

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:



"One of the greatest forms of love we can offer our children comes from truly seeing and accepting them for who they are. There are fewer things more important than being fully seen, accepted, and loved by a parent."
Dr. Velez



CHILD DEVELOPMENT RESOURCES

Follow Along Program (FAP) can help you track your child's development and let you know if your child is playing, talking, growing, moving, and behaving like other children the same age. Ages & Stages Questionnaires are sent in the mail 2-3 times a year at 4 months of age up to 36 or 48 months, depending on the county. You will also be sent handouts with fun activities to do with your child. Enrollment can be done online and contact is done via US Mail. If there is ever a concern, program staff will get in touch and talk about choices for further evaluation or early help services, like Help Me Grow.



Pathways.org website also has a free Baby Milestones and Activities app that lets you track milestones, abilities, and more for one or multiple children.

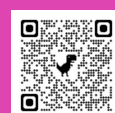


We value your feedback as we work to grow and improve our program! If you receive visits from a Nurse but haven't completed the First Steps Client Satisfaction Survey, please do so before November 7. It can be found at <https://tinyurl.com/y9rs6z6x> or scan the QR code below:



Did you know?

First Steps Central MN has a Frequently Asked Question (FAQ) section on our website. Get your questions answered and learn more at: <https://firststepscentralmn.org/resources> or scan the QR code below:



What are Protective Factors?

Parents can build emotional layers of protection around their children. This is one of the most valuable skills parents can develop. These layers, also known as protective factors, can be built over time and result from parents tuning into their kids' needs and responding to them in nurturing ways.

Experts say developing this secure attachment, or strong bond, with children can help keep families strong and support parents in raising emotionally healthy kids. These protective factors can act like a shield when children face future adversity, hardships or trauma.

Along with developing a nurturing relationship with children, parents can do these five things to help promote loving childhoods:

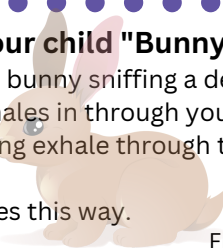
1. Being open to learning about loving parenting practices and child development.
2. Having resilience or the ability to manage stress in healthy ways.
3. Maintaining a support circle of friends, family, and others.
4. Asking for support with basic needs like food, housing, healthcare, etc
5. Understanding how to nurture children's social and emotional development.

-Learn more at: <https://tinyurl.com/3hvtzn4v>



Try teaching your child "Bunny Breathing"!

1. Pretend you're a cute little bunny sniffing a delicious carrot.
2. Take three quick bunny inhales in through your little bunny nose. 1, 2, 3.
3. Then, let it all out in one long exhale through the mouth. Doesn't that feel good?
4. Sniff your carrot three times this way.



From: www.mindfulmazing.com

MINDFUL MINUTE





November Activities



Nov 1: National Family Literacy Day

- Have you signed your child up for free books through Dolly Parton's Imagination Library? Check to see if you live in a service area at <https://imaginationlibrary.com/check-availability/>

Nov 1 & 2: Dia de los Muertos or "Day of the Dead"

- A holiday traditionally celebrated on Nov 1-2 in the Mexican heritage. It involves family and friends gathering to pay respects and to remember friends and family members who have died.

Nov 11: Veteran's Day

- Create a thank you card with paint or construction paper with your child and send to a Veteran in your community.

Nov 13: World Kindness Day

Nov 29: National Day of Giving



November is National Diabetes Month

- Gestational Diabetes (GD) is diabetes diagnosed for the first time during pregnancy. GD can cause high blood sugar which may affect you and your baby's health. Usually, various hormones work to keep blood sugar levels in check. During pregnancy, hormone levels change, making it harder for the body to process blood sugar efficiently. Although there are no guarantees when it comes to preventing GD, it is helpful to eat healthy foods, keep active, start pregnancy at a healthy weight, and avoid gaining more weight than recommended.

Did you know?

Galactagogues are foods or herbs, based on anecdotal evidence passed from mother to mother, that are thought to potentially increase breast milk productions when consumed. Examples of galactagogues include:

- Whole grains, especially oatmeal
- Dark, leafy greens, like kale, spinach, broccoli
- Fennel, Fenugreek, Garlic, Ginger
- Chickpeas
- Nuts and seeds, especially almonds
- Brewer's Yeast



Try out the lactation cookie recipe below from Stellis Health Clinic. It uses Brewer's yeast (often found online) and Oats. And remember, there are lots of factors that affect milk supply. Your nurse can support your breastfeeding and infant feeding goals. There are several additional resources online and around central MN.

To see dates, times and locations of local Baby Cafés or Infant Feeding Groups, visit:

<https://firststepscentralmn.org/resources>

Lactation Cookies

Ingredients

- | | |
|-----------------------------|------------------------------|
| 2 eggs | 2 Tbsp flaxseed meal |
| 3 cups slow rolled oats | 2 cups flour |
| 3 Tbsp peanut butter | 1 cup granulated white sugar |
| 1 tsp baking soda | 1 tsp salt |
| 3 Tbsp brewer's yeast | 1 tsp vanilla |
| 1 cup brown sugar | 1 cup butter |
| 1 tsp cinnamon | 4 Tbsp water |
| 2 cups dark chocolate chips | |

Directions

1. Preheat oven to 350 degrees F
2. Mix water with flaxseed meal in small bowl; let sit for 5 minutes.
3. Mix butter, sugars, egg, vanilla; beat together
4. Add in dry ingredients except oats, chocolate chips and peanut butter.
5. Add in oats, chocolate chips and peanut butter.
6. Bake for 10-13 minutes

November is National Gratitude Month

Today I'm grateful for...

Use the prompts below to write about something or someone you're grateful for in each topic.

1 A PERSON WHO MEANS VERY MUCH TO ME	2 A CHILDHOOD MEMORY	3 A CHALLENGE I'VE OVERCOME	4 AN EXPERIENCE I WOULDN'T WANT TO BE WITHOUT
5 A CHARACTERISTIC IN MYSELF	6 A RELATIONSHIP I COULDN'T LIVE WITHOUT	7 SOMETHING RELATING TO MY JOB/SCHOOL	8 A NEW EXPERIENCE FROM TODAY
9 SOMETHING RELATING TO MY HOME	10 MY FAVE FOOD	11 A SKILL I'VE USED TODAY	12 SOMETHING I'VE TREATED MYSELF TO TODAY
13 A MOMENT FROM TODAY	14 MY BODY	15 A CHARACTERISTIC IN A BELOVED FRIEND	16 MY EMOTIONS
17 SOMETHING I USE EVERYDAY	18 SOMETHING THAT'S SHAPED ME INTO WHO I AM TODAY	19 A WORD THAT'S MADE ME HAPPY	20 A MOVIE OR BOOK THAT'S IMPACTED ME
21 SOMETHING I'VE LEARNED TODAY	22 TODAY'S WEATHER	23 AN ADVANTAGE WITH MY AGE	24 THIS SEASON
25 A SONG THAT MAKES ME HAPPY	26 SOMETHING I'M PLANNING TO DO	27 A HIGHLIGHT FROM TODAY	28 MY FAMILY
29 THE COUNTRY I LIVE IN	30 A CHANGE I'VE MADE	31 SOMETHING I ENJOY DOING	<i>Reflecting on the month just passed, what are your thoughts?</i>