



PREGNANCY

The Rh factor is a protein that can be found on the surface of red blood cells. The positive or negative part of your blood type refers to your Rh status. Rh factor is inherited (or passed) either from mom or dad.

- If your blood cells have this protein, you are Rh positive.
- If your blood cells do not have this protein, you are Rh negative.

This matters in pregnancy if mom is Rh negative and dad is Rh positive because it can lead to Rh incompatibility.

During labor and delivery, ectopic pregnancy, miscarriage, or abortion, the blood of an RH-positive fetus may get into the bloodstream of an Rh-negative woman. Her body will recognize that blood as not hers and make anti-Rh antibodies. These antibodies can cross the placenta and attack the fetus's blood cells and lead to serious health problems.

Your healthcare provider will order a simple blood test in early pregnancy to determine your blood type and Rh status. Rh incompatibility problems can be prevented. The goal of treatment is to stop an Rh-negative woman from making Rh antibodies in the first place. This is done by those moms receiving an injection of Rh immunoglobulin (RhoGAM) in late pregnancy. She may receive a second dose after delivery depending on baby's blood type.

Source/Learn more at: <https://tinyurl.com/2p9hbvuv>



Your home visiting nurse will be sharing a survey about our home visiting program. We encourage all enrolled families to complete it to help us improve our services!

POSTPARTUM & PARENTING

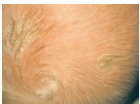
Minnesota Voluntary Recognition of Parentage (ROP) is a document that establishes a legal relationship between a man and a child when the man is not married to the child's mother. Both parents must sign this form to make the man the child's legal father. The completed form must be filed with the Office of Vital Records at the Minnesota Department of Health, who will put the biological father's name on the child's birth record.

ROP gives the child a legal father, gives the mother the right to ask for financial support for the child, including basic, medical, dental, and child care support, and the right to obtain medical information about the legal father. It also gives fathers the right to ask the court for parenting time and custody, allows you to put your child on your medical and dental insurance, gives you the right to be notified of any adoption proceedings, and makes you the legal father.

Source/Learn more at: <https://tinyurl.com/2ehp5n3d>

CHILD GROWTH & DEVELOPMENT

Cradle cap causes crusty or oily scaly patches on a baby's scalp. It isn't painful, but can develop into thicker scales that aren't easy to remove. It is not contagious and is not caused by poor hygiene. In fact, the exact cause isn't known. Some factors may include hormones that pass from mom to baby before birth, or a fungus that grows in the hair follicles and oil glands of baby's scalp.



Treatment typically includes washing your baby's scalp daily with a mild shampoo. You can use a soft bristled infant brush or washcloth to gently loosen the scales. Do not scratch. If needed, you can rub a few drops of mineral oil onto your baby's scalp to help loosen the scales, making sure to avoid getting near baby's face and eyes. If at home treatment does not work, your pediatrician may suggest alternative treatment options.

Source/Learn more at: <https://tinyurl.com/2p85579u>

INFANT FEEDING

In Minnesota, you have legal protections to help keep you safe and healthy in the workplace. It is your right to work safely during pregnancy, take pregnancy and parental leave and to express milk when you return to work.

Not sure how to start the conversation with your employer? Here are some tips:

- Don't wait—begin conversations early
- Be positive—approach the news as a win-win for both you and the employer
- Speak up—it is okay to tell your employer your needs and rights
- Bring a coworker—consider bringing a coworker to join the discussion
- Be informed—share the brochure found at the link below.
- Know your rights—an employer may not retaliate or take negative action for you asserting your rights.

Source/learn more at: <http://www.dli.mn.gov/newparents>



SAFETY & RESOURCES

The Period of PURPLE Crying. This period begins for a newborn at about 2 weeks of age and continues until about 3-4 months of age. It is a normal part of every infant's development and may explain why you may notice your infant cry more during this phase. There are other common characteristics of this phase which are better described by the acronym PURPLE:

PURPLE

PEAK OF CRYING **UNEXPECTED** **RESISTS SOOTHING** **PAIN-LIKE FACE** **LONG LASTING** **EVENING**

P: Your baby may cry more each week, the most in month 2, then less in months 3-5.

U: Crying can come and go and you don't know why.

R: Your baby may not stop crying no matter what you try.

P: A crying baby may look like they are in pain, even when they are not.

L: Crying can last as much as 5 hours a day, or more.

E: Your baby may cry more in the late afternoon and evening.

Remember, this is a period in your child's development. The crying will have a beginning and an end. These hard times will come to an end.

Some ways you can try to soothe your crying baby are to:

- Check to see if they are hungry, tired, or needs a diaper change
- Hold your baby close to you with skin to skin contact.
- Walk and sing with your baby.
- Give your baby a bath.
- Take your baby for a walk or car ride

While these ideas may not work every time, they may help reduce some of your baby's crying.

If you need a break, put your baby in a safe place and walk in the other room to help calm your own body. Try the breathing exercise listed below. Call a friend or family member for help. Never shake a baby, as shaking may cause lifelong injuries, or even death.

MINDFULNESS



Fall Leaf Breathing: trace your finger around the leaf while you slowly breath in and out, over and over:
<https://tinyurl.com/hnxmhcv>

ACTIVITIES OF THE MONTH

STEAM stands for Science, Technology, Engineering, Art and Math. In honor of National STEM/STEAM Day on November 8, below are some STEAM activities to do with your toddler:



Fizzy Painting
<https://tinyurl.com/mmarbtxd>

Salt Dough Dinosaur Fossils

<https://tinyurl.com/4krb2tw3>



Snowball Balance
<https://tinyurl.com/3w8v95e4>

Find more STEAM activities at:
<https://tinyurl.com/48jp8k3k>

AFFIRMATION OF THE MONTH

"I learn and grow with my child."



SPECIAL DAYS IN NOVEMBER

- 5: Daylight Saving Time Ends: remember to turn your clocks back one hour
- 8: National STEM/STEAM Day
- 11: Veterans Day
- 13: World Kindness Day
- 14: World Diabetes Day
- 16: National Button Day
- 17: World Prematurity Day
- 23: Thanksgiving Day



BABY CAFÉ



Learning to breastfeed can be hard at first.
We can help you and your baby succeed!

Mondays • 10:00 a.m. - Noon

Monticello Community Center – Conference Room
505 Walnut Street, Monticello

babycafé



Public Health

The Baby Café supports all aspects of breastfeeding/pumping – from before baby is born to weaning to mom’s return to work.

Share your experiences and learn how others are adjusting to the demands of motherhood.

You can expect:

- A relaxed, child-friendly environment with open-forum discussions and a chance to meet other moms.
- Up-to-date information from knowledgeable staff at no cost to you.
- To learn breastfeeding techniques with a “hands-off” approach (or with staff working over your hands, if needed).



No appointment or Community Center membership needed for the Baby Café.
If schools are not in session or cancelled, the baby café will be cancelled.
If you have questions, call **763-271-2218**.