



## PREGNANCY

Having supports in your life when pregnant and in the early years of your parenting journey can help reduce stress, anxiety, and depression. They can also reduce the risk of complications during pregnancy and birth. Our nurses are here for you!

If you have a friend who is pregnant or recently delivered, encourage them to reach out to learn more. They can self-refer on our website or call or text us.



[www.firststepscentralmn.org](http://www.firststepscentralmn.org)

Call/Text: 763-276-0441



## CHILD GROWTH & DEVELOPMENT

Executive Functioning skills combine movement, senses, talking, and thinking skills and are used daily when we play, learn, and make friends. Just like other milestones, children learn these skills at different times.

Here are some fun activities to help your 6-18 month old child with Executive Functioning:

- Play Peek-a-boo
- Sing simple songs like Pat-A-Cake
- Hide a toy under a cloth and let them find it
- Stack blocks, knock them down, then build again
- Do fingerplays or songs with easy hand motions (like Itsy Bitsy Spider)
- Take turns doing an activity or pretending
- Talk to your child and point out things you see



A great way to play with your child is to keep them close to you, like holding them on your lap. Doing things over and over also helps with learning. Find out more at: [Center on the Developing Child](#)

## POSTPARTUM & PARENTING

Newborns have irregular sleep patterns, which means you might be up at all hours of the night. This can take a toll on your physical and emotional well-being. Here are some tips to help you prioritize your own sleep:

1. Sleep when your baby sleeps, even if it's just for a short nap.
2. Share nighttime duties with your partner, family member, or friend (if possible).
3. Create a relaxing bedtime routine for yourself, like taking a warm bath or reading a book.
4. Limit caffeine in the afternoon and evening
5. Take a break from screen time a few hours before bed.
6. Ask for help when you need a break.

Remember, it's okay to prioritize your own rest. A well-rested parent is better equipped to handle the demands of caring for a newborn.

## INFANT FEEDING

The stomach of a newborn is very small. That means you will need to feed your newborn often: 8-12 times in a 24 hour period. When your baby is latched well and is drinking effectively, your milk supply increases to keep up with your baby's needs. By about one month of age, babies typically take in 3-5 ounces per feeding and 20-35 ounces per day, although feeding frequency and amounts can vary.

Day 1	Day 3	Week 1	1 Month
			
Small frequent feeds of colostrum. 5-7ml	Milk production increases, which encourages baby to feed more frequently. 22-27ml	Frequent feedings now have baby taking 45-60ml at a feed.	Frequent feedings help establish the milk supply. Baby is now drinking 80-150ml a feed.



## SAFETY & RESOURCES

It can be difficult to stay active between the snow, ice, wind, and cold temperatures of Minnesota winters. Staying active and getting outside can help with overall health and wellness. Here are some family winter activities:

- Build a snowman
- Make snow angels
- Go sledding: choose a hill with soft snow that is clear of obstacles
- Go on a winter hike
- Do a winter scavenger hunt
- Bring snow inside and create a sensory bin



Stay warm and dry!

- Dress in waterproof layers and cover skin with a scarf, a hat, and mittens.
- Wear a winter jacket, snow pants and winter boots.
- Children should change their clothes if they get wet.
- Avoid having your child wear a thick or puffy jacket underneath their car seat safety harness.

## MINDFULNESS

Mindful eating is a practice that involves being fully aware of your food and eating experience.

- Create a peaceful environment with minimal disruptions—turn off the TV, silence your phone
- Use your senses to notice the smell, appearance, texture, and sound of the food
- Pay attention to your body to recognize when it is hungry, thirsty, or full
- Practice gratitude for the nourishment that food provides to the body
- Pay attention to each bite, chewing food thoroughly
- Accept your food likes and dislikes.
- Notice how your body and mind feel after eating different types of food.

## AFFIRMATION OF THE MONTH



*I treat my body with kindness, compassion, and respect. Honoring its unique journey and experiences.*



## ACTIVITIES OF THE MONTH

### Alphabet Sensory Bag



### Snowman Foot Art



<https://www.thebestideasforkids.com>

### Snow Painting



### Snow Dough



To find recipe visit: <https://busytoddler.com>

## WEEKLY 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

# The Supporting Steps Program is currently being piloted for Wright County families only



## What is it?

This free home visiting program provides a nurse and licensed alcohol and drug counselor (LADC) to support pregnant and postpartum people, caregivers, and families who have concerns about substance use, currently use substances, or have a history of substance use.

Participation is voluntary. The nurse and LADC will support you to reach your goals and design the life you want for yourself and your family.

## What should I expect?

The nurse and LADC will meet you separately in a mutually agreed upon setting- it could be your home or a different location in the community. Telehealth options are also available.

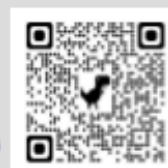
The counselor will meet with you at least once per month while the nurse may meet with you more frequently. Visit discussion is led by you and may include:

- Your and your family's health
- Your goals
- Child growth and development
- Parenting skills
- Tools to help reduce substance use and avoid recurrence
- Local resources and supports

## Who is eligible to participate?

Pregnant/expecting parents or parents/caregivers who have a history of or are actively using a substance, or are receiving Medication-Assisted Treatment. Participant must live in Wright County.

Sign up or refer by calling  
763-276-0441, visiting  
[www.firststepscentralmn.org](http://www.firststepscentralmn.org)  
or using the code.







# Child Birth Prep

## Classes Now Offered!

Thursdays (usually 1st and 3rd)

4-5:30 PM

Classes are a two-step series.

Significant others encouraged to join.

Space is limited. Please contact to register.

612-584-9449

204 Central Ave NE  
St. Michael, MN 55376



Classes taught by Lori-



## Cornerstone Angels of Hope

Pregnancy and Infant Loss  
Peer Support Group

## Cornerstone Angels of Hope Peer Support Group

1st and 3rd Tuesdays

6:30 PM - 8:30 PM

204 Central Ave E, St. Michael, MN 55376



# Incredible Years<sup>®</sup> parent group has openings!

The Incredible Years<sup>®</sup> evidence-based early intervention parenting programs aim to enhance parenting skills and increase parental engagement in their children's school experiences, with the goal of supporting the development of children's academic, social, and emotional abilities while reducing behavioral issues.

- 🦋 Age range for school age curriculum is 5-12 years
- 🦋 Every Tuesday for 14-16 weeks starting February 18th from 10 am to 12 pm
- 🦋 15 external referrals available

**Contact us!**

(320) 281-5305  
EXT 1608

