



PREGNANCY

Timing your contractions will help you and your healthcare provider track what is happening. You will need to know how long your contractions last (duration) and how close together they are (frequency). Frequency is timed from the start of one contraction to the start of the next. Contractions are considered regular when the duration and frequency are stable over a period of time. For example: contractions lasting 60 seconds and coming five minutes apart for an hour.



CHILD GROWTH & DEVELOPMENT

Teething: Most babies get their first tooth between 6 and 10 months of age, starting with the two bottom middle teeth, then top two middle teeth, then those along the sides.

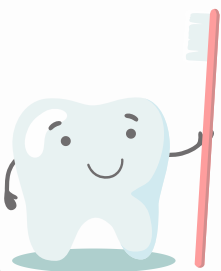
Common signs of teething may include:

- Fussiness, Increased drooling, Swollen gums, Gnawing or biting, Refusing to eat, Trouble sleeping, Rubbing face and ears, Slight fever (temperatures above 100.4 degrees F are not normal for teething)

What can you do to help?

- Teething rings, cold washcloths, cold foods (if old enough), pain relief medications (check with your child's healthcare provide for correct dosing)

Brushing: Use a damp washcloth to gently wipe your infant's gums, cheeks, and tongue. Use a baby toothbrush once your child's first tooth appears. Continue to help your child brush their teeth twice a day until they are old enough to do themselves.



POSTPARTUM & PARENTING

Being a parent can be busy and feel overwhelming. It is important to prioritize your wellbeing to help reduce stress, anger, fear, and sadness. Your child will notice. Here are some ways to start building wellbeing into your lifestyle:

- Exercise—replace sedentary habits for active ones, start with small intervals and build each week.
- Digital Disconnect—turn off your phone and TV for 1-2 hours daily. Try this at night for a better night's sleep.
- Nourish your body with healthy foods—limit processed and high sugar foods.
- Sleep—aim for 7.5-8.5 hours
- Build connections—take a class at your library or through ECCE to meet other parents.



INFANT FEEDING

Spitting up is common in healthy babies. During their first three months, about half of all babies experience spit up because the muscle between their stomach and esophagus needs time to mature.

Normal spitting up doesn't interfere with a baby's well-being. As long as baby seems comfortable, is eating well, and gaining weight, there's little cause for concern. Spit up amounts often appear to be more than it actual is, and not their entire feeding. Check out this video demonstration by Taking Care Babies <https://tinyurl.com/mtczp966>

To help reduce spitting up, try to keep your baby in an upright position for 30 minutes after feeding, avoid overfeeding, and take time to burp your baby.



SAFETY & RESOURCES

The ABCs of Safe Sleep for your infant:

- **ALONE:** your baby should sleep alone in their own space.
- **BACK:** your baby should sleep on their back. Place baby on their back to sleep and tummy to play.
- **CRIB:** your baby should sleep in a crib, bassinet, or pack-n-play that meets current safety standards and is a firm sleep surface. Do not use pillows, bumpers, blankets, toys, or sleep positioning devices in their sleep space.

The American Academy of Pediatrics suggests that swaddling should be stopped as soon as babies begin to show signs they are attempting to roll over on their own. Sleep sacks are a safe alternative to a swaddle, and allows infant arms to be free. Learn more at <http://tinyurl.com/p85ye369>



ACTIVITIES OF THE MONTH



Valentine's Day Love Bug

<http://tinyurl.com/yz4kcns5>



Diversity Fingerprint Craft

<http://tinyurl.com/m9csus2n>



MINDFULNESS

Action for Happiness offers a variety of resources for happier living, including ways to build connections, take care of your body and mind, find ways to bounce back, looking for what's good, and more.

They have a monthly calendar with small steps you can take each day to build happiness in your life. Check out: <https://actionforhappiness.org/>

You can also sign up for their free 10 Days of Happiness online program to boost your wellbeing. Sign up at: <https://10daysofhappiness.org/>



AFFIRMATION OF THE MONTH

"I'm doing the best I can for my family, and it's enough."

UPCOMING EVENTS

County offices are closed:

- February 19 (President's Day)

Give Kids a Smile Day February 2 & 3. Schedule your child for free dental care at <https://www.mndental.org/events/give-kids-a-smile/patients/>

Great River Regional Library locations host fun, family friendly events throughout the month, find out more information at <https://events.griver.org/>

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

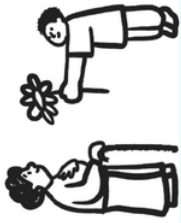
Friendly February 2024

MONDAY



5 Make time to have a friendly chat with a neighbour

TUESDAY



6 Get back in touch with an old friend you've not seen for a while

WEDNESDAY



7 Show an active interest by asking questions when talking to others

THURSDAY

1 Send a message to let someone know you're thinking of them

FRIDAY

2 Ask a friend how they have been feeling recently

SATURDAY

3 Do an act of kindness to make life easier for someone

SUNDAY

4 Invite a friend over for a 'tea break' (in person or virtual)

11 Send an encouraging note to someone who needs a boost

10 Look for good in others, particularly when you feel frustrated with them

9 Thank someone and tell them how they made a difference for you

8 Share what you're feeling with someone you really trust

7 Show an active interest by asking questions when talking to others

6 Get back in touch with an old friend you've not seen for a while

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today

29 Acknowledge someone's problem or pain rather than trying to fix it



ACTION FOR HAPPINESS

Happier · Kinder · Together



Circle of Security® PARENTING SERIES

At times all caregivers feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure caregiver-child relationships can be supported and strengthened.

Learning Objectives of the Class:

- Understand your child's emotional world by learning to read the emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure in their relationship with you

Location: Virtual via Zoom

Cost: No Cost to Families Thanks to Grant Funding.

Choose from one of these three options:

Option A: Black/African American Circle of Security Class in English - Virtual Thursday Evenings from 6:30-7:30 p.m.

(Total of 8 sessions, presented by Belinda Labor and Velva Pennington)

Dates: February 8th, 15th, 22nd, 29th, March 7th, 14th, 21st, and 28th

Option B: LatinX Circle of Security Class en español – Virtual Total of 8 sessions – To be determined by participant feedback

(Presented by Leyda Antunez - Maximum of 8 Participants)

Por favor seleccione si la opción del día o de la noche es mejor para usted:

- 1) Clase los Viernes de 1:00-2:15 pm
- 2) Clase los Lunes de 6:30-7:45 pm



SCAN ME

Option C: Circle of Security Class in English - Virtual Thursday Evenings from 6:30-7:30 p.m.

(Total of 8 sessions, presented by Sara Falk)

Dates: Thursday, February 22nd, 29th, March 7th, 14th, 21st, 28th, and April 4th, and 11th

Who should attend: Parents, Caregivers, Foster Parents, and Guardians (Minimum of 5, maximum of 15 caregivers)

Attending every week is important and expected! Families who attend every session will receive a small gift at the end of the class.

For questions or to register, please contact Cathy at Ellison Center:

320-406-1600, extension 0 or email: office@ellisoncenter.org

Please indicate if you want Option A, B or C when registering.

If you are a childcare provider, please contact Pam to find out about upcoming Circle of Security classes to earn Develop credit. You can reach Pam at pam@ellisoncenter.org.