



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>



PREGNANCY

Your healthcare provider will offer various prenatal screening tests during your pregnancy. Your ethnicity, family history, health history, and age may increase risks for certain conditions. Prenatal screening tests are optional and do not guarantee that all type of birth defects or developmental problems are identified. They can help you and your healthcare provider feel better prepared and may help predict if you have an increased risk of carrying a baby with some specific conditions. Here are some of the screens your healthcare provider may offer:

- Chorionic Villus Sampling (CVS)-where a small amount of tissue is removed from your baby's developing placenta by placing a catheter through your vagina and cervix or needle through your abdomen. It is typically done at 10-12 weeks of pregnancy.
- First Trimester Combined Screen-where an ultrasound is used to measure the fluid area behind baby's neck. This information is combined with a blood test in both your 1st & 2nd trimester.
- Blood samples, urine cultures, or vaginal/cervical swabs may also be taken from mom to run a variety of screenings, including a cystic fibrosis carrier test, HIV test, prenatal profile (to determine blood type, RH factor, hemoglobin level, and other health conditions), sexually transmitted disease testing.
- Ultrasound

CHILD GROWTH & DEVELOPMENT

Sign up to receive three text messages a week of fun facts, tips to increase your child's motor skills, improve language and health development.



- English: Text TS to 70138
- Spanish: Envíe un mensaje de texto con el código TS ESP to 70138
- Somali: U qor/text TS SOM 70138

Have fun and boost your child's learning!



[f ThinkSmallEarlyLearning](https://www.facebook.com/ThinkSmallEarlyLearning)
[t ThinkSmallMN](https://twitter.com/ThinkSmallMN)
 #ThinkSmallTexts

POSTPARTUM & PARENTING

Tips to keeping your family healthy as winter approaches:

- Wash your hands with soap and water regularly, including:
 - after changing diapers
 - before you or your baby eats
 - when entering your home
 - after blowing your nose or using the restroom
- Encourage anyone visiting your home or who plans to hold or interact with your baby to wash their hands first too.
- Prioritize a good night's sleep and healthy foods and water intake whenever possible
- Avoid others who are sick and/or crowded gatherings
- Keep baby's hair, hands, body, clothes, pacifiers, toys, car seat, and bedding clean and dry.
- Talk to your healthcare provider about recommended vaccines, including influenza, COVID, RSV.

INFANT FEEDING

It may be best to wait until breastfeeding is well-established before introducing breastmilk in a bottle. This allows your baby time to learn how to latch well on the breast.

However, we know this is not always possible. It may be helpful to meet with a lactation consultant, your nurse, and/or your healthcare provider to learn additional ways to support your breastfeeding goals.

They may suggest use of a syringe, cup, or tube to assist with feedings. They can also offer tips about different types of bottles, nipple flow rate, and paced bottle feeding. Check out your local Baby Cafe or ask your home visiting nurse to learn more about this free support.

Research shows us that nursing moms who introduce a pacifier are just as successful with nursing as those who don't. True scientific research dispels the myth of nipple confusion and shows that limiting pacifiers does not increase nursing success.

Pacifiers can be a protective factor in reducing the risk of SIDS (Sudden Infant Death Syndrome). They are safe for infants to use during sleep.

Learn more at: <https://tinyurl.com/2p8d6jpn> & <https://takingcarababies.com/newborns-sleeping-with-pacifiers>



SAFETY & RESOURCES

Fare For All

is a pop-up grocery store who sell packs of fresh produce and frozen meat at up to 40% off of retail prices. There are several locations across Minnesota, including those in Elk River, Buffalo, St. Cloud, and St. Joseph. <https://www.fareforall.org>



Tri-CAP

is the federally designated community action program for Benton, Sherburne and Stearns Counties. They can help with basic needs (transportation, housing, energy, food resources), self sufficiency (financial fitness, renting, taxes, rebuilding lives), and building stability (home ownership, repair, and weatherization). <https://tricap.org/>



Wright County Community Action (WCCA)

is the designated community action agency for Wright County. They can help with self sufficiency (aging services, MNSure navigation, tax prep), nutrition (WIC, backpack program, emergency food boxes, food shelf), housing (energy assistance, foreclosure prevention, transitional housing, weatherization), and education (Early Head Start, Head Start) <https://www.wccaweb.com/>



Community Connect-Elk River 10/19/23, 11a-2p

a one-day, one-stop event that offers individuals and families access to resources and services in a welcoming and fun environment. <https://sherburneunitedway.org/community-connect/>



Project Connect-St. Cloud 10/24/23, 10a-3p

a free event that offers people within our community the opportunity to access services offered by governmental, non-profit, and other agencies <https://www.visitstcloud.com/event/project-connect/>



MINDFULNESS

10 Autumn Yoga Poses for Kids-See full descriptions at: <https://www.kidsyogastories.com/autumn-yoga/>



ACTIVITIES OF THE MONTH



Candy Corn Footprints
<https://tinyurl.com/2udukwff>



Pumpkin Handprint Card
<https://tinyurl.com/2p9ahz6n>



Pom Pom Leaf Art
<https://tinyurl.com/mr2j6kb5>



Fall Sensory Bottle
<https://tinyurl.com/bdf34eet>

AFFIRMATION OF THE MONTH

*"I deserve happiness.
My feelings are valid."*



SPECIAL DAYS IN OCTOBER

- 1: International Music Day
- 2: Child Health Day
- 4: National Taco Day, World Animal Day
- 5: National Do Something Nice Day
- 10: World Mental Health Day
- 17: National Pasta Day
- 21: National Apple Day
- 26: National Pumpkin Day
- 31: Halloween

