



PREGNANCY

As you enter your third trimester of pregnancy, it is helpful to begin thinking about what items from home you would like to bring with you during your hospital stay. Here are some suggested items to consider:

- Chapstick
- Lotion
- Glasses, contacts, contact solution (if you wear them)
- Phone charger (with long cord)
- Slippers, socks, and/or slip-on sandals
- Hairbrush, clips, ponytail holder & other bathroom toiletries
- Comfortable clothes (that fit during pregnancy)
- Nursing bra and pads (if planning to breastfeed)
- Robe
- Car seat
- Any special clothing or blankets for baby's first photos & going home
- Any special comforts from home (your own pillow or blanket)
- Snacks
- Sound machine

CHILD GROWTH & DEVELOPMENT

The following are some newborn cares that will be offered in the hospital and talked about as you discharge home with your baby:

- **Vitamin K Injection:** Vitamin K is needed for blood to clot normally. Newborns are born with small amounts of Vitamin K which can lead to serious bleeding problems so an injection of it is offered to all newborns after delivery to help prevent dangerous bleeding.
- **Antibiotic Eye Ointment:** is offered to all newborn eyes to protect babies from getting bacterial eye infections that can occur during birth and may lead to blindness.
- **Umbilical Cord:** after your baby's cord is clamped and cut, a small piece of the cord remains. This dries out then falls off typically within the first 2 weeks of birth revealing the "belly button". Until the cord falls off, keep the cord dry and diaper below it. It can be normal to have a few drops of blood when the cord initially drops off. Call your baby's healthcare provider if the cord site begins to bleed, ooze, gets red or has a foul smelling discharge.
- **Circumcision:** if you choose to have your son circumcised, you will need to provide special care until the penis is healed. This takes about one week. With each diaper change during this time, apply a generous amount of petroleum jelly/Vaseline to the tip of the penis. It can be normal for the penis to develop a yellowish-white film on its tip until healing is complete.

POSTPARTUM & PARENTING

As many as 1 in 5 new mothers experience some type of perinatal (before and after giving birth) mood and anxiety disorder (PMADs). 7 in 10 women hide or downplay their symptoms. Without understanding, supporting, and treatment, these PMADs can have a significant impact on women, their partners, children and families.

Women of every culture, age, income level and race can develop PMADs. Symptoms can appear at any time during pregnancy and the first 12 months after childbirth. If you develop a PMAD, this does not mean you are doing anything wrong or that you love your baby less; it is a chemical/hormone imbalance. Talk to your healthcare provider right away if you are experiencing these feelings. There are effective and well-researched treatment options available to help women recover.

Here are some additional resources:

- Postpartum Support International-Minnesota
<https://www.postpartum.net/locations/minnesota/>
▪ 1-800-944-4773, Press #1 Spanish or #2 English
- National Maternal Mental Health Hotline 1-833-TLC-MAMA (1-833-852-6262)
<https://mchb.hrsa.gov/national-maternal-mental-health-hotline>
- Postpartum Support: The First 40 Days
<https://sites.google.com/umn.edu/40daysproject/home>
- Nystrom & Associates Mother-Baby Program
<https://www.nystromcounseling.com/our-services/mother-baby-program/>
- PrairieCare Maternal Mental Health Services
<https://prairie-care.com/treatment/perinatal-mental-health/>
- Redleaf Center for Family Healing 612-873-HOPE
<https://redleaffamilyhealing.org/>

INFANT FEEDING

Teaching your baby simple sign language can begin as young as six months old. It can help your infant communicate their needs before they are able to use words to do so. Check out the following video and visuals of some simple signs you can start with:

<https://www.youtube.com/watch?v=v7Wd8UIHdDY>

Eat/Food



More



Please



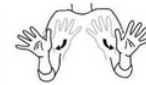
Thank You



Milk



All Done





SAFETY & RESOURCES

Below are some home safety tips:

- Water Safety:
 - Watch children when they are in and around water, without being distracted.
 - Check the water temperature with your wrist or elbow before giving baby a bath
- Medicine Safety
 - Keep all medicine and vitamins out of children's reach and sight.
 - Write clear instructions for other caregivers about what medicine to give children, when to give it and how much to give.
- Sleep Safety
 - Make sure babies sleep on their backs and in their own cribs.
 - Choose a firm mattress and fitted crib sheet. Keep cribs clear of toys, blankets, and soft bedding.
- Fall Prevention
 - Use approved safety gates properly at the top and bottom of stairs.
 - Properly install window guards or stops to prevent falls from windows
- Fire & Carbon Monoxide
 - Make sure there is a working smoke alarm and carbon monoxide alarm on every level of your home. Test the batteries monthly.
 - Create and practice a home fire escape plan. Know two ways out of every room in case of a fire.
- Burn Prevention
 - Cook on the back burners of the stove and keep pot handles turned away from the edge. Keep hot foods and liquids away from the edge of counters and tables.

Learn more here:

- <https://tinyurl.com/mwfsv55y> & <https://tinyurl.com/b8mmrvr3>

ACTIVITIES OF THE MONTH

Fruit handprints & footprints

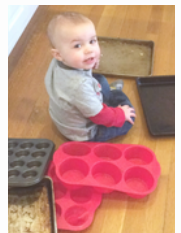
<https://tinyurl.com/3znd3fxz>



Try adding food items to a sensory bin for your infant. Remember to be attentive to your child at all times if any of the food items could be a choking hazard!

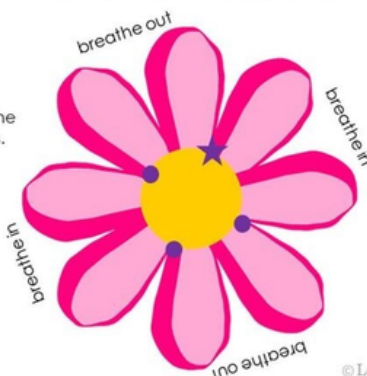
Cooking with Your Toddler

- Start small: have your child pull out a bowl from the cupboard, add one ingredient to the bowl, stir
- Encourage your child to play with pots and pans
- Embrace the mess: kids learn so much from exploring new sensations and textures
- Remember, it's totally normal for young kids to lose interest at any point



Flower Breath

Slowly trace the flower petals.



Start at the star. Breathe in for 2 petals, breathe out for 2 petals.

© Learning Tree Yoga

MINDFULNESS

Flower Breath Video How-To:
<https://www.youtube.com/watch?v=7QILXwkzmAo>

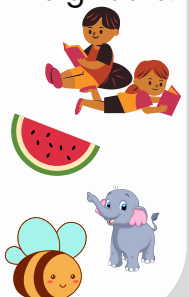


AFFIRMATION OF THE MONTH

"Tomorrow is a new day."

SPECIAL DAYS IN AUGUST

- 1: National Night Out-meet your neighbors!
- 2: National Coloring Book Day
- 3: National Watermelon Day
- 9: National Book Lovers Day
- 10: National S'more Day
- 12: World Elephant Day
- 15: National Relaxation Day
- 19: National Potato Day, World Honey Bee Day
- 31: National Eat Outside Day





THE NEED FOR NUTRITION DURING LACTATION

PAGES 3-4 CONTRIBUTED BY: KRISTEN BRICKO, SHERBURNE COUNTY WIC COORDINATOR
IN HONOR OF WORLD BREASTFEEDING WEEK-AUGUST 1-7, 2023



Welcoming a new baby into the family is life changing! Transitioning from pregnancy to postpartum, your energy goes toward attending to the sounds, cues, movements, and smells (hello, diapers!) of your newborn. With all the change, it is quite common for a mother to forget about her own health; she did just become a mom, is likely sleep deprived, and may be dealing with pressures of resuming life as normal. My hope from reading pages 3 & 4 of this newsletter, is that mothers will be reminded that taking care of herself after having a baby through the foods they eat is needed for their health as well as the nutritional composition of their breastmilk.

Just like pregnancy, breastfeeding is nutritionally demanding. It uses up a lot of energy (an extra 550 calories per day) and nutrients. It is common for many women to enter pregnancy already lacking certain nutrients. This lack of nutrients can continue into postpartum, further limiting maternal nutritional stores needed to make breastmilk. It is important that mothers are intentional with their nutrition to help with postpartum recovery and breastfeeding!



MATERNAL DIET AND BREASTMILK

Did you know a breastfeeding woman needs 40% more choline and 20% more iodine than a non-breastfeeding woman? These are just two of the very important nutrients needed to support baby's health (see more on pg. 4).

- Iodine is vital to brain development, thyroid health, immune system, and overall infant growth. The recommendation for iodine is highest during lactation than any other life stage.
- Choline is important for brain development and research shows it can influence baby's memory.
- Discuss with a trusted health care provider about your maternal diet and have them review your prenatal or postnatal vitamin. Not all supplements are created equal, and you may be surprised at the nutrients not included!

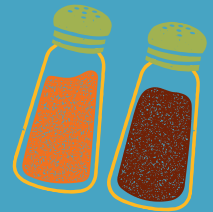
POSTPARTUM RECIPE:

PAPRIKA & CINNAMON PULLED PORK

- Paprika Cinnamon & Pulled Pork from The Food Doula Cookbook by Lindsay Taylor, Plumleaf Press
- Full of protein and collagen building amino acids – use for tacos, on top of salads, sandwiches, or pair with sauteed vegetables!

Ingredients:

- 3 ½ to 4lb pork shoulder
- 2 tbsp smoked paprika
- 2 tsp sea salt
- 2 tsp cinnamon
- 1 tsp pepper
- 1 cup bone broth
- ½ cup freshly squeezed orange juice



Directions:

- Add broth and orange juice to slow cooker and set to low setting.
- Combine spices in a small bowl, then rub all over the pork, using up all of the spices.
- Add pork to slow cooker, cover with lid, and let cook for 8 hours.
- After 8 hours, remove pork from slow cooker and shred with two forks. Store in large glass container, with the juices, until ready to eat.



THE NEED FOR NUTRITION DURING LACTATION

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BREASTMILK & NUTRITION

Breastmilk does not stay the same over time and mom's diet has an impact on its formation. You don't need to eat "perfectly" for her baby to have the best nutrition, but working towards eating a nutrient dense diet (one that includes all food groups) will help make the most nutritious breastmilk for baby. Having the right support can really help mothers recover, reduce stress, and focus on baby and breastfeeding. Below is a list of helpful nutrients and foods to try. You may notice many of these foods were also encouraged during pregnancy.



MICRONUTRIENTS

B vitamins

- red meats, poultry, fish, whole grains, legumes, eggs, dairy products, fortified foods, some nuts and seeds

Fat soluble vitamins: A, D, E, K

- A: Dairy products, liver, fish, and fortified cereals and vitamin supplements (preformed vitamin A); plant foods like carrots, sweet potato, broccoli, cantaloupe, and squash (provitamin A; carotenoids)
- D: Sunlight, salmon, herring, sardines, egg yolks, liver, some meats, some fortified foods such as tofu, cereal, milk, cheese, soy milk, orange juice, oatmeal, yogurt
- E: Almonds, sunflower seeds, pumpkin, red bell pepper, asparagus, mangoes, avocados
- K1 & K2: Green leafy vegetables like collard greens, kale and spinach. Some animal foods and fermented foods.

Vitamin C

- Citrus fruits, tomatoes, tomato juice, bell peppers, cantaloupe, kiwi, strawberries

Choline

- Beef, beef liver, egg yolks, chicken breast, fish, potatoes, legumes, milk, yogurt, cruciferous vegetables, sunflower seeds

Iodine

- Foods from the sea, seaweed, scallops, cod, shrimp, sardines, salmon

Selenium

- Pork, beef, turkey, chicken, fish, shellfish, dairy, eggs, Brazil nuts

Fatty acids (DHA)

- cold water fatty fish like salmon, oysters, sardines, Pacific mackerel, herring, freshwater trout



I hope you read through these foods and have identified several that you eat daily and a few new foods to try!

Your food choices matter during postpartum & lactation. Working towards eating a well-balanced, nutrient dense diet is needed for your health, your breastmilk, and your baby's health.

-Kristen Bricko, RDN, LD, IBCLC



WE WOULD LOVE YOUR FEEDBACK ON OUR MONTHLY FAMILY NEWSLETTERS!



Complete this quick survey to let us know how we are doing:



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



All responses are anonymous.

¡NOS ENCANTARÍA RECIBIR SUS COMENTARIOS SOBRE NUESTROS BOLETINES MENSUALES FAMILIARES!



Complete esta rápida encuesta para hacernos saber su opinión:



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



Todas las respuestas son anónimas.