them, acknowledging them--that's connection. When we tune out the distractions for a bit and just be with our kids, we can connect. We can fill their cups and make them feel seen.

"I love being your parent"

"You're an important part of our family."

"I'm proud of who you are."

"I like it when you share your ideas with me."

"I'm thankful for you."

"I enjoy being around you."

"Nothing would ever change my love for you."

"You matter to me."

"I appreciate your help."

"I love laughing with you."



"Behind every young child who believes in himself is a parent who believed first."
Matthew Jacobsen

Three Good Things (from Bounce Back Project)

Focusing on good events increases happiness and helps to retrain our brains to remember the good things in life. It can also improve your sleep quality, create more positive relationships, and reduce levels of burnout and depression.

How 'Three Good Things' works: Every night for two weeks, set aside 3-5 minutes right before you go to sleep. Write down on paper three things that went well that day, or something positive you noticed. Commit to doing 'Three Good Things' for the full 14 days. The positive effects of using this tool for the 14 days can last for about six months!

What to say & do during your child's meltdown

(from Calm the Chaos)

- **Get closer:** physically get closer to your child rather than ignoring or yelling from across the room
- **Get lower:** Squat down next to your child to talk to them
- **Keep words to a minimum:** Say "I'm here when you are ready" and then stay silent
- **Breathe:** Remember to breathe yourself. Your breathing will set the tone of calm. Stay in control of you.

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.



Fall Scavenger Hunt

Take a family walk and see how many of these items you can find!



Craft Corner

Build a Fall Wreath: <https://tinyurl.com/dun2b6hw>

Supplies: Paper plate, glue, leaves, paper

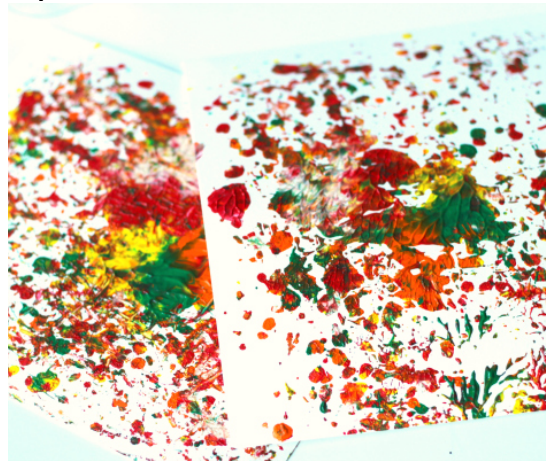


Make a Fall Wreath!
1. Add glue to your plate
2. Stick on your favorite things
3. Let it dry
4. Hang it on your door



Pinecone Painting: <https://tinyurl.com/ysdtxj2>

Supplies: Paper, paint, pinecones



Cookie Cutter Painting: <https://tinyurl.com/285e8r9j> and

<https://tinyurl.com/ssbtzjnm>

Supplies: Paper, paint, cookie cutter



BABY CAFÉ



Learning to breastfeed can be hard at first. We can help you and your baby succeed!

Beginning September 14

9:30 - 11:30 a.m.

St. Cloud Area Family Y – Conference Room A
2001 Stockinger Drive, St. Cloud

babycafé



Public Health

The Baby Café supports all aspects of breastfeeding/pumping—from before baby is born to weaning to mom's return to work.

At this free support group, you can expect:

- A relaxed, informal, child-friendly environment with open-forum discussions and a chance to meet other moms.
- To receive up-to-date information from knowledgeable staff.
- To learn breastfeeding techniques with a "hands-off" approach (or with staff working over your hands, if needed).

The Baby Café will take place the second and fourth Tuesday of each month. No appointment needed. If schools are cancelled or if on a holiday, the Baby Café will be cancelled. If you have questions, call 320-251-2700, ext. 51990.

