



PREGNANCY

Having a supportive social network during pregnancy can help reduce stress, depression and anxiety. It also can improve your physical health and reduce the risk of pregnancy and birth complications.

Do you know someone who is pregnant or recently had a baby? We would love to connect with them to share more about how our nurses can support them on their parenting journey and build their support network! They can call or text 763-276-0441 or self-refer from our website at <https://tinyurl.com/uv75eerp>



One of our nurses will follow up to share more about nurse home visiting, other public health programs, and local resources that may be helpful to them. Our programs are voluntary and parents can change their mind at any time if they are no longer interested.

CHILD GROWTH & DEVELOPMENT

By about six months of age, babies should be able to focus, see color and have depth perception (ability to judge the distance of objects). Optometrists (eye doctors) will make sure their eyes are developing normally, checking for signs of near or farsightedness, lazy eye, crossed eyes or more. Early intervention is key!

The American Optometric Association recommends eye exams at 6-12 months, at age 3 and before starting first grade, then every year following.

Find a local InfantSEE provider who will provide a no-cost eye and vision assessment for infants 6-12 months old regardless of family's income or access to insurance coverage at www.infantsee.org

POSTPARTUM & PARENTING

May is Maternal Mental Health Month. In many countries, as many as 1 in 5 new mothers experiences some type of perinatal mood and anxiety disorder (PMADs). Women of every culture, age, income level and race can develop PMADs. Symptoms can appear any time during pregnancy and the first 12 months after childbirth. Estimates are that 7 in 10 women hide or downplay their symptoms and about 1 in 10 dads develop depression during this time. There are effective and well-researched treatment options available to help parents recover. Learn more about Maternal Mental Health Month at:

<https://wmmhday.postpartum.net/> Learn more about local Perinatal Mental Health Resources at: <https://firststepscentralmn.org/resources>

INFANT FEEDING

- **Breast Engorgement:** typically occurs between days 3-5 after a delivery, but can be delayed as late as days 9-10 after a c-section or other medical factors. You may notice breast pain, firmness, or swelling. This is caused by increased milk volume ("milk coming in") and changes in your blood flow/swelling after delivery. These symptoms should only last a few days if baby is nursing on demand or an adequate pumping schedule is maintained. Reverse Pressure Softening can also be helpful: <https://tinyurl.com/2bmtfc4k>
- **Plugged Duct:** occurs when an area of the breast becomes inflamed (swollen) and can lead to reduced milk flow through that area. Then, fat globules in milk clump together and form a plug. You may notice a small, firm lump that is sore in your breast.
- **Mastitis:** an inflammation of breast tissue that sometimes results in an infection. This often starts as a plugged duct that worsens or can be caused by bacteria. It may cause the breast area to become swollen, painful, warm to the touch, and discolored. You may also notice chills or a fever as your body responds to the increase in inflammation.

None of these conditions are contagious and it is safe to continue to provide baby your milk. Reach out to your First Steps nurse, clinic, and/or [local infant feeding resources](#) for help!



SAFETY & RESOURCES

Did you know? There is work being done to bring a Children's Museum to Central MN! Check out more information about the Great River Children's Museum at <https://greatrivercm.org/>

The Museum has partnered with the Great River Regional Library System to offer Museum Pop-Up Exhibit experiences for families to experience a piece of future Museum programming.

Each library listed below gets materials related to an exhibit experience for about two weeks for families to enjoy. At the end of the two weeks, the library packs up the materials and sends them to the next library.

April-Aug 2023 Locations & Various Themes:

- Kimball
- Albany
- Long Prairie
- Royalton
- Upsala
- Howard Lake
- Monticello
- Cardboard City
- Let's Build a Kite
- Where does the water go?
- Let's Experiment! A climber to the clouds experience
- Weave with Me! A community connections experience

In October 2023, a new set of libraries will get a full rotation of materials through February of 2024. Learn more from your local library at: <https://griver.org/>

MINDFULNESS

Try beginning each morning with five minutes of silence. Take this time to be mindful, breathe, stretch, or think positive thoughts. Setting this morning intentions can impact the rest of your day!

To get your thoughts flowing, start with some questions to yourself:

- What's important to me today?
- How do I want to feel today?

It is important to phrase your intention as positive, use "I will..." rather than "I won't..."

AFFIRMATION OF THE MONTH

"Today is a new day. I am enough. I am capable. I am resilient"



ACTIVITIES OF THE MONTH

Mother's Day Craft (see page 3 for template): <https://tinyurl.com/43brdybn>



Cinco de Mayo maracas: <https://tinyurl.com/22vev6ce>



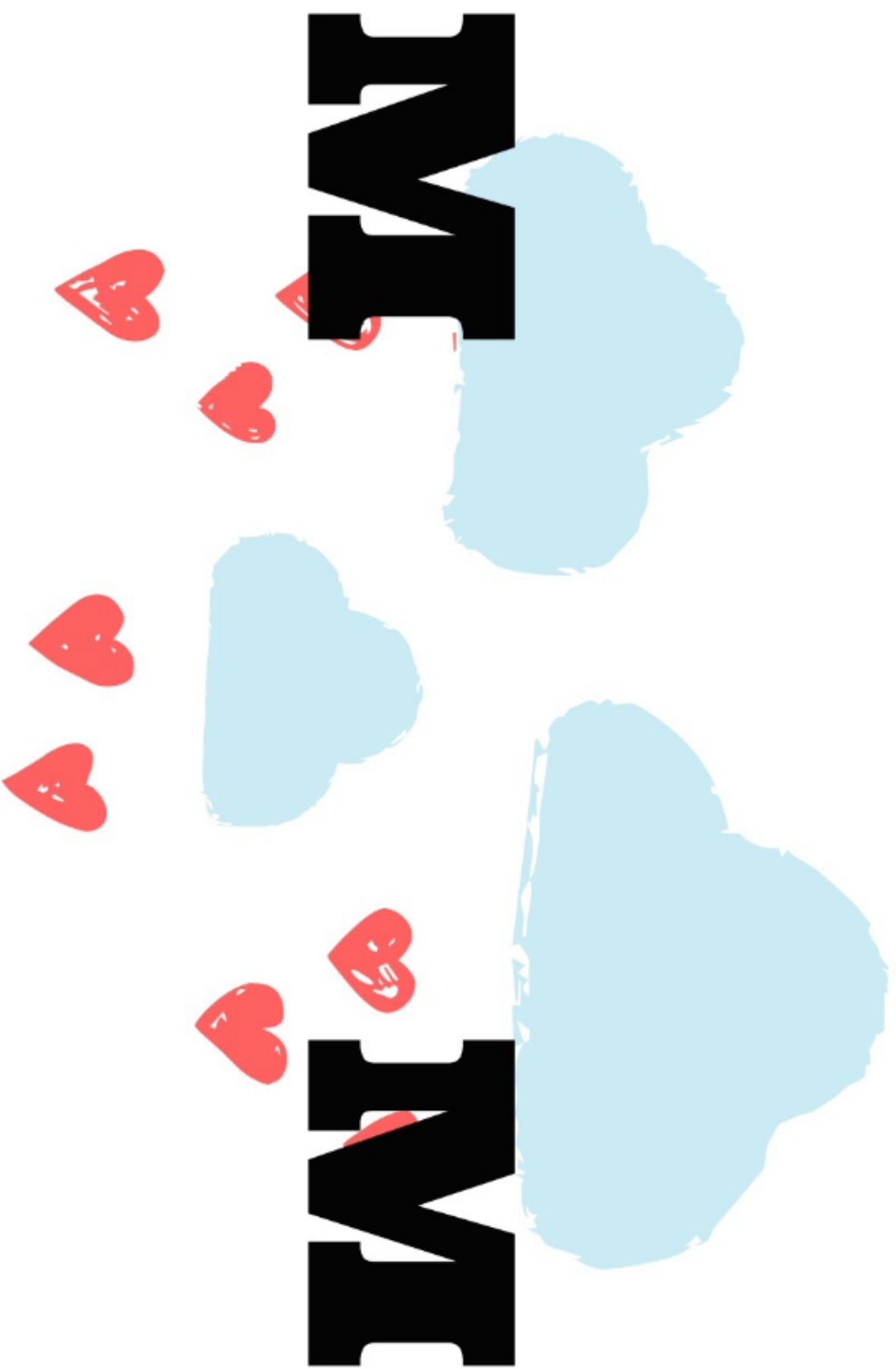
Rainbow Q-Tip Painting <https://tinyurl.com/4npwhcde>



SPECIAL DAYS IN MAY

- 1: May Day
- 3: World Maternal Mental Health Day, National Two Different Colored Shoes Day
- 4: Bird Day
- 5: Cinco De Mayo, National Space Day
- 8: World Ovarian Cancer Day
- 9: National Sleepover Day
- 12: National Childcare Provider Appreciation Day
- 13: National Train Day, Frog Jumping Day
- 14: Mother's Day, Dance Like a Chicken Day
- 15: International Day of Families
- 21: Take Your Parents to the Playground Day
- 24: National Scavenger Hunt Day
- 29: Memorial Day
- 30: National Creativity Day
- 31: National Smile Day





YOU ARE MY SUNSHINE