



happy
Mother's
day



7 Daily Reminders for Parents

Read or listen more from Janet Lansbury about this topic at:

<https://tinyurl.com/ycu5ezys>

1. **Let the feelings be.** Feelings come and go. We don't control them. It's okay to feel whatever you are feeling. We want to know what our children are feeling.
2. **Acknowledge.** Let your child know that you are open to them. That you hear them, that you want to know. Be genuine, trust, and accept.
3. **Wait.** Have basic trust in our child to be competent and able. Let children reap all the benefits of their experiences.
4. **Set limits early.** Understand that with children, much of their behavior is impulsive. Anticipate and calmly lead your child from the start with a confident light attitude.
5. **Concerning behavior is a request for help.** It can be all levels of help. Help your child when they can't help themselves. Be that safe person and advocate. They're doing the best they can in any given moment.
6. **I won't let you.** Meaning, I'm here to help and I'm going to stop the behavior and set limits early. Create a "[Yes Space](#)."
7. **Confident momentum in transitions.** Our comfort and our confidence eases our child's mind. As parents, we might get push-back and it might be hard, but we're still going to go forward.

Lastly, remember to be good to yourself. Be patient with yourself. Remind yourself every day that this is a process. It's a journey. We're never going to be perfect. We just keep going, showing up, and learning along with our children.



"What you do makes a difference, and you have to decide what kind of difference you want to make."
Jane Goodall

7 DAILY REMINDERS for PARENTS



<https://caringink.com/pages/sample-work>

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](#).

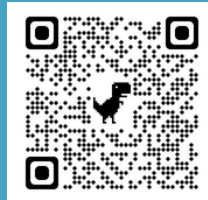
One of our nurses will follow up with them to share more about nurse home visiting, other public health programs, and local resources that may be helpful to them. Our programs are voluntary and parents can change their mind at any time if they are no longer interested.

Baby Spit Up in the First Few Months of Life: What's Normal

(from <https://tinyurl.com/2p9bev86>)

When it comes to newborns and feeding, spit up happens. The sphincter muscle that opens and closes at the top of the stomach is still immature in a young baby, allowing milk and air (burps) to come back up into the esophagus. This results in small amounts of milk—from a dribble up to 2-3 tablespoons—to come back out of the mouth. This type of spit up is normal, common, and usually ends by one year of age. To prevent/reduce spit up: burp your baby in between a feeding and after the feeding in an upright position. Limit big movement or tummy time right after feedings. Talk to your child's healthcare provider if:

- It is continuous
- It is forceful and/or projectile, which indicates vomiting
- Baby seems to be in pain when spitting up
- Fluid is green or yellow
- Fluid has blood or looks like it has coffee grounds
- Baby spits up frequently and is excessively fussy after and in between feedings
- Baby is having issues gaining weight, not peeing or pooping frequently, or appears weak or lethargic
- Baby refuses to eat



National Heatstroke Prevention Day- May 1, 2022

May 1st is National Heatstroke Prevention Day. It doesn't take a hot day for the inside of a car to reach dangerously high temperatures. On an average summer day, the temperature in a car can rise 34 degrees in 30 minutes - even with the windows "cracked." Here are some additional safety tips to keep your children safe:

- Do not leave a child in an unattended car, even with the windows down.
- Place your purse or left shoe in the back seat as a reminder that you have your child in your car.
- Make "look before you leave" a routine whenever you get out of your car.
- Always lock your car and keep keys out of older children's reach. If a child is missing, check the car first, including the trunk.
- Teach your children that vehicles are never to be used as a play area.



Learn more and read two stories of heartbreaking situations at: <https://tinyurl.com/2p8emjvm>

World Maternal Mental Health Day-May 4, 2022

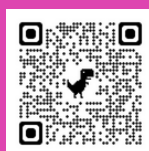
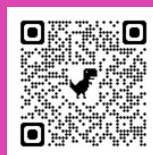
As many as 1 in 5 new mothers experience some type of perinatal (before and after giving birth) mood and anxiety disorder (PMADs). 7 in 10 women hide or downplay their symptoms. Without understanding, supporting, and treatment these PMADs can have a significant impact on women, their partners, children and families.

Women of every culture, age, income level and race can develop PMADs. Symptoms can appear any time during pregnancy and the first 12 months after childbirth. There are effective and well-researched treatment options available to help women recover.

Mental health care provides the necessary support to empower women to identify resources and personal capabilities. This can enhance their resilience to difficult life circumstances and support them to nurture their children optimally.

Learn more at: <https://wmmhday.postpartum.net/>
Additional Resources:

- **Postpartum Support International-Minnesota**
<https://www.postpartum.net/locations/minnesota/>
 - 1-800-944-4773
 - Press #1 Spanish or #2 English



Crafts & Activities

Spray Bottle Activities:

<https://tinyurl.com/yreh9emm> and

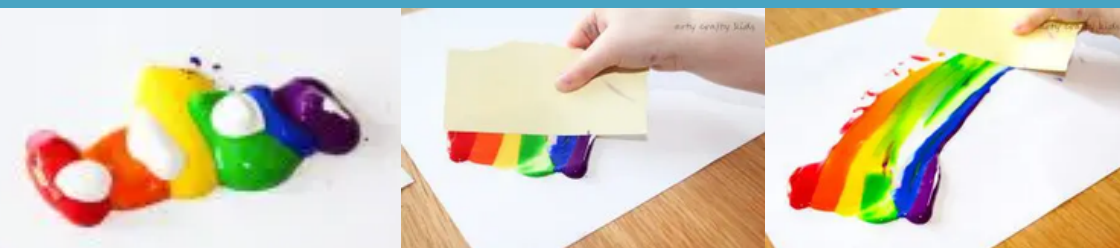
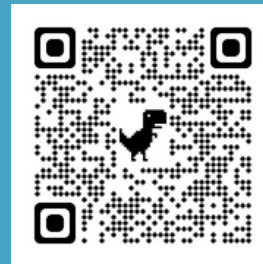
<https://tinyurl.com/yr2xer59>

- Spray bottles help with:
 - Fine motor skill practice
 - Hand-eye coordination
 - Impulse control/intentionality



Rainbow Scrape Painting: <https://tinyurl.com/v9kv7cem>

- Fun facts about rainbows:
 - Are formed with light and water
 - Are made up of 7 colors: Red, Orange, Yellow, Green, Blue, Indigo, Violet (ROY G BIV)
 - They symbolize peace



FUN FACTS ABOUT ANIMAL MOMS!

- Octopus moms will guard over their eggs until they hatch, not even leaving for food, for up to 40 days.
- An Emperor Penguin mom will leave her egg with the father and travel up to 50 miles to hunt for food and bring it back to regurgitate for their hatchling.
- Elephant moms nurse their calves for up to six years.

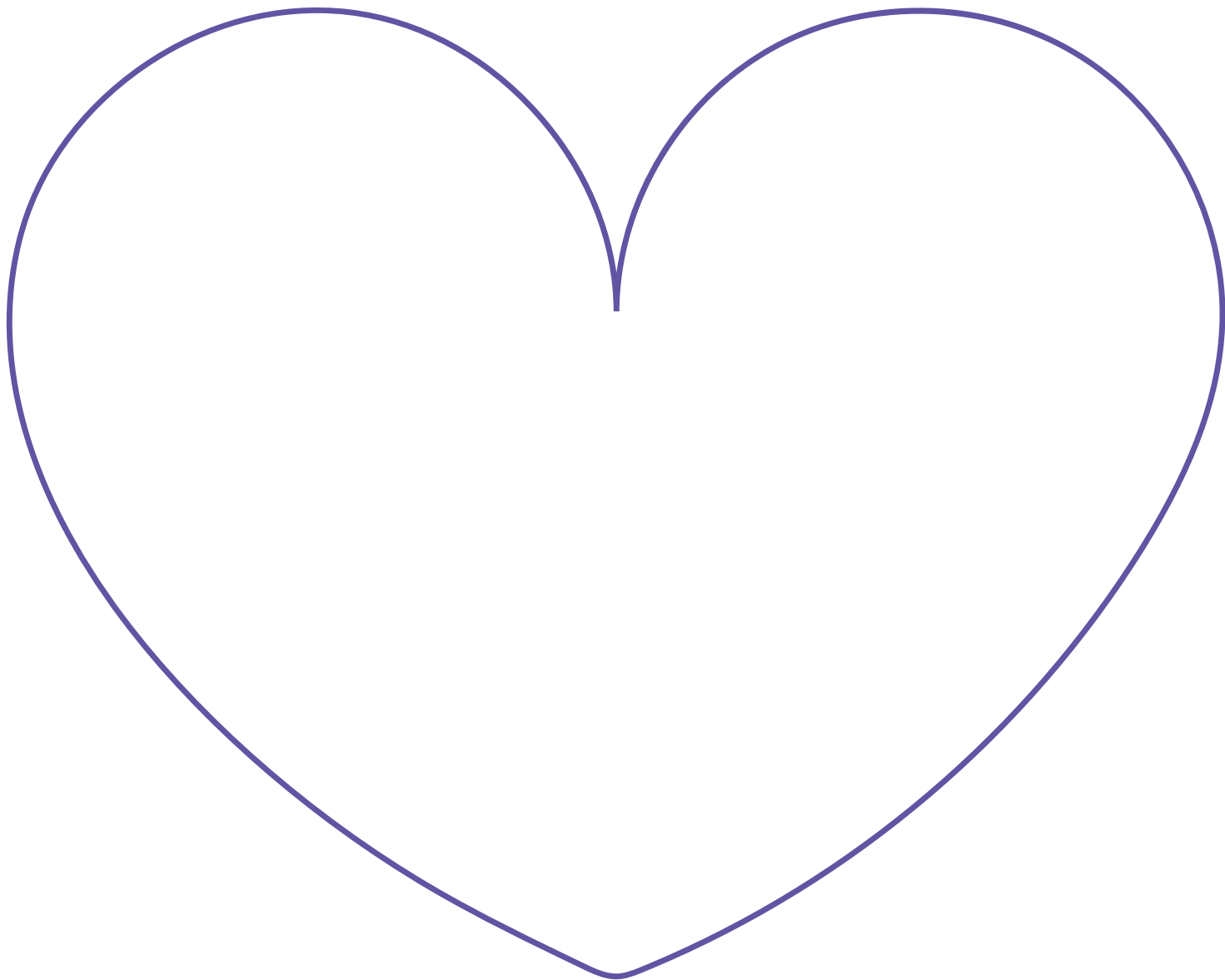
Mother's Day Fingerprint Art (see page 4):

<https://tinyurl.com/bdfs2pd2>



Messy Little Monster for Red Ted Art

e Monster for Red Ted Art



I know you wipe some away

But these prints were made to stay

So keep them forever; a treasure they'll be.

A special 'I LOVE YOU' for you from me.

Happy Mother's Day 2022

BABY CAFÉ



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

Second and Fourth Tuesday of the Month

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).

No appointment needed for the Baby Café. 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.