



PREGNANCY

Exercise may seem like the last thing on your mind to do, but there are many physical and mental benefits to staying active during pregnancy. Here are some tips to get started:

- Start slow. Exercise does not need to be physically demanding to be beneficial and any amount of time exercising is better than nothing
- Warm up before exercising and cool down afterwards. Yoga is great for stretching.
- Drink plenty of water to stay well hydrated
- Avoid exercise that has risk of falling or contact, such as skiing, ice skating.

POSTPARTUM & PARENTING

Schedule your postpartum checkup with your healthcare provider around 6 weeks after delivery to ensure your body is healing as it should be and before resuming any sexual activity.

It is possible to get pregnant soon after giving birth. If you are sexually active but do not want to get pregnant again, it is important to either abstain from sex around the time of ovulation or use a form of contraception, or birth control. Talk with your healthcare provider about which option might work best for you. If you are breastfeeding, there are many options that will not have an affect on your milk supply.

CHILD GROWTH & DEVELOPMENT

help me



Children develop skills in predictable ways, referred to as developmental milestones. They cover

four areas of development,

including cognitive, communication and language, social and emotional, and motor.

They help you understand how your child learns and grows. Learn more at

<https://helpmegrowmn.org/HMG/DevelopMilestone/index.html>

Also, ask your nurse about enrolling in the Follow Along Program:

https://www.health.state.mn.us/people/children_youth/fap/index.html



Check out the Pathways Baby Milestone Calendar for week-to-week activities and games based on your child's age at <https://pathways.org/baby-milestones-calendar/>

The activities can also be emailed to you.

INFANT FEEDING



Paced bottle feeding slows down the flow of milk into the nipple and mouth, giving baby a chance to swallow and breathe. It helps prevent overfeeding and spit-up, and gives baby more control over the feeding.

Learn more at: <https://tinyurl.com/4e6ahj2z>

- English Video: <https://www.youtube.com/watch?v=GNMm4Twhvbs>
- English Video: <https://www.youtube.com/watch?v=OGPm5SpLxXY>
- Spanish Video: <https://www.youtube.com/watch?v=oekSP7cmtEk>



SAFETY & RESOURCES

Puffy coats and snowsuits are great at keeping kids warm in winter months, but take them off of your child before securing them in their car seat. In the event of a crash, the bulky material will compress and make the harness straps too loose on your child. When harness straps are too loose, they aren't doing their job of helping your child stay safe!



Pinching=too loose

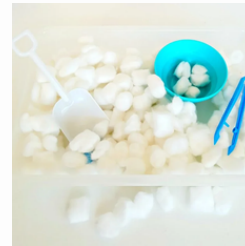
No pinching=tight enough

Keep your child rear-facing as long as possible. Your child should remain in a rear-facing car seat until they reach the top height or weight limit allowed by your car seat.

ACTIVITIES OF THE MONTH

Winter Sensory Bin

<https://tinyurl.com/4x4w99mm>



Winter Footprint Craft

<https://tinyurl.com/3hjtd2ba>



MINDFULNESS

Imagine you are holding a warm mug of hot chocolate. Breathe in through your nose slowly and smell the sweet chocolate scent. Then blow out through your mouth slowly to cool down the hot chocolate. It is still too hot to drink. Try breathing in and cooling the hot chocolate two more times.

Hot Chocolate Breaths

<https://youtu.be/yIB9Bc1Vt1s>



AFFIRMATION OF THE MONTH

"I am capable of achieving my fullest potential."

UPCOMING EVENTS

County offices are closed:

- January 1 (New Years Day)
- January 15 (Martin Luther King Jr Day)

Give Kids a Smile Day is coming up on February 2 & 3. Plan ahead to find a site and schedule your child for free dental care at <https://www.mndental.org/events/give-kids-a-smile/patients/>

Weekly Baby Cafes in Central MN

- Mondays 10a-12p, Monticello Community Center
- Tuesdays 9:30a-11:30a, St. Cloud YMCA
- Tuesdays 10:30a-12:30p, Princeton ECFE Family Center
- Wednesdays 10a-12p, Buffalo Wright County Historical Society

Give Kids a **SMILE**



FREE DENTAL CARE FOR KIDS IN NEED

Because every child's smile should be the picture of health, dentists and dental professionals volunteer in select clinics throughout the state to provide free care to low-income children in need. This special program, called Give Kids a Smile, is available on the first Friday and Saturday of February. After January 1, parents can find local participating clinics by visiting mndental.org or by calling United Way 2-1-1 or 1-800-543-7709.

Please note: Every child must be accompanied by a parent or legal guardian and must have an appointment in advance. Sorry, walk-in care is not available.



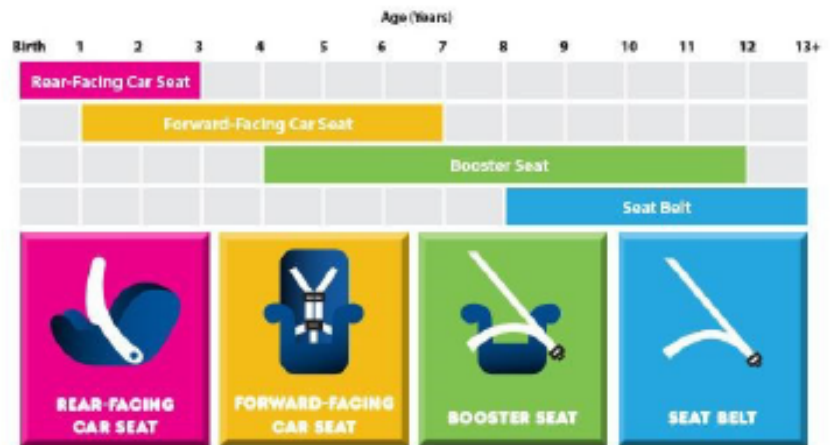
2024 CAR SEAT CHECK UP EVENTS

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 17	FEBRUARY WED — FEB 21	MARCH WED — MAR 20	APRIL WED — APR 17
MAY WED — MAY 15	JUNE WED — JUN 26	JULY WED — JUL 17	AUGUST THURS — AUG 15
SEPTEMBER WED — SEPT 18	OCTOBER WED — OCT 16	NOVEMBER WED — NOV 20	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