



### PREGNANCY

Timing your contractions will help you and your healthcare provider track what is happening. You will need to know how long your contractions last (duration) and how close together they are (frequency). Frequency is timed from the start of one contraction to the start of the next. Contractions are considered regular when the duration and frequency are stable over a period of time. For example: contractions lasting 60 seconds and coming five minutes apart for an hour.

### CHILD GROWTH & DEVELOPMENT

**Teething:** Most babies get their first tooth between 6 and 10 months of age, starting with the two bottom middle teeth, then top two middle teeth, then those along the sides.

Common signs of teething may include:

- Fussiness, Increased drooling, Swollen gums, Gnawing or biting, Refusing to eat, Trouble sleeping, Rubbing face and ears, Slight fever (temperatures above 100.4 degrees F are not normal for teething)

What can you do to help?

- Teething rings, cold washcloths, cold foods (if old enough), pain relief medications (check with your child's healthcare provide for correct dosing)

**Brushing:** Use a damp washcloth to gently wipe your infant's gums, cheeks, and tongue. Use a baby toothbrush once your child's first tooth appears. Continue to help your child brush their teeth twice a day until they are old enough to do themselves.

### POSTPARTUM & PARENTING

Being a parent can be busy and feel overwhelming. It is important to prioritize your wellbeing to help reduce stress, anger, fear, and sadness. Your child will notice. Here are some ways to start building wellbeing into your lifestyle:

- Exercise—replace sedentary habits for active ones, start with small intervals and build each week.
- Digital Disconnect—turn off your phone and TV for 1-2 hours daily. Try this at night for a better night's sleep.
- Nourish your body with healthy foods—limit processed and high sugar foods.
- Sleep—aim for 7.5-8.5 hours
- Build connections—take a class at your library or through ECFE to meet other parents.

### INFANT FEEDING

Spitting up is common in healthy babies. During their first three months, about half of all babies experience spit up because the muscle between their stomach and esophagus needs time to mature.

Normal spitting up doesn't interfere with a baby's well-being. As long as baby seems comfortable, is eating well, and gaining weight, there's little cause for concern. Spit up amounts often appear to be more than it actual is, and not their entire feeding. Check out this video demonstration by Taking Cara Babies <https://tinyurl.com/mtczp966>

To help reduce spitting up, try to keep your baby in an upright position for 30 minutes after feeding, avoid overfeeding, and take time to burp your baby.



## SAFETY & RESOURCES

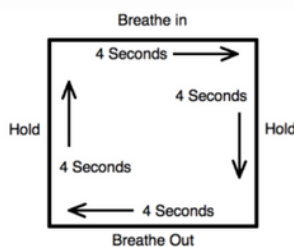
The ABCs of Safe Sleep for your infant:

- **ALONE:** your baby should sleep alone in their own space.
- **BACK:** your baby should sleep on their back. Place baby on their back to sleep and tummy to play.
- **CRIB:** your baby should sleep in a crib, bassinet, or pack-n-play that meets current safety standards and is a firm sleep surface. Do not use pillows, bumpers, blankets, toys, or sleep positioning devices in their sleep space.

## MINDFULNESS

Box breathing is a simple technique that you can do any time you feel stress and anxiety. Focused breathing calms nerves and relieves stress.

1. Lie down on your back and breath only through your nose.
2. Inhale for 4 seconds, letting your belly fill up like a balloon.
3. Pause the breath at the top of the inhale for 4 seconds.
4. Exhale through the nose for 4 seconds, fully emptying the lungs.
5. Pause the breath at the bottom of the exhale for 4 seconds.
6. Repeat 3-5 times.



## AFFIRMATION OF THE MONTH

*"I believe in my dreams, myself, and all that I am."*



## ACTIVITIES OF THE MONTH

Parents can promote early math learning with these DREME Family Math resources. Read, sing, play, and learn together with activities focused on building young children's understanding of math. Activities can be selected by the age level of children (babies through early elementary) and in English or Spanish.



English:  
<https://tinyurl.com/vjfuxruh>



Spanish:  
<https://tinyurl.com/3976d4h2>

You can click on each of these pictures to find example activities:



## SPECIAL DAYS IN FEBRUARY

Entire Month: Black History Month & American Heart Month

2: Ground Hog Day

3: Feed the Birds Day: make a homemade bird feeder:

<https://tinyurl.com/2p95yee4>

3-4: Give Kids a Smile Day: schedule an appointment at [www.mndental.org](http://www.mndental.org)

9: National Pizza Day

14: Valentine's Day: make heart footprints with your child:

<https://tinyurl.com/3x7spnm9>

17: Random Acts of Kindness Day

20: President's Day

27: Polar Bear Day

