



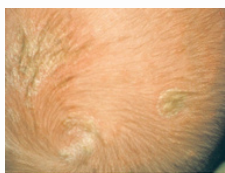
## PREGNANCY

Influenza (or the flu) is a contagious respiratory disease caused by a virus that attacks the nose, throat, and lungs. It is not the same as the "stomach flu." It is more likely to cause severe illness in pregnant people than in people who are not pregnant.

Now is a good time to get your flu shot to protect you and your developing baby as we head into flu season. The flu shot has not been shown to cause harm to pregnant people or their babies. You cannot get the flu from the flu shot. It also protects your baby for six (6) months after birth, while they are too young to get their own flu shot.

## CHILD GROWTH & DEVELOPMENT

Cradle cap causes crusty or oily scaly patches on a baby's head. It doesn't hurt, but it can get thicker and harder to remove. It is not contagious and it is not caused by poor hygiene. We don't know exactly what causes it, but some factors may be hormones from mom to baby, a fungus that grows in the hair and oil glands on the baby's head.



To treat cradle cap, wash your baby's head every day with a gentle shampoo. Use a soft baby brush or washcloth to softly loosen the scales. Do not scratch. If you need to, you can rub a small amount of mineral oil on your baby's head to help loosen the scales. Be careful not to get the oil near the baby's face and eyes. If this doesn't work, your baby's doctor may suggest other ways to treat it. Learn more at: [Cradle Cap Mayo Clinic article](#)



Your home visiting nurse will be sharing a survey about our home visiting program. We encourage all enrolled families to complete it to help us improve our services!

## POSTPARTUM & PARENTING

Giving birth is a major event for your body and it takes time to heal. Be patient with yourself and don't push too hard, too soon. Here are some things to keep in mind:

1. Follow your doctor's instructions for postpartum care, including any restrictions on physical activity or lifting.
2. Use ice packs or soak in a warm tub to help reduce pain and swelling in your perineum.
3. Do pelvic floor exercises to strengthen the muscles that support your bladder, bowels, and uterus.
4. Wear supportive clothing, like a comfortable nursing bra and loose-fitting pants.
5. Have supplies on-hand to manage postpartum bleeding, which can last for several weeks.

If you experience heavy bleeding (soaking through more than one pad an hour or baseball sized clots), fever, blurred vision, or severe pain, contact your healthcare provider right away.

## INFANT FEEDING

What you can expect when attending a local infant feeding support group or Baby Cafe?

- They are staffed by lactation experts from local health systems and/or public health
- Often attended by new moms, as well as some returning moms, each week
- Free, no appointments needed, just drop-in times
- An inclusive and safe space to receive mom to mom peer support and encouragement to help you meet your feeding goals
- Support from experienced lactation experts
- Ability to weigh your baby and get your questions answered



## SAFETY & RESOURCES

**The Period of PURPLE Crying.** This period begins for a newborn at about 2 weeks of age and continues until about 3-4 months of age. It is a normal part of every infant's development and may explain why you may notice your infant cry more during this phase. Common characteristics of this phase include:

# PURPLE

**PEAK OF CRYING**    **UNEXPECTED**    **RESISTS SOOTHING**    **PAIN-LIKE FACE**    **LONG LASTING**    **EVENING**

P: Your baby may cry more each week, the most in month 2, then less in months 3-5.

U: Crying can come and go and you don't know why.

R: Your baby may not stop crying no matter what you try.

P: A crying baby may look like they are in pain, even when they are not.

L: Crying can last as much as 5 hours a day, or more.

E: Your baby may cry more in the late afternoon and evening.

Some ways you can try to soothe your crying baby are to:

- Check to see if they are hungry, tired, or needs a diaper change
- Hold your baby close to you with skin to skin contact.
- Walk and sing with your baby.
- Give your baby a bath.
- Take your baby for a walk or car ride

While these ideas may not work every time, they may help reduce some of your baby's crying.

If you need a break, put your baby in a safe place and walk in the other room to help calm your own body. Try the breathing exercise listed below. Call a friend or family member for help. Never shake a baby, as shaking may cause lifelong injuries, or even death.

## MINDFULNESS



### Fall Leaf Breathing:

trace your finger around the leaf while you slowly breath in and out, over and over:

<https://tinyurl.com/hnxmhcv>

## AFFIRMATION OF THE MONTH

*I trust in my ability to overcome challenges.*

## ACTIVITIES OF THE MONTH

### Fizzing Rainbow Science Experiment



### Hand Print Tree

Visit <https://www.craftymorning.com> to learn how!



### Fake Snow



### Only 3 ingredients needed:

- Corn Starch
- Baking Soda
- Water

To learn how visit:

<https://littlebinsforlittlehands.com>

## LOCAL WEEKLY BABY CAFES & INFANT FEEDING GROUPS

### 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

# EARLY LEARNING SCHOLARSHIPS

## PATHWAY I

# Apply Online!

**Apply to see if your family is eligible for money to help pay for your child's early learning program.**

To apply online scan the QR code or navigate to [earlylearningscholarshipshub.mn.gov](https://earlylearningscholarshipshub.mn.gov), then:



1. Create an account
2. Enter information about yourself and the child or children you'd like to apply for and follow the required steps
3. Submit application

If you already have an existing scholarship, contact your Area Administrator for instructions.

### For Questions and Support

For technical support questions, or to browse Frequently Asked Questions, navigate to "Support" tab on the Early Learning Scholarship Hub site. For help finding an eligible program or for general information, call 888.291.9811.

### About Pathway I Scholarships

Awarded directly to families that meet eligibility requirements.

Scholarship funds are paid to the early childhood program the family chooses.

Families can renew the scholarship each year on July 1 until the child is age eligible for kindergarten.

Scholarships "follow the child" to any program that participates in Parent Aware and accepts Early Learning Scholarships.

Scholarship amounts are based on the Parent Aware rating, geography and program type you choose.



# Open Gym

Quarryview Education Center

Ages 0-5 Cost \$3.00 per family

Monday 4-5:30 PM

Wednesday 12-1:00 PM (Oct.2-Feb. 26)

Friday 12-2:00 PM

Full schedule & registration  
at [bit.ly/QVOpenGym](https://bit.ly/QVOpenGym),  
call 320-370-8250, or  
just show up.



Parents and children play together in the gym and/or motor room, or in an ECCE classroom. ECCE staff are there to answer questions about ECCE classes and other Early Childhood resources at Quarryview Education Center.

St. Cloud Area  
School District 

Quarryview Education Center

800 7<sup>th</sup> Street South, Waite Park, MN 56387

320-370-8250