



PREGNANCY

There is no one-size-fits all approach to pregnancy weight gain. It can vary based on many factors, including your pre-pregnancy weight. Work with your health care provider to determine what is right for you. An extra 300 calories a day (half a sandwich and glass of skim milk) is typically all the extra calories your pregnant body need in your 2nd and 3rd trimesters.

In addition to your baby's weight (about 7-8 pounds), here is a sample breakdown of where the rest of the weight goes:

- Breasts: 1-3 pounds
- Growing uterus: 2 pounds
- Placenta: 1.5 pounds
- Amniotic fluid: 2 pounds
- Increased blood volume: 3-4 pounds
- Increased fluid volume: 2-3 pounds
- Fat stores: 6-8 pounds

CHILD GROWTH & DEVELOPMENT

The American Optometric Association recommends children receive eye exams between 6-12 months. Around 6 months of age, babies should be able to focus, see color and have depth perception.

InfantSEE assessments are available for infants between 6 and 12 months of age at participating optometrists at **no cost**. Find a participating optometrist at www.infantsee.org/find-a-doctor.

Optometrists will make sure your infant's eyes are developing normally, check for signs eye or vision disorders.

Eye and vision problems can interfere with learning and behavior so it is important to find and address concerns early. It is also recommended to bring your child to the optometrist at age 3, before starting first grade, then every year following.



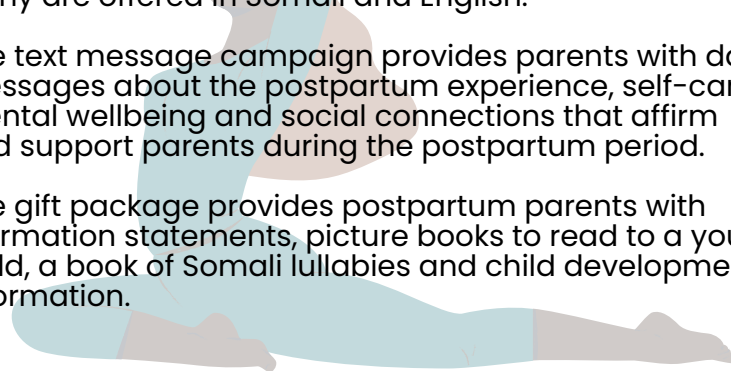
POSTPARTUM & PARENTING

The 40-Day Project A virtual platform designed to promote mental wellness and self-care for Somali people during the postpartum period. See: z.umn.edu/40days

The website offers parents five modules of resources, educational materials, birth stories and ways to access support for Somali birthing parents and the medical and social service providers who serve them. Find videos and handouts about the postpartum experience, mental wellbeing, building social connections and self-care. Many are offered in Somali and English.

The text message campaign provides parents with daily messages about the postpartum experience, self-care, mental wellbeing and social connections that affirm and support parents during the postpartum period.

The gift package provides postpartum parents with affirmation statements, picture books to read to a young child, a book of Somali lullabies and child development information.



INFANT FEEDING

Weaning is the gradual replacement of breastfeeding with other foods and ways of nurturing. Breastfeeding is not an all-or-nothing process. You can decide how and for how long your weaning journey goes. It is a myth that the benefits of breastmilk stop at a certain point. All children reach an age of being ready to wean at different times.

Consider weaning slowly, eliminating one feeding for 3-7 days (or longer) before dropping the next. This allows your milk supply to decrease slowly, without fullness and discomfort.

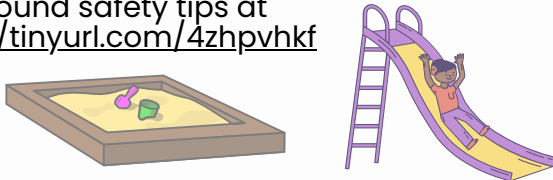
It's not unusual to feel tearful, sad, or mildly depressed after weaning; some mother experience irritability, anxiety, or mood swings. These feelings are usually short-term and go away in a few weeks, but some mothers experience more severe symptoms that require treatment.

Learn more at: <https://kellymom.com/category/ages/weaning/>



SAFETY & RESOURCES

As we look to warmer spring weather, check out your local parks and public playgrounds for some outdoor fun. Playgrounds help children exercise their bodies, brains, and social skills while allowing them a chance for unstructured, free play that's important for their development. Learn about playground safety tips at <https://tinyurl.com/4zhpvhkf>



Thinking of doing some spring cleaning? Ensure your cleaning supplies are stored securely to prevent your child from getting into them. Contact Poison Control 1-800-222-1222 if you suspect a poisoning. Find out more at <https://www.poison.org/>

MINDFULNESS

Learn more about the below spring-themed yoga poses and activities for kids at: <https://tinyurl.com/53h8uezx>

Bunny Pose: Kneel on your mat and sit on your feet. Reach your arms straight back behind you, then lower the top of your head to the floor, lifting your bottom slightly. Your arms should be up like a bunny's ears.



Blooming Tree Pose: Stand up tall and press your hands together at your heart. Press one foot into your other leg to balance, and reach your arms slowly up and open your hands like flowers.

Rainbow Pose: Kneel up on your knees and put your right leg straight out to the side with your toes pointing forward. Reach your right arm up and over, away from your straight leg, arching your body to make a rainbow shape! This is also perfect as partner pose, mirroring and connecting hands.



AFFIRMATION OF THE MONTH



"The change in seasons is a reminder that I'm changing, too."

ACTIVITIES OF THE MONTH

St. Patrick's Day Art



March 17 is St. Patrick's Day



March 20 is the First Day of Spring



Paper Bag Kite

<https://typicallysimple.com/paper-bag-kite/>

UPCOMING EVENTS

Caregiver Course to Prevent Child Trafficking

- Monday, March 4, 6pm-8pm
- Foley Intermediate School Media Center
- FREE, but they request you pre-register [here](#)
- Learn how child trafficking occurs, what makes youth vulnerable, identify those most at risk, and how to prevent trafficking and sexual exploitation.

St. Cloud First Steps Baby Expo

- Saturday, March 9, 9am-2pm
- St. Cloud River's Edge Convention Center
- Tickets \$10 for adults, children under 12 FREE
- www.firststepsbabyexpo.com/
- Stop by and say hi at our booth!

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

Spring Scavenger Hunt For Toddlers





isd742.org/earlychildhood

Peek-a-boo BABIES!

PLAY space for newborn to crawling babies.
Learning begins at birth through PLAY!

11:30 a.m. – 1:00 p.m.
Every Thursday in March, April & May, 2024

*Location: ECFE (Early Childhood Family Education)
at Quarryview Education Center (800 7th St. S., Waite Park)*

*No class on 3/7 or when St. Cloud school district has
late/cancelled weather days.*

FREE

Just show up.

No registration
necessary!

Come play with your baby! Meet other parents & babies!

We have a safe fun place for your baby to play.

**What happens in the early years, birth to 3
is the foundation for the long-term success of a child.**

St. Cloud Area
School District 

800 7th St. S., Waite Park, MN 56387

For questions, call 320-370-8250