



## FAMILY NEWSLETTER

### Pregnancy & Parenting

#### Pregnancy Weight Gain

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



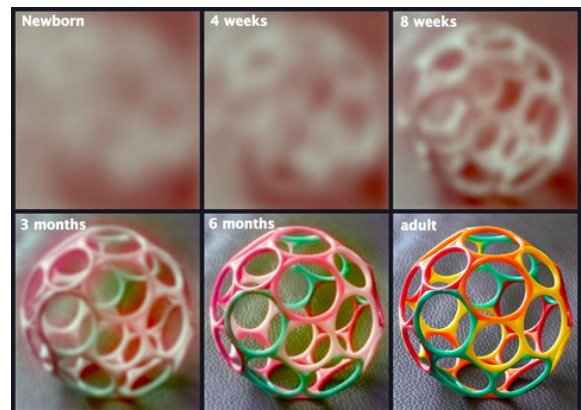
Ways to promote healthy weight loss after pregnancy:

- Focus on fruits, vegetables, and whole grains. Not only do they provide you with important nutrients, they help you feel full longer.
- If you are breastfeeding, eating a variety of foods will change the flavor of your breastmilk. This will expose your baby to different tastes which might help them more easily accept solid foods down the road.
- Once given the clear by your healthcare provider, start with simple exercises to get active. Take your baby for a daily walk. Not only will it help with staying active, it also can reduce stress.
- Drink plenty of water throughout the day.

### Child Growth & Development

#### Newborn Vision

At birth, an infant is sensitive to bright lights and their central vision is still developing. They can stare at objects within 8-10 inches away. They prefer faces to focus on, as well as black and white contrasting patterns. Over time, their vision becomes clearer.



The American Optometric Association recommends children receive eye exams between 6-12 months. 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](http://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.





## Activities of the Month



### Spring Sensory Bins

<https://tinyurl.com/d6fjd9s>



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



### Happy Spring Sign



### Mindfulness Moment

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



## Safety & Resources

### 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>



### Poison Control

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/>



## Drop-In Infant Feeding Support

### Mondays

- 10a-12p, Monticello Community Center

### Tuesdays

- 9a-11a, Princeton ECFE Family Center
- 9:30a-11:30a, St. Cloud YMCA



### Wednesdays

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



### Fridays

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



=First Steps staff present

# Spring Scavenger Hunt For Toddlers





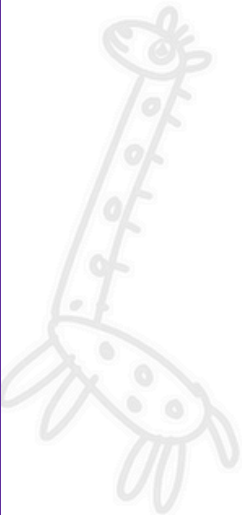
**SOCIAL CONNECTIONS**

There are several opportunities in central MN to meet other parents of young children. Check out local infant feeding support groups, ECCE classes or events, or visit local playgrounds and parks as the weather gets nicer. Some additional options are listed on pages 4 & 5.

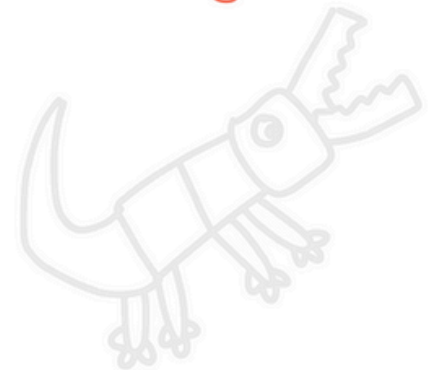


# Learn & Play

Family friendly drop in play group for all ages!



**2025 Dates:**  
May 9  
July 11  
October 10



**9:30-11:30am**



**Wright County Historical Society**  
2001 MN-25, Buffalo, MN 55313



Rotate through a variety of activities  
focused on fun and early learning skills!

**Free**



## Circle of Security

Online Parenting Course

isd742.org



## BABY TALK

For parents/caregivers & 0 to 8 months old babies

isd742.org/ECFE

Mondays, Mar 17 - May 12  
12:00 - 1:00 PM via Google Meet

Scan to Register:



10:00 - 11:30 a.m. on THURSDAYS

January 23 - May 23, 2025 (not class on March 6)

At times all parents 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 parent-child relationships can be supported and strengthened.

- 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

Register online: [isd742.ce.eleyo.com](http://isd742.ce.eleyo.com) or call 320-370-8250



Connect with other parents of newborns & infants and gain insights from educators.

Join us for support, guidance, and community as you navigate life with a baby.

Topics to be discussed: *Adjusting to parenthood, baby care/caring time, sleep, post-partum, self-care, play, cognitive & social emotional development, motor & language development, family change, etc.*

FREE!

No Registration Required.  
Just Show Up!



Quarryview Education Center 800 7th St S, Waite Park, MN 56387

320-370-8250

Check out our parent child classes at



Quarryview Education Center

800 7th St. S., Waite Park, MN 56387 (320) 370-8250

## Run and Read

Saturdays  
9:30-11:30 a.m.

Full ECCE class schedule on back



Scan for more information



January 25 - February 22 - March 22

A FREE event for parents/caregivers and children ages 1- 5yrs  
Fun time in the gym, story time and snack  
Free book for every child  
No pre-registration needed



Quarryview Education Center 800 7th St S, Waite Park, MN 56387

320-370-8250

## ECFE STORYTIME



THURSDAY, MARCH 6  
3:30 TO 4:00 P.M.

Join us for a family storytime hosted by Monticello Early Childhood Family Education. An ECCE staff member leads storytime with crafts, games, songs, and plenty of children's books! For ages 0 to 6 with their parent or caregiver.



MONTICELLO PUBLIC LIBRARY • 200 West 6th St. • Phone: 763-295-2322 • [griver.org/events](http://griver.org/events)