



PREGNANCY

There is no one-size-fits all approach to pregnancy weight gain. It can vary based on many factors, including your pre-pregnancy weight. Work with your health care provider to determine what is right for you. An extra 300 calories a day (half a sandwich and glass of skim milk) is typically all the extra calories your pregnant body need in your 2nd and 3rd trimesters.

In addition to your baby's weight (about 7-8 pounds), here is a sample breakdown of where the rest of the weight goes:

- Breasts: 1-3 pounds
- Growing uterus: 2 pounds
- Placenta: 1.5 pounds
- Amniotic fluid: 2 pounds
- Increased blood volume: 3-4 pounds
- Increased fluid volume: 2-3 pounds
- Fat stores: 6-8 pounds

CHILD GROWTH & DEVELOPMENT

During the first six months of your child's life, they believe that objects exist only as long as they can see them. Object Permanence is knowing that things exist when we can no longer see, hear, or touch them. It is important for infants to learn this, as it means they can form and remember a mental representation of an object. This usually starts occurring around the time your child is 7-8 months old and is fully understood around 10 months of age.

If you hide a favorite toy under a blanket when playing with your baby, you may notice them become briefly confused or upset not knowing where it went. This is because they do not understand the toy is under the blanket. Once they understand the concept of object permanence, they understand that their toy is only hidden and may move the blanket to find it.

Fun ways to build your child's understanding of object permanence is Peek-A-Boo. Ideas of other games to play with your baby can be found at <https://tinyurl.com/yc2duynk>

POSTPARTUM & PARENTING

The 40-Day Project A virtual platform designed to promote mental wellness and self-care for Somali people during the postpartum period. See: z.umn.edu/40days

The website offers parents five modules of resources, educational materials, birth stories and ways to access support for Somali birthing parents and the medical and social service providers who serve them. Find videos and handouts about the postpartum experience, mental wellbeing, building social connections and self-care. Many are offered in Somali and English.

The text message campaign provides parents with daily messages about the postpartum experience, self-care, mental wellbeing and social connections that affirm and support parents during the postpartum period.

The gift package provides postpartum parents with affirmation statements, picture books to read to a young child, a book of Somali lullabies and child development information.

INFANT FEEDING-LOCAL SUPPORT GROUPS

- M.I.L.K Infant Feeding Support, 763-271-2218
 - Monticello's Eastview Education Center, Media Room
 - 2nd & 4th Thursdays of the month
 - 4:30p-6:30p
- Baby Cafe-Princeton, 763-389-6329
 - U of M Fairview Northland Hospital, 3rd Floor, Rm 3B
 - Thursdays 11:30a-1:30p
- Baby Cafe-Buffalo, 763-684-7630
 - Wright County Historical Society
 - Wednesdays 10a-12p
- Baby Cafe-St. Cloud, 320-251-2700 ext 51990
 - St. Cloud YMCA
 - Tuesdays 9:30a-11:30a
- Baby Cafe-East Central, 763-689-4212
 - Isanti County Gov Center
 - Thursdays 11a-12:30p



SAFETY & RESOURCES

As we look to warmer spring weather, check out your local parks and public playgrounds for some outdoor fun. Playgrounds help children exercise their bodies, brains, and social skills while allowing them a chance for unstructured, free play that's important for their development. Learn about playground safety tips at <https://tinyurl.com/4zhpvhkf>

Thinking of doing some spring cleaning? Ensure your cleaning supplies are stored securely to prevent your child from getting into them. Contact Poison Control 1-800-222-1222 if you suspect a poisoning. Find out more at <https://www.poison.org/>

MINDFULNESS

Learn more about the below spring-themed yoga poses and activities for kids at: <https://tinyurl.com/53h8uezx>

Bunny Pose: Kneel on your mat and sit on your feet. Reach your arms straight back behind you, then lower the top of your head to the floor, lifting your bottom slightly. Your arms should be up like a bunny's ears.



Blooming Tree Pose: Stand up tall and press your hands together at your heart. Press one foot into your other leg to balance, and reach your arms slowly up and open your hands like flowers.

Rainbow Pose: Kneel up on your knees and put your right leg straight out to the side with your toes pointing forward. Reach your right arm up and over, away from your straight leg, arching your body to make a rainbow shape! This is also perfect as partner pose, mirroring and connecting hands.



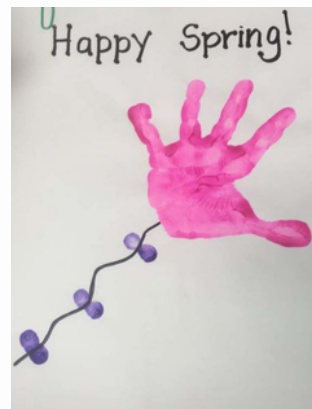
AFFIRMATION OF THE MONTH

"I am grateful for every opportunity to grow and do better."



ACTIVITIES OF THE MONTH

Handprint & Footprint Spring Art



Spring Insect Sensory Bin
<https://tinyurl.com/2p9bbzvm>



Spring Scavenger Hunt (see pg 3)
<https://tinyurl.com/bf35mfkh>

SPECIAL DAYS IN MARCH

- Entire Month: Women's History Month
- 1: Peanut Butter Lovers' Day
- 2: Read Across America Day
- 8: International Women's Day
- 12: Daylight Saving Time Starts (turn your clocks ahead one hour)
- 17: Saint Patrick's Day
- 20: World Oral Health Day & First Day of Spring
- 21: World Down Syndrome Day



Spring Scavenger Hunt For Toddlers





Circle of Security® PARENTING SERIES

At times all caregivers feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure caregiver-child relationships can be supported and strengthened.

Learning Objectives of the Class:

- Understand your child's emotional world by learning to read the emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure in their relationship with you

Presented by: Pam Walz

Cost: Free to Participants thanks to:

Choose from one of these two options:

United Way
of Central Minnesota



Virtual Option: Via Zoom

When: Wednesday evenings from 6:30-7:30pm (total of 8 sessions)

Dates: March 1, 8, 15, 22, April 5, 12, 19 and 26, 2023

In-Person Option: QuarryView Education Center, 800 7th St. S, Waite Park, MN 56387

When: Thursday evenings from 6:00-7:15pm (total of 8 sessions)

Dates: April 6th, 13, 20, 27, May 4, 11, 18 and 25th

Please indicate if childcare is needed for the in-person option.

Who should attend: Parents, caregivers, foster parents, and guardians*
(minimum of 5 caregivers, maximum of 15 caregivers)

Attending every week is important and expected! Families who attend every session will receive a gift of their choice (\$30 value) at the end of the class.

For questions or to register, please contact Cathy at Ellison Center:
320-406-1600, extension 0
or email: office@ellisoncenter.org

**If you are a childcare provider, please contact Pam to find out about upcoming Circle of Security classes to earn Develop credit. You can reach Pam at pam@ellisoncenter.org.*

Ellison Center
A place for growth, development, and reflection

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