



FAMILY NEWSLETTER

Pregnancy & Parenting

Communicating with Babies

Babies start learning to communicate from the day they are born. They listen to the voices and sounds around them. Then, babies make sounds like cooing and babbling. Most babies say their first words around 1 year. Learn more at www.zerotothree.org

Ways to promote language development:

- Respond to your baby's gestures, looks, and sounds. When your baby points to something, say the name of it. If they point to a cup, say "cup."
- Talk with and listen to your child. Make eye contact and give them time to respond.
- Tell them what you are doing as you do it, like "Mommy is changing your diaper." Read to your baby every day. Point to the pictures and name what you see.
- Teach them about non-verbal communication, "See how Henry is covering his face. He doesn't like when you throw toys at him."
- Respect and recognize your child's feelings. Let them share their ideas and feelings without being judged, teased, or criticized. "I know you're scared to sleep alone, but you need to stay in your bed."
- Help them develop a "feelings" vocabulary, "You're sad because we have to leave the park."



If you have concerns with your child's communication, talk with your First Steps Nurse, pediatrician, or [Help Me Grow](#).

Three Good Things

Focusing on good events increases happiness and helps to re-train our brains to remember the good things in life. It can also:

- improve your sleep quality
- create more positive relationships
- reduce levels of burnout and depression

How 'Three Good Things' works:

Every night for 2 weeks, set aside 3-5 minutes right before you go to sleep. Write down on paper three things that went well that day, or something positive you noticed. Commit to doing 'Three Good Things' for the full 14 days. [The positive effects of using this tool for the 14 days can last for about six months!](#) Learn more at [Bounce Back Project](#)



Child Growth & Development

Staying Healthy Into Winter

Tips to keeping your family healthy as winter approaches:

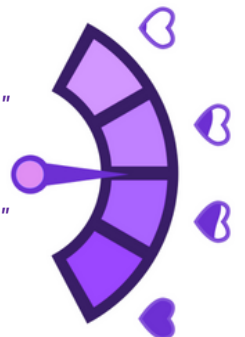
- Wash your hands with soap and water regularly, including:
 - after changing diapers
 - before you or your baby eats
 - when entering your home
 - after blowing your nose or using the restroom
- Encourage anyone visiting your home or who plans to hold or interact with your baby to wash their hands first too.
- Prioritize a good night's sleep and healthy foods and water intake whenever possible
- Avoid others who are sick and/or crowded gatherings
- Keep baby's hair, hands, body, clothes, pacifiers, toys, car seat, and bedding clean and dry.
- Talk to your healthcare provider about recommended vaccines, including influenza, COVID, RSV.



Filling Your Child's Cup

Filling a child's cup doesn't require 1:1 time or hours of undivided attention. Simply being present with them, seeing them, hearing them, acknowledging them--that's connection. When we tune out the distractions for a bit and just BE WITH our kids, we can connect. We can fill their cups and make them feel seen.

- "I love being your parent"
- "You're an important part of our family."
- "I'm proud of who you are."
- "I like it when you share your ideas with me."
- "I'm thankful for you."
- "I enjoy being around you."
- "Nothing would ever change my love for you."
- "You matter to me."
- "I appreciate your help."
- "I love laughing with you."



Learn more at <https://www.seedandsew.org/>

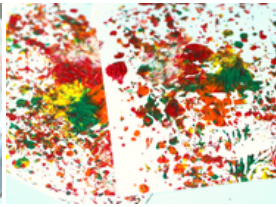




Activities of the Month

October is a busy month of community activities--see pages 3-8 for additional information.

Pinecone Painting: <https://tinyurl.com/ysdtvxj2>



Build a Fall Wreath: <https://tinyurl.com/dun2b6hw>



Safety & Resources

As the air turns cooler and leaves drop from the trees, it's important to be prepared. Keep these tips in mind:

- Use caution with space heaters: while they can be an effective way to warm up a chilly room, be sure to read the instructions to use it properly. If your space heater requires venting, make sure it is vented to the outdoors. Never use your stove or oven to heat your home. Allow at least three feet of empty area around space heaters.
- Change batteries in your smoke detectors and carbon monoxide detectors. Test them monthly. Check and replace any home fire extinguishers that may have expired.
- Use caution when burning candles--never leave candles burning if you go out or go to sleep. Keep them away from pets and kids.



Mindfulness Moment

"Autumn is the year's last, loveliest smile."



Leaf Breathing

Using a picture of a leaf or real leaves, practice controlled breathing by inhaling and exhaling as you trace the edges of the leaves with a finger.

Football Touch & Trace

Football has great textures for mindful sensory explorations. Run the palms of your hands over the bumpy football leather and trace one finger over the white laces. Try to describe what you are noticing and feeling.



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



Curious what it is like to attend one of the Drop-In Feeding Support opportunities in the community? Here is what one participant shared about her experience:

"It's a place where pregnant and moms with babies can get support from trained staff and share their experience with other moms. Staff are supportive of all ways to feed your baby. You don't need an appointment and can drop in at any time they're open. Getting their support helped normalize the worries I had as a new mom. I was given the reassurance and encouragement to continue to meet my feeding goals."





November Activities:

- Thanksgiving Hand Turkey Craft
- Painting Pumpkins

★ Fun for kids, connection for parents

📅 **Wednesday, November 5th**
9:00AM-12:00PM

📍 **Main Street Family Resource Center**
400 Jackson Ave NW
Elk River, MN 55330
Free for all!



Learn & Play

Family friendly drop in play group for all ages!

**New
date!**

November 14
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



FAMILY FUN FEST!

**COSTUMES
ENCOURAGED**

2025

**FACE
PAINTING**

FRIDAY OCT. 10
5:00 TO 7:00 PM

LIBERTY ELEMENTARY GYM
FREE RESOURCE FAIR!

**PRIZES
GAMES**

**COME
JOIN US**





Circle of Security[®] PARENTING SERIES

At times all caregivers 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 caregiver-child relationships can be supported and strengthened.

Learning Objectives of the Class:

- 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 in their relationship with you

Presented by: Belinda Labor,

Yoalys Ramos and Paola Cardenas

Location: Virtual via Zoom

Registration: Scan QR code or click

Cost: Free to Participants thanks to grant funding



Or

CLICK HERE

Choose from one of these two options:

Option A: Thursday evenings from 6:00-7:15 pm

ENGLISH (total of 8 sessions, presented by Belinda Labor)

Dates: October 2nd, 9th, 16th, 23rd, 30th, November 6th, 13th and 20th.

Option B: Thursday evenings from 7:00-8:30 pm

SPANISH (total of 8 sessions, presented by Yoalys Ramos and Paola Cardenas)

Dates: October 2nd, 9th, 16th, 23rd, 30th, November 6th, 13th and 20th.

Who should attend: Parents, caregivers, foster parents and guardians.
(minimum of 3 caregivers, maximum of 10 caregivers)

Attending every week is important and expected! Families that attend every session will receive a small gift at the end of the class.

For questions, please contact Cathy at Ellison Center: 320-406-1600 ext. 0 or email: office@ellisoncenter.org
If you are a childcare provider, please contact Pam to find out about upcoming Circle of Security classes to earn Develop credit. You can reach Pam at pam@ellisoncenter.org.

Ellison Center
A place for growth, development, and reflection

600 25th Ave S Suite 102, Saint Cloud, MN 56301 – www.EllisonCenter.org



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Presented by: Belinda Labor

Cost: No cost to families thanks to grant funding

Location: Virtual via Zoom

Registration: Scan the QR Code or click (see info below)

Weekly, Thursday evenings, from 6:00-7:15 pm (Total of 8 sessions)

Dates: October 2nd, 9th, 16th, 23rd, 30th, November 6th, 13th and 20th.



Or

CLICK HERE

Who should attend: Parents, Caregivers, Foster Parents, and Guardians
(Minimum of 5 caregivers, maximum of 15 caregivers)

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For questions or to register, please contact Cathy at Ellison Center:
320-406-1600, extension 0 or email: office@ellisoncenter.org

If you are a childcare provider, please contact Pam to find out about upcoming Circle of Security classes to earn Develop credit. You can reach Pam at pam@ellisoncenter.org.

Ellison Center
A place for growth, development, and reflection



Ellison Center Book Clubs

FALL 2025

LET'S LEARN TOGETHER!
for caregivers & professionals

9am Tuesdays (Virtual) Oct 21, 28 Nov 4, 11, 25, Dec 2

12pm Tuesdays (Virtual) Oct 21, 28 Nov 4, 11, 25, Dec 2

8am Thursdays (Virtual) Oct 30, Nov 6, 13, 20, Dec 4, 11

3:30pm Thursdays (Virtual) Oct 30, Nov 6, 13, 20, Dec 4, 11



REGISTRATION & MORE INFO

Includes a video overview of all offerings! If accessing this flyer virtually, registration [LINK HERE](#) as well.

SCAN ME



COST

Suggested donation of \$60 for club registration. You will be invoiced during the first week of your meeting. Scholarships are available.

- Six weekly 45 minute meetings will be a time to process and reflect on what you've read.
- These are NO-GUILT book clubs
- You are encouraged to attend meetings regardless of whether you are "caught up" with the reading.

CONTACT INFO

Email: beka@ellisoncenter.org
Phone: 320-406-1600



COATS FOR KIDS DISTRIBUTION

FREE winter apparel for
everyone - infants to adults!

Dates: Saturday, October 11, 2025

Saturday, October 18, 2025

Time: 10:00 am to 2:00 pm



Where: St Anthony's Catholic Church Parish Center
2410 1st Street North, St Cloud, MN

(We are located in the Parish Center on the south side of 1st Avenue North across the street from the church. Use the entrance closest to 25th Avenue North – DOOR 5. Watch for the signs.)

For more information: contact Ione at 320-492-7993



COMMUNITY CONNECT

Resources for both
Sherburne and Wright
County residents

**FREE EVENT
FOR ALL!**

**THURSDAY, OCT. 16, 2025
1pm - 5pm**

BIG LAKE MIDDLE SCHOOL

601 Minnesota Ave, Big Lake, MN 55309

www.SherburneUnitedWay.org

**FREE FOOD
SERVED**

Free transportation available:
Tri-Cap Transportation – Call for more
info 888-765-5597 or 320-251-1612
For residents of Wright County, contact
Trailblazer Transit at 1-888-743-3828

Project Connect



Join us!

Project Connect is a free event that offers people within our community the opportunity to access services offered by governmental, non-profit, and other agencies

Services Offered

Legal Resolution	Mental Health
Disability Services	Youth Agencies
Clothing/Coats/Shoes	Housing
County Social Services	Haircuts
Legal Services	Medical Care:
Veteran's Services	• Blood Pressure
County Financial	• Vaccinations
Public Health	• Doctor Visits
Family Support	

Somali, Spanish and ASL interpreters will be available

WHEN & WHERE

October 28th, 2025 | 10 AM - 3 PM

**River's Edge Convention Center
10 - 4th Ave S, St Cloud, MN
56301**

Free Lunch!!!

Door Prizes!!!

Giveaways!!!

**Like us on Facebook
for updates!**

**SCAN
ME! >>**





isd742.org/EC

Early Childhood Family Education

FREE Way To Grow Classes

Way to Grow is a free ECFE resource for families with classes that offer more flexibility.

- For parents and children birth to age 5
- Families may join anytime
- General parenting topics are covered as well as individualized discussion opportunities for any specific concerns related to the families attending the group

Classes meet on

Wednesdays
12:00-1:30 pm

OR

Thursdays
9:00- 11:00 am

Register by phone: (320)370-8289

Or email: jeanine.schroeder@isd742.org



Quarryview Education Center

800 7th Street Waite Park, MN 56387

(320)370-8289

Come Along & Join in the Fun!

FREE Event for Families With Children
Birth to Kindergarten-Entry

Family Fall Fest

OCTOBER 14
5 - 7 PM

Quarryview Education Center
800 7th St S, Waite Park

Fall
Themed
Activities!

Pizza will be provided!

Hosted by District 742 Early Childhood Education

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



FFN Resources and Supports

Anyone caring for a child who is not their own, 0-12 or up through age 14, if there are any special needs. No Income Restrictions.



**Family,
Friend and
Neighbor**
minnesota

Free Training and Professional Development:

- First Aid/CPR
- SUID/AHT
- Circle of Security
- Child Development
- Assistance setting up your Develop membership
- Supervising for Safety Legally Nonlicensed
- Legal non-licensed (LNL) paperwork
- And more!



Learning Communities for adult caregivers to learn more about various topics in caring for others' children:

- **Literacy**
- **Art**
- **STEAM:** science, technology, engineering, art, and math
- **Loose Parts:** materials that can be moved, carried, combined, redesigned, lined up, and taken apart and put back together in multiple ways.

Stay and Plays for Kids with their Family, Friend, or Neighbor Care Providers



\$200 mini-grants for items such as:

- Age & Culturally Appropriate toys, books, & other materials
- Health and Safety Items



SPARKS kits: 5-month-long monthly early learning education kits for 0-5-year-olds.



Mental Health Consultations
1:1 Consultations
Support Groups



Resource Connections in the Community

- Early Childhood Developmental Milestones
- Book Clubs
- Need based resources
- Car Seats
- And more.

