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"Great things are done by a series of small things brought together."  
Vincent Van Gogh

### Anger--Why Is It Important & How To Be The Boss of Your Brain

Learn more at: <https://tinyurl.com/yc3u64zp>

What's positive about anger?

1. It lets people know what you're feeling
2. It can be motivating or help you to have the energy to change it
3. It can lessen the intensity of underlying emotions, like fear, grief, insecurity, jealousy, or shame

Anger is an emotional and physical response in your body. Your brain thinks it has to protect you from danger so it releases chemicals, like oxygen, hormones, and adrenaline to fuel your body so it can fight a threat or run from it. This may feel like: faster breaths and heart rate, muscle tightness or tension, feeling shaky or sick to your stomach, crying, or yelling.

So how can you control your anger so you don't hurt someone? Here are some tips:

1. Practice breathing--it helps your brain release chemicals that calm down the angry feelings
2. Take a walk or get active--it helps your body get rid of the 'angry' chemicals that can build up and make you feel even worse.
3. Say what you need in a calm, clear voice. When you yell, people won't hear your message.
4. Give permission to all of your feelings to be there--get to know your triggers (we all have them!) . When you can find the feeling beneath your anger, your anger will start to ease.
5. Reach out for professional support. Remember, all feelings are important and have a place in our lives. The key is learning how to manage your feelings.

### Powerful Phrases To Calm An Upset Child

from: <https://tinyurl.com/28eu54ur>

- I'm listening
- I can tell this is hard for you
- It is okay to feel sad
- Let's work this out together
- If you want to be alone, that is okay. I'll be right here when you're ready to talk.
- That was a scary situation. Are you okay?
- I hear you
- It doesn't seem fair
- Can you tell me about it?
- I'm here for you
- I love you, you are safe
- Can you help me understand why you are crying?
- Silence while hugging your child



### Tri-Valley Migrant & Seasonal Head Start

Migrant Head Start programs offer comprehensive child development programming for children birth through five and their families. Services are developed collaboratively among staff, parents, and community partners in order to meet the mission, "to cultivate life-long learning in children and families" and in a way that accommodates the participant's culture.

The Migrant Head Start program has a long tradition of delivering comprehensive and high quality services designed to foster healthy development in low-income children. The Migrant Head Start program provides a range of individualized services in the areas of education and early childhood development; medical, dental, and mental health; nutrition; and parent involvement. In addition, the entire range of Migrant Head Start services is responsive and appropriate to each child's and family's developmental, ethnic, cultural, and linguistic heritage and experience.

Contact them to learn more and see if your family qualifies.

Website: <https://www.tvoc.org/services/>

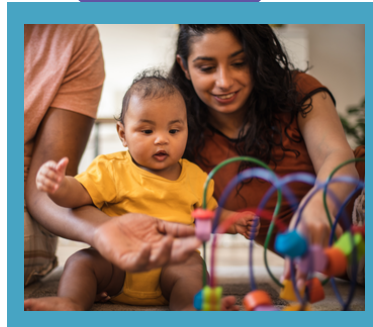
Locations: Monticello: 763-272-2964, St. Cloud: 866-677-3648

# Crafts & Activities

Paper Bag Lion Puppet  
<https://tinyurl.com/56f68dux>



Grandparent's Day is Sunday, September 11!



Thumbprint Grandparent's Day Love Bug Cards  
<https://tinyurl.com/bd7wnxpw>



Leaf Sensory Bag:  
<https://tinyurl.com/39y4n2r5>



Puff Balls in a Jar:  
<https://tinyurl.com/2p83bkbz>

Fall Sensory Bin:  
<https://tinyurl.com/mrxwwekx>



**Affordable Connectivity Program (ACP):** allows qualified American households to reduce their internet service costs by up to \$30 per month (or \$75 per month on Tribal lands). Qualified households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if the household contributes more than \$10 and less than \$50 toward the purchase price. Learn more at [GetInternet.gov](https://www.getinternet.gov)

**First Steps Billboards:** Keep an eye out for our new billboards across central MN now through the end of 2022. They are located in Sauk Rapids off Benton Drive, SE St. Cloud off Hwy 10, Sauk Centre off of I-94, and Clearwater off of I-94. We would love to hear from you whenever you see the billboards! Take our quick survey here:  
<https://tinyurl.com/ycxnpf8z>



Additional Breastfeeding & Infant Feeding Resources can be found at: <https://firststepscentralmn.org/resources>



A free, family-friendly drop-in center for pregnant and breastfeeding moms

**Baby Café offers information and support to help you reach your breastfeeding goals.**

You can get help with breastfeeding – or just talk – with a certified lactation consultant from Buffalo Hospital and other moms, like you.

Get answers to your questions in an informal, comfortable setting:

- I'm pregnant and wondering, "How will I feed my baby?"
- I'm having a few problems with breastfeeding.
- How can I continue to breastfeed after I go back to work?
- How/when do I start solid foods?



**Baby Café location and details**

- Every Wednesday, 10 a.m. to 12 p.m.
- Wright County Historical Society 2001 MN-25, Buffalo, MN 55313
- Scale available for weighing your baby.
- Enjoy a free beverage and a snack.

You don't need to have given birth at Buffalo Hospital to go to Baby Café. It's sponsored by Buffalo Hospital and Wright County as a community service.

**Questions?** Call Baby Café at **763-684-7630.**



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# 30 THINGS TO DO WITH YOUR KIDS OUTSIDE

<p>Look at a cloud and say what you think it looks like.</p> <input type="checkbox"/>	<p>Make a wish on a dandelion.</p> <input type="checkbox"/>	<p>Explore a cobweb and make spiders cool.</p> <input type="checkbox"/>	<p>Hug a tree.</p> <input type="checkbox"/>	<p>Build a house for fairies.</p> <input type="checkbox"/>
<p>Read a book in the woods.</p> <input type="checkbox"/>	<p>Fill a basket with nuts, leaves, and sticks that have fallen from trees.</p> <input type="checkbox"/>	<p>Pick up 3 pieces of trash from outside.</p> <input type="checkbox"/>	<p>Identify 3 birds.</p> <input type="checkbox"/>	<p>Throw rocks in a river, pond, or puddle.</p> <input type="checkbox"/>
<p>Plant wildflowers.</p> <input type="checkbox"/>	<p>Build a rock cairn.</p> <input type="checkbox"/>	<p>Slide down a sand or grassy hill.</p> <input type="checkbox"/>	<p>Explore a trail you have never been down.</p> <input type="checkbox"/>	<p>Draw pictures in the dirt.</p> <input type="checkbox"/>
<p>Paint rocks with water and see what colors arise.</p> <input type="checkbox"/>	<p>Splash in a big puddle.</p> <input type="checkbox"/>	<p>Put bugs in a bowl and observe them.</p> <input type="checkbox"/>	<p>Work in a garden or explore a public garden.</p> <input type="checkbox"/>	<p>Pick out how many shades of green you see on a trail.</p> <input type="checkbox"/>
<p>Look for something prickly.</p> <input type="checkbox"/>	<p>Sing in the rain. <input type="checkbox"/> no rain?? stick your head in a fountain or waterfall and sing!</p>	<p>Plant a seed that you find on the trail. <input type="checkbox"/> i.e. acorn, pine cone, willow fuzz</p>	<p>Have a picnic.</p> <input type="checkbox"/>	<p>Find a trail with a creek and look for the animals that live in it.</p> <input type="checkbox"/>
<p>My Trail <input type="checkbox"/> Name a trail with your own special name.</p>	<p>Make binoculars out of toilet paper rolls and spy something through them.</p> <input type="checkbox"/>	<p>Make a new friend.</p> <input type="checkbox"/>	<p>Walk like a duck, a deer, or a bear.</p> <input type="checkbox"/>	<p>Find different items that <input type="checkbox"/> are your child's favorite color.</p>

