

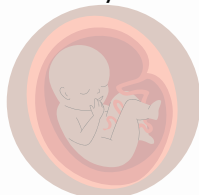


PREGNANCY

In your third trimester, your healthcare provider may ask you to keep track of your baby's movements. These movement counts gives you special time each day to pay attention to your baby as well as check on their well-being. Try to do counts around the same time of day and during a time of day when your baby is active. This helps you understand your baby's activity patterns.

A total of 10 or more distinct movements in 2 hours suggests your baby is doing well. If you haven't felt your baby move in awhile, eat some food and drink some water, then lie down and you should feel movement. If you do not feel movement after an hour of resting, call your healthcare provider. If baby is moving less than usual, this may be a sign they are under some stress or that a problem may be developing.

Also, call your healthcare provider if you notice a major change in your baby's activity or you are worried about your baby's activity level.



If you smoke cigarettes, this can decrease the amount of oxygen your baby gets and can make your baby less active. Try not to smoke at least 1 hour before you start counting.

CHILD GROWTH & DEVELOPMENT

The Great River Regional Library hosts a summer reading program from June 5-August 5. This year's theme is Find Your Voice!

Their early learner program is for ages 0-3 and kids reading program is for age 4-grade 6. You can pick up a reading log at your local library, use their Beanstack Tracker app to keep track, or available on page 3 of this newsletter.



Learn more about the program and upcoming events at:

<https://griver.org/kids/summer-reading-program>

Great River Regional Library cards are free for residents of Benton, Sherburne, Stearns, and Wright Counties. They can be used in virtually any Minnesota Public Library. Not only can you access paper books, but also the library's digital materials like electronic and audiobooks. Apply for a card at your local library or online:

<https://griver.org/services/apply-for-your-free-library-card>

POSTPARTUM & PARENTING

When you have social connections with others, you reduce the impact of stress in your life. We understand that meeting other parents can be hard to navigate or even feel awkward at first. Start with a small, realistic goal. Here are some places to meet other parents:

- County or City park or playground
- Attend a local library event, farmer's market or live music concert in the park
- ECFE class or summer events
- Local Baby Cafe or infant feeding groups
- Join a book club or local support group
- Take a class or join a new activity through a community center or YMCA
- Go for a walk in your neighborhood and stop to say hi to other families you see outside
- Place of worship



Check out more social connect tips from [Feeling Good MN](#) at: <https://tinyurl.com/y37jhyhx>

INFANT FEEDING

For families who bottle feed formula to their infants, it is a task you do several times a day. Here are some MN WIC best practice recommendations when preparing formula:



- Do not buy or use expired formula
- Read all instructions on the formula container to mix the correct ratio of formula and water
- Wash your hands with soap and water before preparing formula
- Wash bottles, nipples, and rings with a bottle brush in hot, soapy water or use the dishwasher
- Use safe water, tap or bottled, for mixing formula. If using well water, have it tested for safety
- If using tap water, run cold water for two minutes before using it. This will clear out any water that sat in pipes overnight
- Refrigerate prepared formula until you need it or wait to prepare until right before your baby eats.
 - Formula made from powder may be refrigerated up to 24 hours. Formula made from concentrate may be refrigerated up to 48 hours.
- Fill the bottle with the amount of formula you think your baby will drink during a feeding. After feeding, throw away any remaining formula in that bottle after one hour.
- Formula does not need to be warmed. If you do warm formula, set the bottle in a bowl of warm (not boiling) water or hold under warm tap water. Never heat in a microwave--this can lead to uneven heating or too hot of liquid. Always check the temperature of the liquid before feeding it to your baby to make sure it isn't too hot.

Source: <https://www.health.state.mn.us/docs/people/wic/nutrition/english/infbottle.pdf>



SAFETY & RESOURCES

Sun Safety Tips (from <https://tinyurl.com/4433xcsx>)

- For babies younger than 6 months: try to avoid direct sunlight by staying in the shade and having them wear protective clothing and a sun hat.
- For older infants, toddlers, and children, protective clothing and a sun hat are also great options to limit sun-exposed areas of the body, along with use of sunscreen.
- Put sunscreen on 15-30 minutes before going outside to allow time to absorb into the skin.
- Apply a generous amount of sunscreen to exposed skin and rub it in well. Be careful around the eyes.
- 80% of the sun's UV rays can get through the clouds so be sure to use sunscreen on cloudy days too.
- Reapply sunscreen every 2 hours and after swimming, sweating, or drying off with a towel.
- Use a "broad-spectrum" sunscreen of at least 15 SPF. 15-30 SPF should be fine for most people.
- If possible, avoid the sunscreen ingredient oxybenzone because of concern about mild hormonal properties.

Water Safety (from <https://tinyurl.com/ahr37vzh>)

- Drowning is the leading cause of injury death of children ages 1-4.
- Stay within arm's reach whenever your baby is near water. Babies can drown in as little as just 1-2 inches of water. It can happen quickly and silently.
- Children should always wear life jackets when in or near natural bodies of water, like lakes or rivers. They can also be used in a pool or water park but do not replace the need for adult supervision.
- Enroll your child in swim lessons to learn more about water safety and how to swim. Check out affordable classes through ECFE, YMCA, or local pools.
- As a caregiver, learn CPR and safe rescue techniques to respond to a drowning incident.

MINDFULNESS

Emotion regulation is a practice of creating space between feeling an emotion and reacting to that emotion. It can mean collecting your thoughts before you respond or waiting until you're in a supportive setting to process tough feelings.

One way you can practice this as a caregiver while also beginning to teach your child this skill is by starting early. Talk about feelings to your baby and toddler. Help them to recognize and name their emotions. Stay calm yourself and meet their needs to build a trusting relationship. Learn more at: <https://www.apa.org/topics/parenting/emotion-regulation>

AFFIRMATION OF THE MONTH

"I can't control the future, but I can meet its challenges."



ACTIVITIES OF THE MONTH

Father's Day Craft:
<https://tinyurl.com/43brdybn>

Happy Father's Day!



Animal Size-Sorting Activity:
<https://tinyurl.com/absb2jx7>

Skills mastered by sorting: hand-eye coordination, fine motor control, dexterity/ability to use hands, spatial awareness, problem solving

Juneteenth Flag Painting
<https://tinyurl.com/39t365m5>

Juneteenth is celebrated June 19 to commemorate the end of slavery in the United States.



SPECIAL DAYS IN JUNE

- 1: Dinosaur Day, National Say Something Nice Day
- 4: National Cheese Day
- 8: National Best Friends Day, World Oceans Day
- 11: National Children's Day
- 15: Nature Photography Day
- 18: Father's Day, International Picnic Day
- 19: Juneteenth
- 21: Summer Solstice, International Yoga Day
- 22: World Rainforest Day
- 27: National Sunglasses Day



Read Beyond The Beaten Path

June 6 to August 6 for ages 0 to 3

Complete at least two activities in each tent, and return to your library for a prize. Or, log at griver.beanstack.org OR the Beanstack Tracker app.

(Feel free to sub 15 min. of reading for any activity!)

Talk about the weather today.

Lie on your back and talk about the clouds.

Talk about different colors in nature.

Talk about the sounds you hear outdoors.

TALK

Visit a park that is new to you.

Pretend to be your favorite animal.

Make a sun puppet with a paper plate and yellow crayon.

Roll a ball back and forth.

PLAY

Share books outside on a blanket.

Practice rhyming words.

Look through a book about animals.

Point to letters in a book.

READ

Use your finger to draw lines and shapes in the sand.

Wave your arms like the wind.

Clap your hands while singing songs.

Play music and dance outside.

MOVE

Look for different types of insects.

Look for soft things and hard things outside.

Smell flowers outside.

Help your child touch the grass.

EXPLORE

Help count your child's fingers and toes.

Find and count five different kinds of rocks.

Count five different flowers outside.

How many different kinds of birds can you see?

COUNT

Return this to your local library for a chance at a prize!

Name _____

Phone _____

Age _____



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