

Our current and past family newsletters are posted to our website. Check them out at

<https://firststepscentralmn.org/for-families>

Performing random acts of kindness (RAK) for others can help you cultivate gratitude, including increasing your own happiness and well-being. It can also help you feel connected to others and relieve your own stress.

RAK Ideas

1. Tell someone you're thankful for them
2. Open the door for someone
3. Rake leaves for someone
4. Share a family recipe
5. Offer someone a compliment
6. Babysit for a friend
7. Thank a Veteran
8. Donate clothes or toys your child has outgrown
9. Smile at a stranger
10. Spread good news
11. Get to know someone new
12. Print a photo of you and a friend
13. Leave a positive review
14. Call an old friend

What is Folic Acid & Why is it Important?

Taking a vitamin with the recommended 400mcg of folic acid before and during pregnancy can help prevent birth defects of your baby's brain and spinal cord.

Folic acid, or folate, plays an important role in the production of red blood cells and helps your baby's neural tube develop into their brain and spinal cord. It can be found in fortified cereals and in dark green vegetables and citrus fruits.

The CDC recommends that all women of childbearing age take folic acid every day, including prior to getting pregnant, throughout your pregnancy, and while breastfeeding.

Learn more at: <https://tinyurl.com/6xz2ydam>

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.

"Be the parent today that you want your kids to remember tomorrow."

Unknown

Keeping Your Child Warm & Safe in the Car Seat

It is that time of year when warmer clothing and jackets will be needed.

Wearing bulky clothes or winter coats can prevent a snug fit of your child's car seat harness. As a general rule, bulky clothing, including winter coats and snowsuits should not be worn underneath the harness of a car seat. Instead, remove the bulky clothing from your child before they are strapped in, tighten the straps of the harness to fit your child snug, then put the jacket or a blanket over the buckled harness strap to add warmth for your child. For more colder weather tips, check out <https://tinyurl.com/ysrxmxxp2>

Register your car seat to receive important safety updates. It gives the manufacturer the ability to contact you about recalls and safety notices. It's also easy. Just send in the card that came with your car seat or fill out a simple form on the manufacturer's website. Find a link here: <https://tinyurl.com/2ppcf5yp>

Restorative Yoga Poses to Support Calm, Focus & Sleep from <https://tinyurl.com/8nu3hhsj>

Practice this 5-pose restorative yoga sequence to find calm, connect inwards, and refocus.

1. Once you are comfortable in each posture, close your eyes and focus on your breath
2. Remain as still and unmoving as possible
3. Let gravity do the work. Do not force your body into positions but find a modified position to better suit your body's needs
4. Rest in each pose for 1-5 minutes, depending on how much time you have available. You may find it helpful to use a timer.

Images and instructions for each of the following positions can be found at:

<https://tinyurl.com/8nu3hhsj>

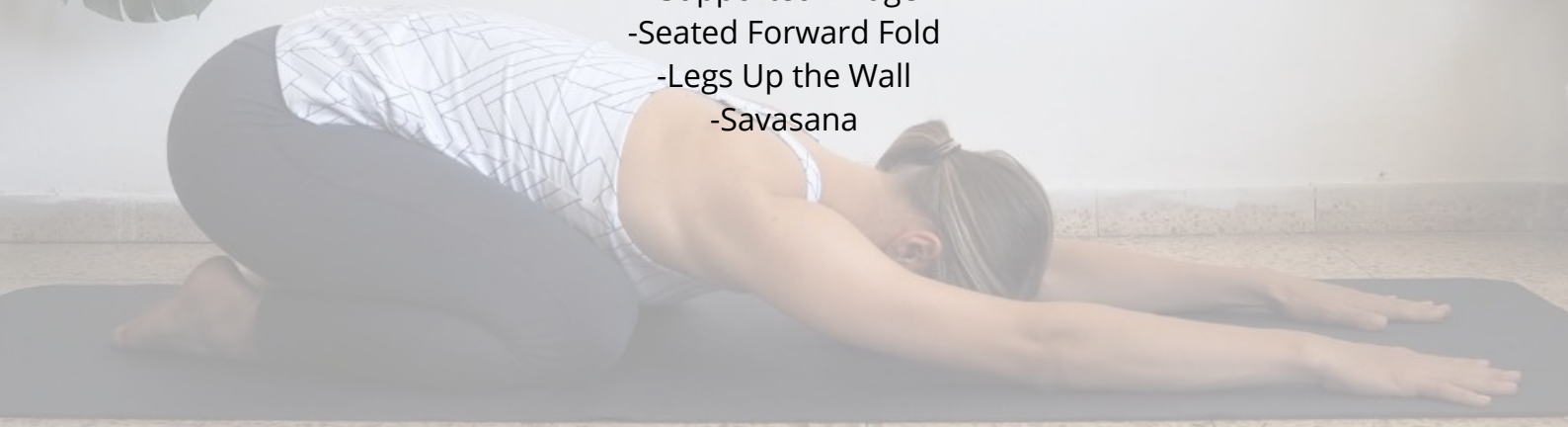
-Child's Pose

-Supported Bridge

-Seated Forward Fold

-Legs Up the Wall

-Savasana



Did you know? Unborn babies love belly rubs. A baby reaches out to his mother as she rubs her belly. Starting around 19 weeks in pregnancy, a baby becomes sensitive to touch. Unborn babies are more likely to reach out and touch the uterus wall when their own mom rubbed her belly versus someone else rubbing mom's belly.

(from Healthiest Baby)

Using a High Chair (from <https://tinyurl.com/82stwmwr>)

This usually happens around 6 months when baby is sitting up on their own and starting solids. Place the chair so baby is close enough to talk to, help, and watch, but far enough from counters and tables so they can't push against them. If you have other children in the house, remind them to not climb, lean on, or play with the high chair. Children age out of their high chairs at different times—some children are ready at only 18 months, others stay in their high chairs longer. Use the seat's safety straps correctly and securely each time your child is in the chair.

Around
6
months

Your Child Using Utensils (from <https://tinyurl.com/82stwmwr>)

Introduce your child to using an infant-safe spoon and fork around the time of your child's first birthday. Choose smaller lightweight, soft, reusable utensils made for young children. When they are first using utensils, your child will get messy! And that is okay! It is part of the learning process. Allow for more time to finish mealtimes as they are learning these new skills.

Around
12
months

Craft Corner

Fingerprint Turkeys: <https://tinyurl.com/2mfcxjd7>

Supplies: Paper, paint, marker

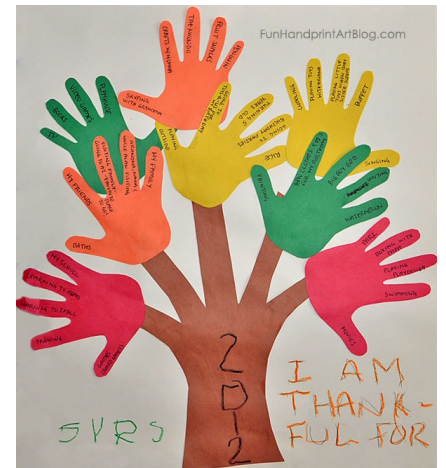


Gratitude Tree: <https://tinyurl.com/333sa75v>

Supplies: Paper, scissors, glue, marker



Trace your child's hand on colored paper, cut it out, then ask them five things they are grateful for. Repeat for each member of your household, friends, or extended family to "decorate" the tree.



Veterans Day Craft: <https://tinyurl.com/34d34we5>

Supplies: Paper, glue, marker



Trace a heart on a plain piece of paper. Around the heart, write "Veterans are the heart of America" or "Thank You Veterans." Have your child tear small pieces of colored paper then glue inside the heart.

