



PREGNANCY

Preeclampsia is a serious blood pressure disorder than can occur in the second half of pregnancy or after your baby is born. It can be life threatening to you and your baby. About 1 in 25 women will have preeclampsia during pregnancy.

To test for preeclampsia, you will have your weight and blood pressure checked at each prenatal appointment. Your provider may also request a test for protein in your urine or additional testing if there is a concern.

Depending on your risk factors, your provider may recommend you take a low-dose (81mg) aspirin daily beginning in your second trimester.

Many women may not have any symptoms. However call your healthcare provider right away if you have any of these signs of preeclampsia:

- sudden weight gain (more than 2 pounds in 1 day or 5 pounds in 1 week)
- swelling in your hands or face
- pain in your upper abdomen or shoulder
- trouble breathing
- changes in your eyesight, such as blurred vision, seeing spots, blind spots, or flashes of light
- a headache that won't go away

It is important to attend your routine prenatal appointments to prevent complications of preeclampsia and catch any early warning signs.

CHILD GROWTH & DEVELOPMENT

The importance of sleep begins with newborns. Newborns sleep much of the time, but in very short segments. Over time, the total amount of sleep slowly decreases, as well as the length of night time sleep. Your baby may show signs of being ready for sleep by: rubbing eyes, yawning, looking away, fussing.

Creating a sleep routine can help babies establish a sleep/wake pattern. Babies who feel secure are better able to handle sleep separations. Some ways to help your baby learn to sleep include:

- allowing time for naps each day based on your baby's age
- limit stimulation or activity close to bedtime
- create a bedtime routine, such as bath, books, rocking
- put baby in their crib when drowsy, not asleep
- being consistent with routine and responses



POSTPARTUM & PARENTING

In Cesarean birth, your baby is born through an incision (surgical cut) in your lower abdomen and can happen with any pregnancy. Some C-births may be planned while others may be unplanned.

Your healthcare team will make sure you are numb or unconscious (use of anesthesia) before starting surgery. You often can have one support person with you during the surgery.

In the first couple of hours after your baby's birth, both you and your baby will be monitored carefully. You will have your blood pressure and temperature taken often. Your incision bandage will be checked and your stomach may be massaged often to ensure for your uterus is contracting; this seals the blood vessels that supplied the placenta with food and oxygen for your baby.

Gas pains are common after abdominal surgery, peaking around day two or three of your recovery. Walking around every 2-4 hours, rocking in a rocking chair, and putting a warm blanket on your abdomen can help.

It will also be helpful to support your incision with your hands or a pillow when you cough, laugh, move in bed, stand up, or walk. You typically spend one additional day in the hospital for recovery than with having a vaginal delivery. You will start out by having have a weight lifting restriction after surgery (no more than 10 pounds). Your healthcare provider will ask to see you in clinic at 2 weeks and 6 weeks postpartum to assess how you are recovering.

INFANT FEEDING

You can express milk by hand (manual) or with a breast pump. Your need for a breast pump depends on your situation and lifestyle. Breast pumps vary a lot in quality and effectiveness. There are also milk collection devices, such as the Haakaa or Ladybug, to consider.

Most insurance plans cover a breast pump following the Affordable Care Act guidelines. Your plan may have guidelines on whether the covered pump is manual or electric, if it can be purchased or rented, length of rental, and when you'll receive it (before or after birth).

Learn more at: <https://tinyurl.com/563us6d6> and with your health insurance company. Your Nurse can answer additional questions you may have and/or connect you with a Lactation Consultant for more help. Milk Moms is another helpful resource.





SAFETY & RESOURCES

Car Seat Safety Learn how to find the best car seat and/or booster seat for your child at: <https://tinyurl.com/23pfryh8>

Be sure to registrar your child's car seat and booster seat to receive **recalls and safety notices**. Fill out the postcard that came with your seat, or do online: <https://tinyurl.com/5ekuhv38>

Does your vehicle need repair as part of a recall? Enter your vehicle's VIN number at <https://www.nhtsa.gov/recalls> to find out.



Car Seat Recycling

- Stearns, Benton, Sherburne County: drop off your seats at the Household Hazardous Waste Facility (3601 5th Street S Waite Park, MN, Mondays 9a-5p, Tuesdays-Fridays 9a-4p, 3rd Saturday of the month 8a-12p)
- Wright County: Drop off your seats at the Compost & Recycling Facility (505 County Road 37 NE Buffalo, MN, Tuesdays & Thursdays 9a-6p)

Check out page 5 for upcoming community events to get your car seat checked by a trained technician in the St. Cloud area. Appointments may also be available through [Wright County Health & Human Services](#) by calling or texting 763-335-0280.

Helpful Resources

- Safe Kids Worldwide www.safekids.org
- National Highway Traffic Safety Administration (NHTSA) www.safercar.gov
- National Center for the Safe Transportation of Children with Special Healthcare Needs www.preventinjury.org

MINDFULNESS

Guided Meditation is a type of meditation led by a teacher, in person or via audio or video. When starting out, having an expert lead you through the basic steps of your meditation practice is recommended. Unguided meditation allows you to customize the ways you would like to meditate on your own, including for how long, space, and degree of silence.

- Learn more about different types of meditation at: <https://www.headspace.com/meditation/guided-meditation>
- Meditations from The Motherly Guide to Becoming Mama: Redefining the Pregnancy, Birth and Postpartum Journey <https://tinyurl.com/2tajkx8y>

AFFIRMATION OF THE MONTH

"I can adapt to changes in my plans and expectations."



ACTIVITIES OF THE MONTH

Grandparent's Day

Craft: Mail a Hug

<https://tinyurl.com/kr2bbxpe>



Fall Craft Ideas

<https://tinyurl.com/pajrx6kx>



Touch and Infant Massage can promote bonding, relaxation, bonding, sleep, and more. Check out pages 3-4 for an introduction guide to Infant Massage from Pathways.org

SPECIAL DAYS IN SEPTEMBER

4: Labor Day, National Wildlife Day



6: Read a Book Day



10: Grandparent's Day, World Suicide Prevention Day

11: Patriot Day

13: Positive Thinking Day

15: Start of National Hispanic Heritage Month



17: Citizenship Day



21: World Gratitude Day

22: Fall Equinox, Native American Day

25: National Cooking Day, National Family Day



29: National Coffee Day

30: National Family Health & Fitness Day, International Podcast Day



What is Massage+ 30, 10, 5?

- ▶ 30 seconds - talk to baby
- ▶ 10 minutes - while talking and looking at baby, massage baby's head, chest/belly, arms, legs, and back
- ▶ 5 minutes - rock baby and continue to talk and look at baby



Pathways.org

A simple 15-minute intervention used to improve infant development. This technique involves gently talking to, massaging, and rocking baby.

Possible Disengagement Cues:

- Crying
- Whining
- Fussing
- Spitting up
- Hiccups
- Places hand out to stop
- Frowning
- Refuses eye contact
- Struggling movements
- Sticking out tongue

How to Apply Massage+ 30, 10, 5:

By doing Massage+ 30, 10, 5, you are getting to know your baby better.

Instructions

- Allow enough time so you are not rushed
- Create a dimly lit, quiet room
- Do the massage at the same time each day
- Give baby 100% of your attention
- Talk and look at baby while massaging and rocking
- Repeat the steps of the massage that baby liked until you have completed a full 10 minutes
- Then proceed to swaddling and rocking for 5 minutes

Infant Directed Talk

Before starting the massage, for 30 seconds talk softly, raise the pitch of your voice, and say a couple words, then wait for baby to respond, then talk again.



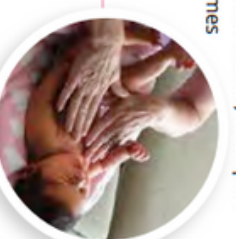
Head Massage

Gentle/moderate strokes with your entire hand from forehead to back of head to neck. 6 to 10 times



Chest/Belly Massage

Long smooth strokes from shoulder to diaper 6 times. Then massage straight down over chest and belly button (or around the belly button for new babies) to diaper. 6 times



Please note: If baby shows signs of disengagement during the massage, return to massaging areas baby prefers.

Arm Massage

Gentle/moderate strokes from shoulder to wrist, hands and fingers. 6 times each arm



Leg Massage

Gentle/moderate strokes from hip to ankle and feet. Try to cover as much of the leg as you can. 6 times each leg



Back Massage

Two fingers to stroke straight down each side of the back alternating sides 6 times. Finish with a circular motion over the spine. 6 times



Rocking

Wrap/swaddle baby in a blanket and gently rock side to side. If baby doesn't like that try up and down. Full term babies often like up and down rocking. 5 minutes



Please visit www.Pathways.org to find more FREE resources on child development.

2023 CAR SEAT CHECK UP EVENTS

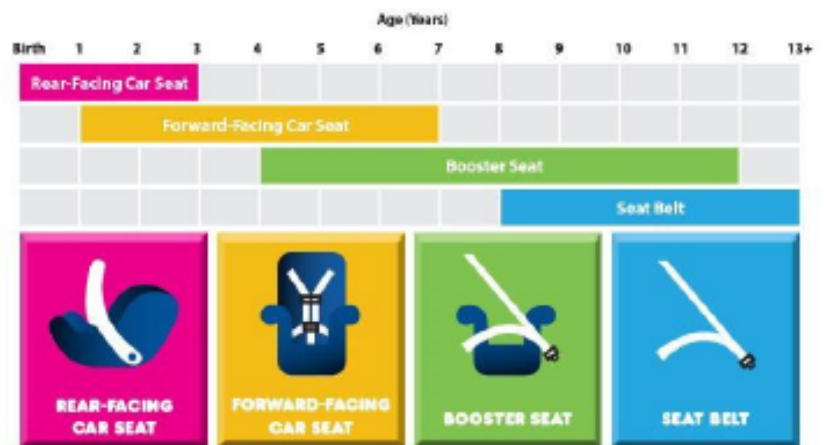
To schedule an appointment— CALL (320) 251-7393

APPOINTMENTS AVAILABLE FROM 3:00 – 6:00 PM
LOCATION: SARTELL FIRE DEPT, 501 PINECONE ROAD S, SARTELL

JANUARY WED — JAN 18	FEBRUARY WED — FEB 15	MARCH WED — MAR 15	APRIL WED — APR 19
MAY WED — MAY 17	JUNE WED — JUN 21	JULY WED — JUL 19	AUGUST WED — AUG 16
SEPTEMBER WED — SEPT 20	OCTOBER WED — OCT 18	NOVEMBER WED — NOV 15	DECEMBER NO EVENT

THINGS TO KNOW BEFORE YOU CALL FOR AN APPOINTMENT:

- Plan ahead! If you are expecting, we recommend calling when you are 6 -7 months pregnant.
- Seat checks are available for all stages—infant seats to booster seats
- If you get a voicemail please leave your name, phone number and number of car seats you would like checked. Someone will call you back to schedule an appointment time.
- Plan 30 minutes for EACH car seat in EACH vehicle
- Before your check, you need to install your car seat at home (read the car seat manual and vehicle manual for assistance)
- Car seats will be evaluated for correct fit in the vehicle, child size and for any recalls
- This is not a distribution site - you must bring your own car seat



Car seat checks & education are provided to you by the: ST. CLOUD AREA CHILD PASSENGER SAFETY COLLABORATIVE

Agencies below offer car seat checks by appointment for their residents only

BENTON COUNTY HUMAN SERVICES (Public Health Unit) 320-968-5087

SARTELL POLICE DEPARTMENT 320-251-8186

WAITE PARK POLICE DEPARTMENT (Alicia Mages) 320-251-7393

Agencies below offer car seat education only

MILESTONES (Jessica Baker) 320-251-5081

ST CLOUD HOSPITAL WOMEN & CHILDREN'S CENTER

STEARNS COUNTY HUMAN SERVICES (Jodi Eickhoff) 320-656-6100

SHERBURNE COUNTY HEALTH & HUMAN SERVICES 763-765-4000 or 1-800-433-5239



Recycle your car seats at the Household Hazardous Waste Facility

3601 5th St S
Waite Park



NEED HELP PURCHASING A CAR SEAT? AREA CAR SEAT DISTRIBUTION PROGRAMS:

Benton County Public Health: 320-968-5087

Sherburne County Health & Human Services: 763-765-4000 or 1-800-433-5239

Wright County Public Health: 763-682-7516

Milestones: 320-251-5081

www.nhtsa.gov

www.carseatsmadesimple.org

www.dps.mn.gov

www.centracare.com/classes-events/

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.