



PREGNANCY

A doula is a trained professional who provides continuous physical, emotional and informational support to their client before, during and shortly after childbirth. Doulas can make a positive impact on the physical and psychological outcomes for both pregnant, birthing, and postpartum people and their baby.

- Check to see what type of coverage your health insurance has for doula support.

Your First Steps nurse, healthcare provider, doula, and family and friends can all be a part of your network of support throughout pregnancy and after baby arrives. Learn more about doulas at:

- Everyday Miracles <https://www.everyday-miracles.org/>
- DONA International <https://www.dona.org/>
- Minnesota Doula Registry <https://www.health.state.mn.us/facilities/providers/doula/index.html>

In addition to information you receive from your First Steps nurse, many clinics/hospitals offer Childbirth Education classes to learn more and/or tour the hospital before your delivery.



Local healthcare system Childbirth Education classes:

- [CentraCare](#)
- [Glencoe Regional Health](#)
- [Partners/Hutchinson Health](#)
- [Maple Grove Hospital/North Memorial Health](#)
- [Ridgeview Medical](#)
- [Stellis Health](#)

POSTPARTUM & PARENTING

Managing strong, negative emotions is not always easy as a parent. Your reaction to your child's emotions has a large impact in your child's development, your child's ability to learn good coping skills, and guides their future behavior. Modeling positive ways to acknowledge and accept how you are feeling and responding in a healthy way teaches your child that their emotions are a normal human experience and that they, too, can control their behaviors.

- Tune into feelings. Feelings are not right or wrong, it is what you do with your feelings that can be helpful or hurtful.
- Name feelings. This helps acknowledge that they are real and validate how your child is feeling.
- Consider feelings in the context of your child's development. This helps you approach your child with empathy and you are more likely to respond calmly.

Learn more at:

- Positive Parenting: Accept Feelings, Limit Actions: <https://tinyurl.com/75n87vdrk>
- Managing Your Own Emotions: <https://tinyurl.com/74dkduk3>



CHILD GROWTH & DEVELOPMENT

Executive Functioning skills combine motor, sensory, communication, and cognitive skills and are used in daily activities such as playing, learning, and socializing. Like other developmental milestones, there is some normal variability in the time at which children reach executive function skills.

Executive Functioning activities for your 6-18 month old infant (and even older toddler) may include:

- Peekaboo
- Singing predictable rhymes such as Pat-A-Cake
- Hiding a toy under a cloth
- Stacking blocks, knocking them down, rebuilding
- Fingerplays (songs with simple hand motions, such as Eensy Weensy Spider)
- Role play or taking turns with an activity
- Talking and pointing out objects

A great way to engage your child in play is to have them close to you. Holding them on your lap works great for this. Repetition is also helpful. Learn more at: Center on the Developing Child



INFANT FEEDING

Human Milk Storage Guidelines

TYPE OF BREAST MILK	STORAGE LOCATIONS AND TEMPERATURES		
	Countertop 77°F (25°C) or colder (room temperature)	Refrigerator 40°F (4°C)	Freezer 0°F (-18°C) or colder
Freshly Expressed or Pumped	Up to 4 Hours	Up to 4 Days	Within 6 months is best Up to 12 months is acceptable
Thawed, Previously Frozen	1-2 Hours	Up to 1 Day (24 hours)	NEVER refreeze human milk after it has been thawed
Leftover from a Feeding (baby did not finish the bottle)	Use within 2 hours after the baby is finished feeding		

These guidelines are for healthy full-term babies and may vary for premature or sick babies. Check with your health care provider.

Find more breastfeeding resources at: WICBreastfeeding.Ins.usda.gov
www.cdc.gov/breastfeeding/



Human Milk Storage Guidelines

Find additional Breastfeeding Resources at:
<https://firststepscentralmn.org/resources>



SAFETY & RESOURCES

It can be more difficult to stay active during Minnesota winters between the cold temperatures, snow, and ice, however getting outside can help with your overall wellness. Here are some ideas to stay active and safe during winter:

- Play in the snow: build a snowman or fort, make snow angels
- Stay dry: dress in warm, waterproof layers, cover skin with hats, mittens, and scarves, and wear boots.
- Go sledding: wear a helmet, pick a hill covered in soft snow and clear of obstacles such as trees, ponds, rocks, or roads, and choose a safe sled.
- Take breaks to come inside and warm up.
- Go on a winter nature hike or do a scavenger hunt (see page 3) with your child.
- Bring snow inside and create a sensory bucket of snow

Learn more at:

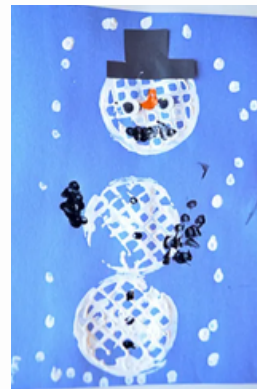
- <https://tinyurl.com/5552ce6d>
- <https://tinyurl.com/5bfuhtax>



ACTIVITIES OF THE MONTH

Roll, Count and Fill Snowman

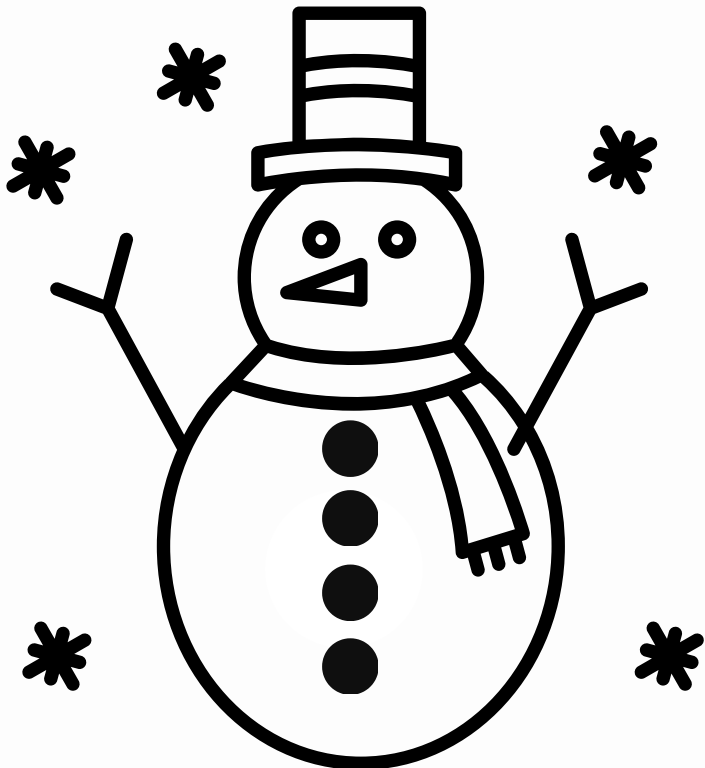
<https://tinyurl.com/27n7exe8>



Potato Masher Snowman

Supplies: paper, paint, glue, scissors, potato masher
<https://tinyurl.com/dhpnvjap>

MINDFULNESS



Snowman Deep Breathing: Point to one button, breathe in and out slowly. Point to the next button, breathe in and out slowly. Repeat for all four buttons on the snowman.

Winter in a Bag

<https://tinyurl.com/lyzz5ydx>



AFFIRMATION OF THE MONTH

"I give myself permission to set boundaries."



SPECIAL DAYS IN DECEMBER

- 1st week of December: National Handwashing Awareness Week
- 7: Hanukkah begins at nightfall
- 10: International Children's Day & Human Rights Day
- 18: Bake Cookies Day
- 21: Winter Solstice
- 25: Christmas
- 26: Kwanzaa begins
- 31: New Years Eve



Winter

Scavenger Hunt

Hat



Snowflake



Snowman



Tree



Igloo



Shovel



Animal Tracks



Boots



Mittens



Hot Chocolate



Snowball



Icicles

