

To access links to any of the articles referenced in the newsletter, visit the electronic version of our newsletter on our website or scan this QR code:



"The best kind of parent you can be is to lead by example."
Drew Barrymore

We've all been through a lot these past few years. Stress, isolation and the uncertainty may have impacted our mental health and well-being, and those we care about. You are not alone. Self-care is an important way to boost your mental well-being. Here are some mental well-being every day tools and tips (<https://tinyurl.com/mpcbbh9t>):

- Build relationships: Join a group. Help your child get a mentor. Meet with a friend. Visit a neighbor. Forgive.
- Do good: Share a kind word. Lend a hand. Volunteer.
- Practice gratitude: Write three good things about each day. Say or send a thank you.
- Practice calm: Mindfulness. Yoga. Meditation. Guided imagery. Pet your dog.
- Spiritual & cultural activities: Find the good. Find your source of hope and meaning.
- Play & create: Make time for play. Art. Music. Sports. Have fun!
- Keep learning: Take a class. Read a book. Develop a hobby.
- Create traditions: Family meals. Seasonal and holiday activities.
- Sleep: Create healthy sleep routines.
- Exercise & nutrition: Move every day. Eat nourishing food.
- Mobilize: Join others to shape work and community decisions.
- Journal: Try writing about your day to help make meaning of events.
- Enjoy nature: Go for a walk. Garden. Have plants inside. Find a great view.
- Identify & use strengths: Use online tools like Values in Action, StrengthsFinder or Reflected Best Self.



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](http://www.firststepscentralmn.org).

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.

Odam Medical Group Mobile Clinic

Opened May 2022

This mobile clinic is offering medical services to: Benton, Sherburne, Stearns, Wright, Cass, Crow Wing, Otter Tail, and Clay Counties.

Services include: acute and chronic illness, pediatric care, medical annual wellness visit, wellness child visit, physicals, women's health, men's health, and more. Sponsored by BCBS-MN.

www.odammedicalgroup.org 320-204-4024

Great River Regional Library Early Literacy Program

- For ages 0-3
- Where parents and kids do fun activities together.
- Use pages 3-4 of this newsletter, <https://griver.beanstack.org/reader365>, or the Beanstack Tracker app.
- To find library hours and locations, visit <https://griver.org/locations>

Taste Safe Paint Recipe

<https://tinyurl.com/52brdm83>



Paint Sensory Bag

<https://tinyurl.com/bdftv2xz>



Sun Safety Tips for Babies and Kids



Stick to the shade to protect baby's skin.



Wear sunglasses with UV protection.



Try a hat for additional shade.



Wear light-colored clothes to keep baby cool.



Use sunscreen best for your baby's age.



Reapply sunscreen every 1-2 hours.



Know if baby's skin is sensitive to the sun.



Set an example by practicing sun safety.

<https://tinyurl.com/yepsef3n>

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Father's Day Painted Rock:

<https://tinyurl.com/bdfv832p>



Cobwebs, Cupcakes & Crayons

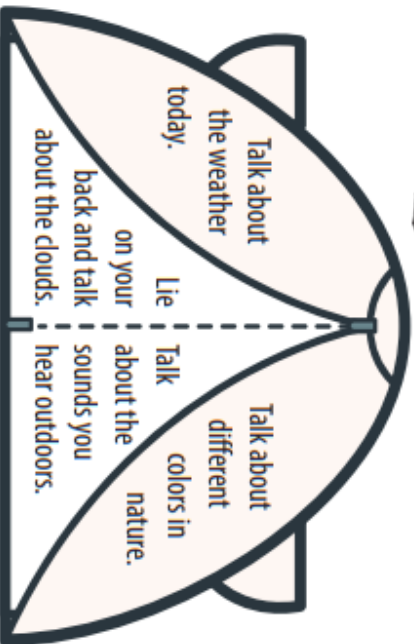


Cobwebs, Cupcakes & Crayons

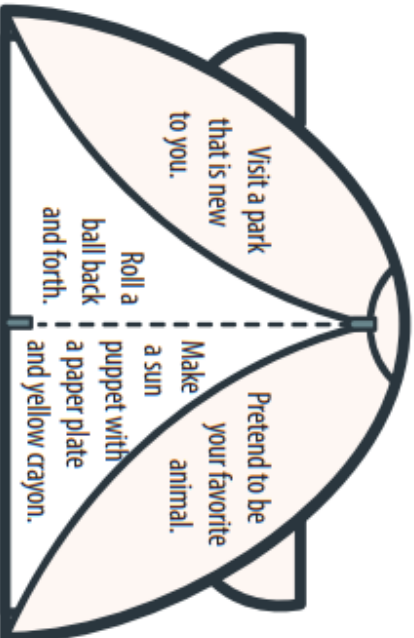
Read Beyond The Beaten Path

June 6 to August 6 for ages 0 to 3

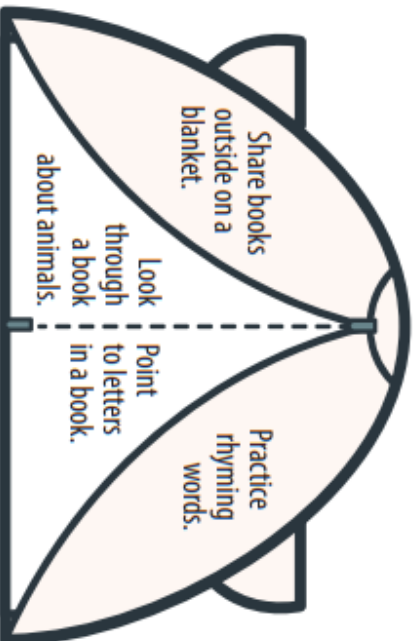
Complete at least two activities in each tent, and return to your library for a prize. Or, log at griver.beanstack.org OR the Beanstack Tracker app. (Feel free to sub 15 min. of reading for any activity!)



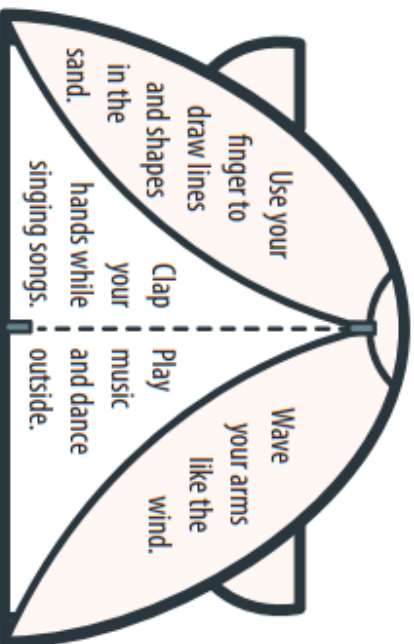
TALK



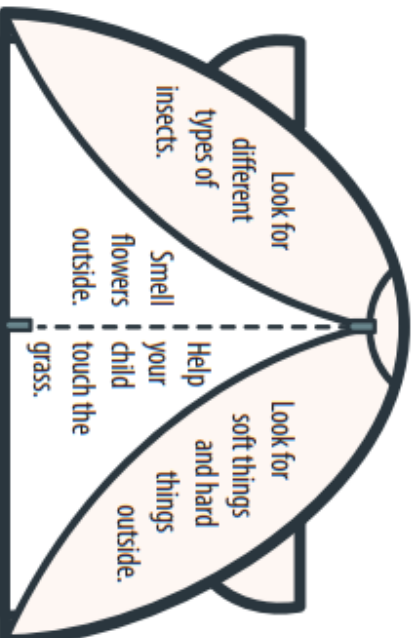
PLAY



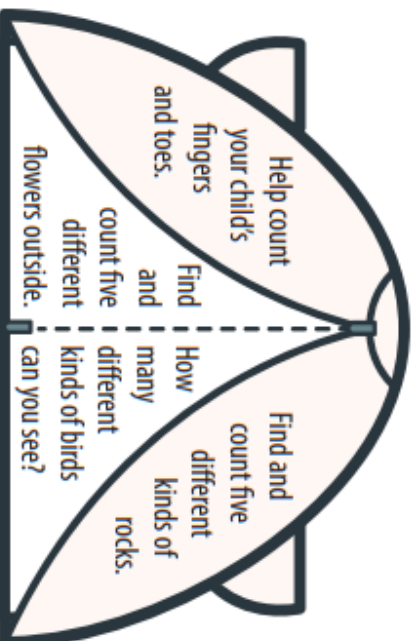
READ



MOVE



EXPLORE



COUNT

Return this to your local library for a chance at a prize!

Name _____

Phone _____


Age _____

Contact information you provide here is protected under Minnesota Data Practices statutes. Providing this information is strictly voluntary and will be used only for the specific credit program or service advertised. It will be available only to authorized library personnel.





MILK



We are here
to support you!

CentraCare – Monticello’s free, drop-in MILK group is an encouraging and welcoming opportunity for breastfeeding, pumping and supplementing moms to talk with certified lactation consultants, measure pre and post-feed weights for their baby, learn about available resources, and network with other moms. We are here for you – to answer questions, offer advice and support your feeding choices.

Stop by anytime between 4:30 and 6:30 p.m. the second and fourth Thursday at Eastview Education Center’s Media Room, 9375 Fenning Ave, Monticello, MN.

Call 763-271-2218 for more information.

 **CentraCare**[™]
Monticello