

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:



Rh Negative & RhoGAM

Red blood cells can contain a protein called Rh factor. Most people have this protein and are known as Rh positive. People who do not have Rh factor are known as Rh negative. Your healthcare provider will test for this (lab work).

Problems can develop during pregnancy if you are Rh negative and your baby is Rh positive. During pregnancy you and your baby do not share blood but your baby's blood cells can cross the placenta into your blood. Your Rh negative blood reacts to your baby's Rh positive blood by making antibodies against your baby's blood. These antibodies can affect your baby.

RhoGAM is a medicine that prevents your blood from reacting against your baby's blood. It is typically given as an injection (shot) in your arm at 28-32 weeks of pregnancy, within 72 hours of giving birth to an Rh positive baby, or both.

Self-Directed Play

Infant and toddler playtime is important for children and their caregivers. Here are a few things children learn when they are allowed to self-direct their play.

- To make choices
- To strategize
- How things move
- To formulate and execute a plan
- Creative problem-solving
- To tolerate frustration
- How to work out conflicts
- To take initiative
- Concentration and follow-through
- Self-motivation
- Cause and effect
- To process feelings
- To be with oneself
- To trust one's judgment
- A love of learning
- To understand the world



Read more about child self-directed play at:

<https://tinyurl.com/5yw32zzy>

"Every child should be given the opportunity to grow into their best self."



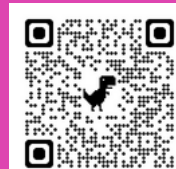
Did you know?

First Steps Central MN has a resource section on our webpage with links to more information about:

- Child Growth & Development
- Pregnancy
- Parenting
- Local Classes & Education Opportunities
- Infant Feeding
- Perinatal Mental Health
- Infant & Pregnancy Loss
- Safety
- and more!

Visit

<https://firststepscentralmn.org/resources> or scan the QR code below:



October is Pregnancy & Infant Loss Awareness Month

If you or someone you know has experienced loss, there is support for you. Reach out to any of the following resources to learn more, seek support, and/or join a support group:

- Call/Text: 9-8-8
- National Maternal Mental Health Hotline: 1-833-943-5746
- Star Legacy Foundation
<https://starlegacyfoundation.org/resources/>
- Missing Grace Foundation
<https://missinggrace.org/>

Project Connect

When: October 27th, 2022
10 AM – 3 PM

Where: River's Edge Convention Center
10 – 4th Avenue South
St. Cloud, MN 56301

What: Project Connect is a free event that offers people within our community the opportunity to access services offered by governmental, non-profit, and other agencies.



| Services Offered: | | |
|------------------------|------------------|-----------------|
| Legal Resolution | Veteran's | Housing |
| Disability Services | County Financial | Haircuts |
| Clothing/Winter Coats | Public Health | Medical Care: |
| County Social Services | Family Support | -Blood Pressure |
| Legal Services | Mental Health | -Vaccinations |
| | Youth Agencies | -Doctor Visits |

Like us on Facebook for updates:



<https://www.facebook.com/phcstcloud>

Free Lunch!!
Door Prizes!!
Lots of Giveaways!!

COMMUNITY CONNECT
Tues, Oct. 18, 2022
11am - 2pm
Elk River High School
900 School St. NW
Elk River, MN 55330
Main Entrance (Door A)

Come see what local resources and services are available

Free Event

Winter Coats
Lunch
Essential Items

Everyone Welcome

Transportation available by calling:
For Wright County, Trailblazers Transit 1-888-743-3828
For Sherburne County, Tri-CAP 888-765-5597

SCAN ME



Event brought to you by:



For more information:
sherburneunitedway.org
info@sherburneunitedway.org
763-276-1259
sherburneunitedway

Sherburne County Area United Way

Crafts & Activities

Handprint Leaves

<https://tinyurl.com/ppsnwndw>



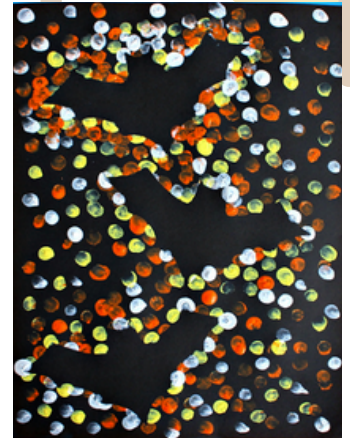
Pumpkin or Apple Handprint Keepsake

<https://tinyurl.com/5pvtew8>



Fingerprint Bat Craft

<https://tinyurl.com/2d3whd69>



[Bat template found on page 5](#)

Mealtime is family time. Here are some tips for happy family meals:

- Make family meals a priority. Schedule time to eat together.
- Remove distractions, such as TV or phones.
- Sit together and enjoy mealtime talk. Listen to your child and make them feel included.
- Set a good example. Your child may try new foods if they see you eating them.
- Don't force your child to eat. Children learn better eating habits if they decide when they are full.
- As a parent, you decide the what, when and where of meals. Your child decides if they will eat, what they will eat from the food offered and how much they will eat.

Kids in the Kitchen

Kids who help prepare a food are also more likely to eat it. Helping in the kitchen can be fun for kids and they often like stirring, pouring, and adding ingredients. Younger children can pretend to help by playing with empty pots, bowls, spoons and other safe utensils.

Here are some **kitchen safety tips**:

- Give reminders about what's okay to touch and which items can hurt them.
- Talk about which tasks are for grown-ups and which are for kids.
- Keep chairs and step stools away from the stove.
- Place all pot and pan handles inward and use back burners so children can't reach them.
- Wash hands before preparing food and as needed throughout the process.
- Store sharp tools and utensils away from your child's reach and behind a childproof latch.

Check out some **family-friendly recipes** from Wright County PHN Samantha on page 3!

Looking for dental care?

Make an appointment at the new Community Dental Care: Wright Smiles for Central MN

Location: 3650 Braddock Ave NE Buffalo, MN 55313

Phone: 763-270-6900

Email: infobu@cdentc.org

Hours: Monday-Thursday 7:30a-4:30p, Friday 7:30a-2:00p

Accepts: MA, MN Care, Private Insurance, Self Pay, Sliding Fee Scale, Care Credit



CHICKEN & VEGGIE STIR FRY



SOURCE: WWW.TASTY.CO | SERVINGS: 6

ingredients

- 1 lb chicken breast, cubed
- salt, to taste
- pepper, to taste
- 1 lb broccoli florets
- 8 oz mushroom, sliced
- 3 tablespoons oil, for frying

directions

1. In a large pan on medium-high heat, add 1 tablespoon of oil. Once the oil is hot, add chicken, season with salt and pepper, and sauté until cooked through and browned. Remove cooked chicken from pan and set aside.
2. In the same pan, heat 1 tablespoon of oil and add mushrooms. When the mushrooms start to soften, add broccoli florets and stir-fry until the broccoli is tender. Remove cooked mushrooms and broccoli from the pan and set aside.
3. Add 1 tablespoon of oil to the pan and sauté garlic and ginger until fragrant. Add the remaining sauce ingredients and stir until smooth.
4. Return the chicken and vegetables to the saucy pan, stir until heated through.
5. Serve with hot rice or noodles.
6. Enjoy!

SAUCE

- 3 cloves garlic, minced
- 1 tablespoon ginger, minced
- 2 teaspoons sesame oil
- ½ cup reduced sodium soy sauce
- 1 tablespoon brown sugar
- 1 cup chicken broth
- ¼ cup flour

TURKEY TACO STUFFED BELL PEPPERS



SOURCE: WWW.TASTY.CO | SERVINGS: 8

ingredients

- 1 lb ground turkey
- 1 onion, diced
- 3 cloves garlic
- 1 can black beans, drained and rinsed
- 1 can yellow corn, drained and rinsed
- 1 jar salsa
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon paprika
- 1 teaspoon salt
- ½ teaspoon black pepper
- guacamole, to taste

directions

1. Preheat the oven to 400°F (200°C). Using a sharp knife, cut off the tops of each bell pepper and remove the seeds and ribs from inside the peppers.
2. Place the peppers in a lightly greased roasting pan and set aside.
3. Heat the oil in a large skillet over medium-high heat. Toss in the onion, cumin, oregano, paprika, salt, and black pepper, and sauté until the onions have softened, about 2-3 minutes. Toss in the garlic and sauté until fragrant
4. Move the onions away from the center of the pan to create an open surface in the skillet. Place the ground turkey in the center of the pan and break up the meat. Move the meat and onions to the sides of the pan to create an open surface again. Pour in the black beans, corn, and salsa and stir the mixture until evenly combined.
5. Spoon the mixture evenly into the halved bell peppers and replace the bell pepper tops. Bake for 30-35 minutes, until the bell peppers have softened
6. Remove the tops of the bell peppers, spoon on a large dollop of guacamole, and replace the tops. Enjoy!!

NO-BAKE MINI KEY LIME PIE IN A JAR



SOURCE: WWW.TASTY.CO | SERVINGS: 4

ingredients

- ½ cup graham cracker
- 2 tablespoons sugar
- 1 pinch salt
- 2 tablespoons unsalted butter
- 4 oz cream cheese
- ½ cup condensed milk
- 1 tablespoon heavy cream
- 3 tablespoons key lime juice
- ½ teaspoon key lime zest

directions

1. In a large mixing bowl, add ½ a cup of graham crackers, 2 tbsp sugar, a pinch of salt and 2 tbsp unsalted butter. Mix until you get the desired consistency.
2. In another bowl add 4 oz cream cheese, ½ cup condensed milk and 1 tbsp of heavy milk. Whip thoroughly.
3. Sprinkle 3 tbsps of key lime juice and ½ tsp of key lime zest and mix well.
4. Next, divide your graham cracker equally into 4 jars. Pat this down.
5. Make the layer smooth by pressing softly with your finger.
6. Layer this with your cream cheese mix and tightly close the jars.
7. Refrigerate for one hour.
8. In another bowl, whip ½ cup of heavy cream and 2 tbsp powdered sugar.
9. Top off your jar with the remaining whipped cream and sugar mix.
10. Finally, drizzle crushed graham crackers and key lime zest on the top.
11. Serve cold. Enjoy!

FOR TOPPING

- ½ cup heavy cream
- 2 tablespoons powdered sugar

CARROT CAKE MUFFINS



SOURCE: WWW.TASTY.CO | 13 MUFFINS

ingredients

- 3 eggs
- ½ cup greek yogurt
- ½ cup maple syrup
- ¼ cup milk
- 1 teaspoon vanilla extract
- 2 carrots, shredded
- 1 ½ cups whole wheat flour
- 1 ¾ teaspoons baking powder
- 1 ½ teaspoons ground cinnamon

FROSTING

- 8 oz light cream cheese, soften

directions

1. Preheat oven to 350°F (175°C).
2. In a large bowl, whisk the eggs until light and fluffy.
3. Add in the Greek yogurt and whisk again until the mixture is smooth and fluffy.
4. Pour in the maple syrup, milk, and vanilla extract. Beat the mixture again until smooth. Add the shredded carrots, whole wheat flour, baking powder, and cinnamon over the wet ingredients. Using a rubber spatula, fold the wet and dry ingredients together just until combined.
5. Using a medium ice cream scoop, portion the batter into a greased 12-cup muffin tin. Bake for 20 minutes, until the muffins have risen and set.
6. For the frosting, beat the cream cheese in a small bowl until smooth.
7. Add in the maple syrup and vanilla and beat again until the mixture is well combined. Once cooled, use a small ice cream scoop to spoon a bit of the frosting on top of the muffins.
8. Enjoy!



babycafé

Provided to you in collaboration with
U of M Fairview Northland,
Benton, Mille Lacs and Sherburne
County Public Health

Due to COVID concerns, siblings are not allowed

- A FREE drop-in center for pregnant and breastfeeding moms
- Lactation professionals are available
- Offering breastfeeding information, support and resources
- Relaxed area
- Snacks and beverages provided
- Scale available to weigh your baby
- Community resources available

When: Thursdays, starting October 13, 2022

Time: 11:30 a.m. - 1:30 p.m.

Location: U of M Fairview Northland
911 Northland Drive, Princeton
3rd floor, room - 3B

Questions?

Contact:

Char DeKraker, 763-389-6329

*If Princeton schools are virtual due to the weather,
the Baby Cafe will be cancelled.

*Baby Cafe will be closed on public holidays.



Public Health
Prevent. Promote. Protect.



A collaboration among the University of Minnesota,
University of Minnesota Physicians and Fairview Health Services

BATS

