



FAMILY NEWSLETTER



Home Safety Edition

Your First Steps home visitors are here to help you make your home a safe, comfortable place for your little one to grow. Together, we can talk about safety tips, and share simple ideas or resources that fit your family's needs. Our goal is to support you in creating a space where your child can explore, learn, and feel safe—every day.

Creating a family safety plan helps you be prepared in case of an emergency

Child Passenger Safety/Car Seat Safety

- 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 home visitor for more information!
- Lastly, remember to wear your seatbelt and limit distractions while driving!



Playground Safety

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>

Helmets can help protect your child from a serious brain or head injury. It is important for your child. It's also very important that helmets fit properly and worn consistently and correctly.



Poison Help

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/>



Home Safety Plan

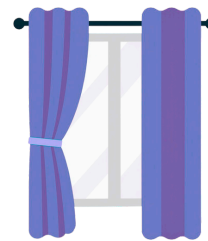
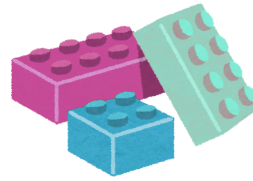


Be sure to store potentially dangerous items behind locked cabinets or drawers, including:

- Medications
- Vitamins
- Tobacco & cannabis products
- Plastic bags
- Matches or lighters
- Weapons, knives, scissors, razors, or other sharp objects
- Cleaning supplies
- Guns and ammunition
- Energy drinks & alcohol

Around the home

- Check for small toys and objects on the floor or within your child's reach to avoid choking.
- Have working carbon monoxide detectors installed within 10 feet of each room used for sleeping.
- Have working smoke detectors in bedrooms and hallways. Test monthly and change batteries each year.
- Secure or anchor heavy or unstable pieces of furniture to the floor or wall.
- Make your home smoke-free and encourage smokers to wash their hands and change their clothing when returning from smoking outside.
- Install safety gates at the top and bottom of stairs
- Place covers on unused electrical outlets
- Add cabinet or handle locks on cabinets or doors, especially those storing cleaning supplies or small choking hazards.
- Move furniture away from windows and install window stops or guards to prevent them from being open more than 4 inches.
- Keep cords from blinds, curtains, or baby monitors out of your child's reach.
- Turn pot handles towards the back of the stove and use the back burners on the stovetop when cooking.



WHO TO CALL IN AN EMERGENCY

My address is:

Name:

Phone Number:

Name:

Phone Number:



911



What is Help Me Grow & ECSE?



Help Me Grow (HMG) connects families to free developmental screenings, resources, and support. If a child needs extra help, Early Childhood Special Education (ECSE) provides services for children from birth to age five who qualify. These services are offered in your own community and are based on what your child needs to learn and grow.

In Minnesota, your school district will contact you to set up a screening or evaluation after a Help Me Grow referral is made. Getting support early helps children build strong skills and reach their best potential.

HMG and ECSE work together to help families get answers about their child's development and access early intervention. Referrals can be made at any time, and your child does not need a diagnosis. You can make a referral yourself, or ask your home visitor or your child's healthcare provider to help.

Learn more at: <https://helpmegrowmn.org/>

First Steps Fun Facts



We asked our home visitors to share a fun fact about themselves or a hidden talent. Here is what they shared:

- I ride horses & barrel race
- I can read for really long periods at one time
- I am super flexible
- I have exclusively pumped for over a year
- I am crafty--sew, crochet, quilt, cross stitch
- I make homemade pies & sew
- I have done a 5 tier pyramid with people skiing behind a boat
- I can make my eyes shake
- I can pickles every summer
- I can dance a few steps
- I can do a headstand
- I love to organize
- I can be reflective
- I can do DIY projects
- I am a famous singer in my car & shower
- I can roll my tongue to look like a three-leaf clover
- I make Harry Potter wands out of wood.
- I love to slalom ski
- I am crocheting my son a world flag blanket
- I love traveling and camping! Trying to visit all 50 states!

Activity of the Month



Spring Handprint Crafts

<https://tinyurl.com/4pxf7ztd>

Drop-In Feeding Support

Tuesdays

- 9:30a-11:30a, Monticello Community Center
- 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

Mindfulness Moment

Spring Themed Yoga



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



https://youtu.be/XasW_Lqrv-FM?si=WVFX6Ji-RTbMN_Xx





CRAFTS | ACTIVITIES | CONNECTIONS

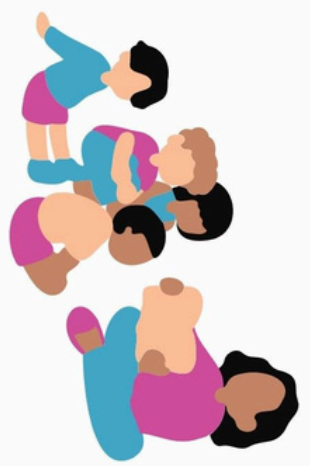
Caregivers and little ones are invited to join First Steps for a fun morning of crafts designed to build connection, creativity, and community!

WEDNESDAY, APRIL 1
10:00AM-1:00PM

MAINSTREET FAMILY RESOURCE CENTER
400 JACKSON AVE NW
ELK RIVER, MN 55330

FRIDAY, APRIL 17
10:00AM-12:00PM

1010 COMMUNITY OUTPOST
1114 - 9TH AVE SE
ST. CLOUD, MN 56304



THESE EVENTS ARE FREE AND OPEN TO ALL!



Join us once a month at the Family Resource Center for our **Diaper Club** — a supportive event where you can pick up **FREE** diapers for your family!

400 Jackson Ave NW
Elk River, MN 55330



April 1, 2026 @ 1:00 pm - 4:00 pm

Join us once a month at the Family Resource Center for our Diaper Club — A supportive resource for families!

Location: Elk River Family Resource Center 400 Jackson Ave NW Elk River, MN 55330

*Note: Big Lake families can also request pick up from Liberty Elementary by sending a request in advance. Please email shari.ley@mainstreetfamilyresourceservices.org for more information.

FAMILY CAMP 2026

Main Street
FAMILY RESOURCE CENTER

FREE Summer Family Camp —all activities included!



Outdoor Adventures

Family Connection & Play
Nature Exploration



STEM Based Learning

Science & Nature
Engineering & Building



Arts and Crafts

Nature-Inspired Crafts

Wednesdays:
June 17th, July 8th,
July 22nd, August 5th

Time:
1:00pm–3:00pm

Location:
Lions Park
21960 Co Rd 5,
Big Lake, MN 55309

Registration Requested by May 15th, 2026

 763-595-1420

 www.mainstreetfamilyservices.org

MBAH KENNEL LICENSE MN1160200

PET FOOD Pantry

TCHS OFFERS A PET FOOD PANTRY WITH EXCESS DONATED FOOD. PEOPLE CAN TAKE 1 BAG OF CAT AND/OR DOG FOOD PER VISIT.

THE PANTRY IS IN OUR FOR PETS' SAKE THRIFT STORE (NEXT TO OUR SHELTER).

THE HOURS:
WEDNESDAY-FRIDAY, 12-6 P.M.
SATURDAY AND SUNDAY, 12-5 P.M.

**CAN'T WAIT UNTIL THE PANTRY IS OPEN?
GIVE US A CALL AT 320-252-0896!**



Are you an adult living in Sherburne County?

Are you battling loneliness, isolation, challenges with mental health or lack of community/peer support?

You're Invited to our **FREE** events!!

These events will be taking place in the Maple Room at Sherburne County Government Center



March 18
1-2:30PM

Popcorn and puzzles with Peach
Meet Peach the Therapy Dog, enjoy popcorn, puzzles, and chat

Card Club

April 15
1-2:30PM
Cribbage, rummy, Skip-Bo and more! Join for friendly competition and fun!

May 20
1-2:30 PM
May is Mental Health Month!
Mindfulness May
Join us for mindfulness activities and mental health speaker

June 17
1-2:30 PM
Bingo and Bonding
Play bingo, win prizes, bond with one another.

Questions? RSVP? Contact us at:
CSP@co.sherburne.mn.us or **612-584-8017**

Childcare is available through the YMCA Childcare on the second floor at this location
13880 Business Center Drive NW Elk River, MN
<https://www.co.sherburne.mn.us/>



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You're Invited to our **FREE** events!!

These events will be taking place at the 1010 Community Outpost Building (1114 9th Ave. SE St. Cloud, MN 56303)



March 25
5:30- 7 PM

Popcorn and puzzles with Peach
Meet Peach the Therapy Dog, enjoy popcorn, puzzles, and chat

Card Club

April 22
5:30- 7 PM
Cribbage, rummy, Skip-Bo and more! Join for friendly competition and fun!

May 27
5:30- 7 PM
May is Mental Health Month!
Mindfulness May
Join us for mindfulness activities and mental health speaker

June 24
5:30-7 PM
Bingo and Bonding
Play bingo, win prizes, bond with one another.

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