



## PREGNANCY

When you're pregnant, hormones relax and slow intestinal movement. That makes food travel through the digestive system more slowly, allowing for more nutrients to be absorbed. Your growing uterus will also crowd your intestines and stomach which can lead to heartburn, indigestion, and/or constipation. Helpful tips: eat small meals or snacks through the day, avoid fried or fatty foods, get regular exercise, drink 8-10 glasses of water a day, eat high-fiber foods like whole grains, fruits, vegetables, and legumes.

## POSTPARTUM & PARENTING

If you recently had a baby, be sure to first see your healthcare provider for your postpartum checkup (usually around 6 weeks postpartum) to ensure your body is healing as it should before resuming any sexual activity.

It is possible to get pregnant soon after giving birth. If you are sexually active but do not want to get pregnant again, it is important to either abstain from sex around the time of ovulation or use a form of contraception, or birth control. Talk with your healthcare provider about which option might work best for you.

## GROWTH & DEVELOPMENT

Children develop in certain predictable ways, referred to as developmental milestones. Milestones cover four areas of development--cognitive, communication and language, social and emotional, and motor--and help you understand how your child learns and grows. Learn more about your child's milestones at <https://helpmegrowmn.org/HMG/DevelopMilestone/index.html> and ask your nurse about enrolling in the Follow Along Program: <https://www.health.state.mn.us/people/childrenyouth/fap/index.html>

Looking for week-to-week activities, milestones, and games based on your baby's date of birth? Check out the Pathways Baby Milestone Calendar at <https://pathways.org/baby-milestones-calendar/>. The activities can also be emailed to you!



## INFANT FEEDING

Paced bottle feeding slows down the flow of milk into the nipple and mouth, giving baby a chance to swallow and breathe. It helps prevent overfeeding and spit-up, and gives baby more control over the feeding. Learn more at: <https://tinyurl.com/4e6ahj2z>

- English Video: <https://www.youtube.com/watch?v=GNMm4Twhvbs>
- English Video: <https://www.youtube.com/watch?v=OGPm5SpLxXY>
- Spanish Video: <https://www.youtube.com/watch?v=oekSP7cmtEk>



## SAFETY & RESOURCES

Puffy coats and snowsuits are great at keeping kids warm in winter months, but take them off of your child before securing them in their car seat. In the event of a crash, the bulky material will compress and make the harness straps too loose on your child. When harness straps are too loose, they aren't doing their job of helping your child stay safe!



Pinching=too loose No pinching=tight enough

Keep your child rear-facing as long as possible. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat.

## MINDFULNESS

Imagine you are holding a warm mug of hot chocolate. Breathe in through your nose slowly and smell the sweet chocolate scent. Then blow out through your mouth slowly to cool down the hot chocolate. It is still too hot to drink. Try breathing in and cooling the hot chocolate two more times.

- Hot Chocolate Breaths  
<https://youtu.be/yIB9Bc1Vt1s>

## AFFIRMATION OF THE MONTH

*"I feel warm and loved like a mug of hot chocolate."*



## ACTIVITIES OF THE MONTH

### Winter Sensory Bin

<https://tinyurl.com/4x4w99mm>



### Winter Footprint Craft

<https://tinyurl.com/3hjtd2ba>



### Ice Painting

<https://tinyurl.com/53d6txu6>



## FUN HOLIDAYS IN JANUARY

- 1: New Years Day
- 4: National Spaghetti Day
- 5: National Bird Day
- 11: National Milk Day
- 15: National Hat Day
- 16: Martin Luther King Jr Day
- 22: Lunar New Year
- 24: National Compliment Day
- 29: National Puzzle Day
- 31: National Backward Day

\*\*Plan ahead for Give Kids a Smile Day appointments on February 3 & 4 2023. Visit [www.mndental.org](http://www.mndental.org) to find a site.