



### PREGNANCY

Round ligaments support your uterus on the right and left side. Sudden movement or overstretching the ligaments can cause a sharp tug or discomfort in your abdomen. Moving slowly and supporting your abdomen when coughing, sneezing, or changing positions can also be helpful to limit this pain. Ask your healthcare provider about maternity support garments if you have ongoing discomfort.

Circulation changes during pregnancy can cause leg cramps. Exercises like walking and swimming can improve circulation and reduce lower leg cramps, along with stretches like foot pumps or runner's stretch:



Glucose tolerance test: typically between 26–28 weeks, your healthcare provider will ask you to take a one-hour glucose tolerance screen where you will drink a 50 grams of sugar drink provided by your clinic then receive a blood draw one hour later to check the glucose levels in your body. If this screen is positive, your provider will recommend returning another day to do a fasting three-hour screen where you drink a 100 grams of sugar drink provided by your clinic then receive blood draws every hour for three hours. This will determine whether or not you have gestational diabetes.

### CHILD GROWTH & DEVELOPMENT

Newborn Screenings are routinely done on all Minnesota newborns, and include the following:

–**Blood Spot Screening:** tests babies to determine whether they're at risk for over 60 rare conditions that may make them sick before symptoms appear. Typically done between 24–48 hours of birth in the hospital. Small amounts of blood are obtained on a newborn screening card by a heel prick.

–**Hearing Screening:** checks newborns for hearing loss in the range where speech is heard. Typically done between 24–48 hours of birth in the hospital when baby is calm, well-fed, and comfortable.



–**Pulse Oximetry Screening:** measures the amount of oxygen in baby's blood. Typically done when baby is at least 24 hours old. A non-invasive sensor is placed on baby's skin to obtain this.

–Learn more about the screenings at:  
<https://tinyurl.com/3kkuzsxf>



### POSTPARTUM & PARENTING

It takes time for your body to physically recover from labor and birth. You may feel your uterus contract off and on for several days after giving birth, this cramping can be worse when breastfeeding. Try using a heating pad on your abdomen, gentle massage, over the counter pain medication, and/or deep breathing to help with the pain.

In order for your uterus to heal, you will experience vaginal bleeding after birth. This occurs for women whether they deliver vaginally or by Cesarean and can last for several weeks. At first, the bleeding is like a heavy menstrual period, red in color and may contain small clots. Over the next several weeks, the amount will lessen and color will lighten to a pink then brown color. If you notice a sudden increase in the amount of blood or it return to red in color, your body is telling you have become too active too soon. Use pads during your postpartum recovery. Do not use tampons until your healthcare provider can check your healing at your 6 week postpartum checkup.

If you experienced any perineal tearing during your vaginal birth, you likely were given stitches. These stitches will dissolve on their own and the site may feel sore and bruised. Sitting in a bath of warm water several times a day can help with healing. The hospital will also provide you a squirt bottle. Rinse your perineum with the bottle with warm water each time you go to the bathroom to keep the area clean.

### INFANT FEEDING

Around 4–6 months of age, your pediatrician will recommend introducing solid foods to your infant. Some families choose to start with pureed foods, others may try baby-led weaning (BLW), and some may try a combination of both. Here is some information about BLW:

BLW signs of readiness:

- closer to 6 months of age and showing interest in foods you are eating
- able to sit up right with minimal support & control head
- reaching for objects, picking them up and bringing them to mouth
- diminishing tongue-thrust reflex
  - learn more about this here:  
<https://tinyurl.com/5d5day3b>

How to start BLW:

- limit distractions
- have infant sit in an upright high chair
- cut soft foods into finger-sized slices
- remember gagging (not choking) can be normal (video: <https://tinyurl.com/mvzb2cwa>)

Learn more at: <https://tinyurl.com/bddj8hpt>



## SAFETY & RESOURCES

It doesn't take a hot day for the inside of a car to reach dangerously high temperatures. On an average summer day, the temperature in a car can rise 34 degrees in 30 minutes - even with the windows "cracked." Here are some additional summer car safety tips to keep your children safe:

- Do not leave a child in an unattended car, even with the windows down.
- Place your purse or left shoe in the back seat as a reminder that you have your child in your car.
- Make "look before you leave" a routine whenever you get out of your car.
- Always lock your car and keep keys out of older children's reach. If a child is missing, check the car first, including the trunk.
- Teach your children that vehicles are never to be used as a play area.

Headed to the beach? Here are some sand play safety tips:

- Visit a beach with a reputation for being clean and strict rules prohibiting littering.
- Natural sand usually doesn't emit dust or leave clothes and hands dusty, while the crushed mineral sand you want to avoid typically does.
- The safest sand boxes are typically plastic.
- If you own a sand box, cover it when it's not in use to keep animals out.
- Avoid wet sand which can be a breeding ground for parasites and pinworms.
- Raking sand regularly will help to keep it clean, fresh, and dry.
- Instruct children to wash their hands after playing in the sand.
- Sand and water reflect the sun so remember children should wear sunscreen when playing outdoors for any length of time.

## ACTIVITIES OF THE MONTH

### Spray Bottle Activities:

- <https://tinyurl.com/yreh9emm>
- <https://tinyurl.com/yr2xer59>



Spray bottles help with:

- Fine motor skill practice
- Hand-eye coordination
- Impulse control/intentionality



### Yogurt Sensory Play:

- <https://tinyurl.com/9ck24uxa>

### 4th of July Crafts:

<https://tinyurl.com/bmzrh3js>



## MINDFULNESS

Yoga offers physical and mental health benefits for people of all ages:

- Improves strength, balance, flexibility
- Helps with back pain relief and ease arthritis symptoms
- Improves relaxation and can help you sleep better
- Can boost alertness and enthusiasm

Page 3 includes the ABCs of Yoga for Kids. Try practicing these 26 poses with your child.

### AFFIRMATION OF THE MONTH

**"My children don't want perfection; they want me to be there."**



## SPECIAL DAYS IN JULY

1: National Play Outside Day

4: Independence Day

5: National Graham Cracker Day

7: National Macaroni Day

11: National Blueberry Muffin Day

14: National French Fry Day

16: National Ice Cream Day

19: National Hot Dog Day

22: National Mango Day

24: International Self Care Day

29: National Lasagna Day

31: National Avocado Day





# the ABCs of YOGA for Kids



**A** Airplane



**B** Butterfly



**C** Cobra



**D** Dog



**E** Easy Pose



**F** Frog



**G** Grasshopper



**H** Happy Baby



**I** Inhale



**J** Jack-in-the-Box



**K** Kite



**L** Lion



**M** Mouse



**N** New Pose



**O** Otter



**P** Peacock



**Q** Queen



**R** Rag Doll



**S** Swan



**T** Triangle



**U** Unicorn



**V** Volcano



**W** Waterfall



**X** **Y**



**Z** Zero

# WE WOULD LOVE YOUR FEEDBACK ON OUR MONTHLY FAMILY NEWSLETTERS!



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<https://www.surveymonkey.com/r/FNSummer2023>



All responses are anonymous.

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Todas las respuestas son anónimas.