



FAMILY NEWSLETTER

Pregnancy & Parenting

Preeclampsia

Preeclampsia is a serious high blood pressure condition that can occur in the second half of pregnancy or after your baby is born. It can be life threatening.

Depending on your risk factors, your provider may recommend you take a low-dose (81mg) aspirin daily beginning in your second trimester.

Many women may not have any symptoms. However call your healthcare provider right away if you have any of these signs of preeclampsia:

- sudden weight gain (more than 2 pounds in 1 day or 5 pounds in 1 week)
- swelling in your hands or face
- pain in your upper abdomen or shoulder
- trouble breathing
- changes in your eyesight, such as blurred vision, seeing spots, blind spots, or flashes of light
- a headache that won't go away

It is important to attend your routine prenatal appointments to prevent complications of preeclampsia and catch any early warning signs.

Early Childhood Family Education

ECFE is a free public school program in MN for families with young children--from babies just born until they start kindergarten. It is open to all families and helps parents and kids learn and grow together. Depending on the class, there may be parent-child time, children activity time, and/or parent discussion time. Classes may happen during the day or evening and fees are typically based on a sliding scale, meaning families pay what they can afford and are not turned away. Check your local school district for more information!

Child Growth & Development

Motor Skills

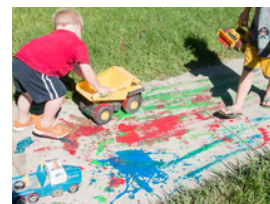
Motor skills are important because they are used everyday throughout our lives. Motor skills and motor control begin developing after birth, and will progress as children grow. Mastering both GROSS motor skills and FINE motor skills are important for your child's growth and independence.

- **Gross motor skills** are movements related to large muscles like legs and arms.
- **Fine motor skills** are movements related to smaller muscle groups such as those in the hands and wrist.

Activities with Toddlers

Toddlers are kids between the ages of 1 and 3. This stage can be challenging because they often have a tough time understanding direction and have a short attention span. When planning an activity with your toddler, simple is best:

- Allow your toddler to explore whatever it is that you give them.
- Don't do an activity with an intentional plan, it never works out with this age range.
- Expect a toddler to be interested, leave it out for them to come back to later, or even the next day.
- Plan for them to put it in their mouth if you have a mouther.



Check out <https://handsonaswegrow.com/50-toddler-activities/> and page 4 for a complete list!



Activities of the Month



Check out
<https://handsonaswegrow.com/50-toddler-activities/> and page 4 for a complete list!

Mindfulness Moment



Affirmations are important because they intentionally shape the way you think, feel, and behave.

Learn more on page 3!

Safety & Resources

Child Passenger Safety

Here's a summary of MN law & best practices:

- Children under 2 should remain rear-facing in an infant or convertible child safety seat
- They should remain rear facing until they have outgrown the rear-facing harness weight or height limitations of their seat. This may be well beyond 2 years of age.
- They should then remain in a forward-facing seat with internal harness until they are 4 years old AND have reached the maximum weight or height limitations of their seat.
- They should then transition to a belt positioning booster seat using the lap belt and shoulder belt.
- Learn more at <https://dps.mn.gov/>

Register your child's seat to receive recalls and safety notices. Fill out the card that came with your seat, or do online: <https://www.nhtsa.gov/>

Enter your vehicle's VIN number at <https://www.nhtsa.gov/recalls> to find out if your vehicle needs repair as part of a recall.

You may be eligible for a free car seat through your health plan. Ask your Public Health Nurse for more information! Lastly, remember to wear your seatbelt and limit distractions while driving!

Drop-In Feeding Support


Mondays

- 10a-12p, Monticello Community Center

Tuesdays

- 9:30a-11:30a, St. Cloud YMCA 

Wednesdays

- 9:30a-11:30a, Wright County Historical Society, Buffalo 
- 1:30p-3p, Maple Grove Hospital

Thursdays

- 10a-12p, Mainstreet Family Resource Center, Elk River 
- 11a-12:30p, Cambridge-Isanti Adult Enrichment Center

Fridays

- 10a-12p, Options for Women -Cornerstone, St. Michael



=First Steps staff present



Why affirmations matter:

- 1. Training Your Brain**—Your brain learns from what you repeat. Saying positive statements often can help replace negative thoughts with ones that make you feel confident, motivated, and strong.
- 2. Building Self-Esteem**—Affirmations help you remember your worth. They remind you of your skills, strengths, and good qualities, especially when you feel unsure.
- 3. Lowering Stress and Worry**—Positive affirmations can help your brain feel calm. This makes it easier to handle problems without feeling overwhelmed.
- 4. Reaching Your Goals**—When you say you can do something and picture it happening, it helps you take steps to make it real.
- 5. Feeling Better Emotionally**—Affirmations help you focus on the good, not just the bad. This can make you feel more hopeful and balanced.
- 6. Building Good Habits**—Saying affirmations that match the habits you want (“I keep trying every day”) can help you stick with them.



For Self-Confidence

- I am worthy of respect and kindness.
- I believe in my ability to handle life's challenges.
- I radiate confidence, self-respect, and inner harmony.



For Resilience

- I can adapt, adjust, and grow through any situation.
- Setbacks are stepping stones to my success.
- I choose to see challenges as opportunities to learn.



For Healing & Self-Care

- I deserve rest, care, and compassion.
- I release what no longer serves my well-being.
- Each day, I grow stronger in mind, body, and spirit.



For Motivation & Goals

- I am focused, disciplined, and determined.
- My actions today create the future I desire.
- I trust the process and celebrate my progress.

Morning Affirmation Script

(take a deep breath)

Today, I choose to be confident, calm, and focused.
I am capable of handling whatever comes my way.
I release yesterday's worries and step into today with gratitude.
I trust myself, my journey, and my growth.
I am ready, I am strong, and I am enough.



50 ACTIVITIES

perfect for your **TODDLER**

Toddler Sensory Activities

1. Soapy jars, fun to shake up and watch settle!
2. Make dish soap foam
3. Add coloring to cooked spaghetti
4. Create a slimy sensory bag
5. Explore flour freely.
6. Mix water and flour
7. Explore ice cubes!
8. Jello sensory!
9. Explore pasta.
10. Add water to paper to squish!
11. Play with bubbles!

Free Play Material Exploration

12. Push ribbons into a bottle
13. Sort pom poms
14. Poke pipe cleaners into a colander
15. Cardboard boxes.
16. Play in corn kernels
17. Toss, rip, throw tissue paper
18. Play with fabric scraps
19. Baby food jars and lids to put stuff in
20. Bang on pots and pans
21. Transfer water!
22. Make a light table
23. Rippmagazines!
24. Stack cups
25. Stab foam plates with toothpicks

Art & Crafts for Toddlers

26. Make a egg carton train with pipe cleaners.
27. Paint in a baggy.
28. Contact paper collages.
29. Using a toilet paper tube, stamp a heart!
30. Use yogurt to paint.
31. Create tape resist art.
32. Foam shapes and water on the window.
33. Sticker art
34. Use water and watercolors in squirt bottles.
35. Shaken ball art

Other Activities for Toddlers

36. Cut up pipe cleaners
37. Play balloon badminton with your hands
38. Make a bubble pop runway.
39. Hammer golf tees into Styrofoam
40. Make roads to drive along.
41. Go on a hunt!
42. Thread cereal on a dry spaghetti noodle
43. Throw newspapers in the house.
44. Roll down hills.
45. Make a balance beam
46. Stack up blocks and knock them down.
47. Make doodles in the carpet with cookie cutters
48. Stir and mix them up in their own concoctions.
49. Make some golf ball chutes!
50. Create a homemade lacing activity.

St. Cloud Area
School District **742!**

Early Childhood Family Education Presents

ECFE EXPO

Learn,
grow &
shine
together

Saturday **SEPTEMBER 6** 9:30am-1:00pm
Quarryview Education Center



Join us for a fun-filled event where little ones and their families can learn, grow and shine bright together! Admission is Free.



Learn

Expert & Parent Panel
Discussions on Topics Including
ECFE, Sleep & Feeding.



Experience

Classroom Visits
Children's Concert
Touch-a-Truck
Food Trucks



Discover

ECFE & District 742 Programs
Education Resources
Health & Wellness Resources
Parenting & Family Support

PRIZE DRAWINGS - GIFT BAGS FOR THE FIRST 300 FAMILIES

More Info: www.isd742.org/ECFEexpo

St. Cloud's 3rd Annual

HISPANIC HERITAGE CELEBRATION

1101 7TH ST SOUTH
ST. CLOUD MN 56301

LAKE GEORGE - ST. CLOUD, MN

9.13.25

3PM - 7PM

LIVE BAND
FOOD TRUCKS
KID ZONE
DANCE