



FAMILY NEWSLETTER



HELLO SUMMER!

Welcome to our June Family Newsletter! As we step into a new season, we're excited to share tips, resources, and activities to support you through pregnancy, early parenting, and all the little moments in between. We are glad to be part of your family's journey—here's to a summer full of growth, play, and connection.

This month, try a simple outdoor adventure—take a family nature walk and let little ones collect leaves, rocks, or flowers to explore together. Wishing you a season filled with sunshine, curiosity, and connection.



Check out your local library's programming this summer!

Play2Learn



Children learn best when playing. Through play, children learn how to communicate and interact with others. They practice language, how to think symbolically, how to express themselves, and so much more.



Play2Learn Kits guide children to explore, reflect, and discover as they play with toys! Each toy kit includes an activity sheet that shares the skills of that toy, a tip or two for learning in everyday life, and conversation and interaction suggestions for caregivers. See the available Play2Learn Kits, here: <https://griver.org/services/play2learn>

Try It Yourself Kits

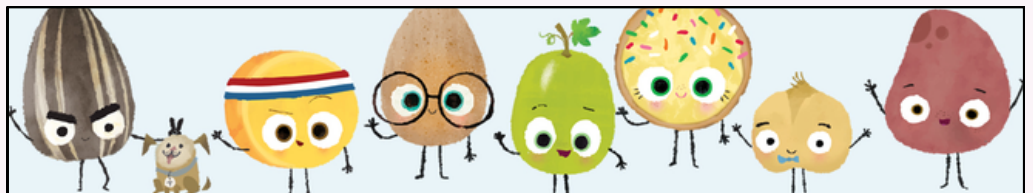


Test out a potential new hobby easily and without investing in equipment with the library's "Try It Yourself" kits. See the listing of the 15 available kits, here: <https://griver.org/services/try-it-yourself-kits>



Summer Reading Challenge "Plant a Seed, Read"

<https://griver.org/summer-reading-challenge>



- FREE for children birth through 12th grade
- Runs June 8 through August 8, 2026
- Sign up at your local library for fun events, books, prizes and more
- While there, sign up for a free library card and enroll your child in the library's 1,000 Books Before Kindergarten Program to help build early literacy skills while bonding with your child.



What is... **Child and Teen Checkups**



Child and Teen Checkups (C&TC) is a benefit for children under the age of 21 in Minnesota who are eligible for Medical Assistance. About half of Minnesota children are eligible in Minnesota.

Well-child health care and preventative screenings (including dental services) allow families and health care providers to monitor children's growth and development, screen for and identify potential concerns, and treat them to prevent bigger problems later in life. They allow time to ask questions and get answers about your child's health, behavior, and development and to talk about the child's learning, feelings, relationships, parenting, and caregiver wellbeing.

Need help to:

- find a doctor or dentist?
- Make an appointment?
- Find transportation?
- Find an interpreter?



Call your health plan member services phone number on the back of your member card. For transportation under MinnesotaCare, call 800-657-3672 (toll-free) or 651-297-3862 (Twin Cities).



MDH WIC offers a webpage full of additional supports for families. Check it out here:
<https://www.health.state.mn.us/people/wic/support.html>

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

- 11a-12:30p, Cambridge-Isanti Adult Enrichment Center

Fridays

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



 =First Steps staff present

First Steps Fun Facts



We asked our home visitors to share their favorite parenting book, app, and podcast. Here is what they shared:

Parenting Book

- No Drama Discipline by Dr. Daniel Siegel
- The Conscious Parent by Dr. Shefali
- Raising Good Humans by Hunter Clarke-Fields
- The Whole Brain Child by Dr. Daniel Siegel & Tina Payne Bryson
- Open Mind, Whole Mind by Bob Samples
- Simple and Safe Baby Led Weaning by Malina Linkas Malkani
- Active Baby, Healthy Brain by Margaret Sassé
- Praying Circles Around Your Child by Mark Batterson
- Raising Kids with Big Baffling Behaviors by Robyn Gobbel
- The Wonder Weeks by Frans X. Plooij & Hetty van de Rijt
- How to Raise An Adult by Julie Lythcott-Haims
- Expecting Better by Emily Oster
- Cribsheet by Emily Oster
- The Family Firm by Emily Oster
- The Unexpected by Emily Oster
- Good Inside By Dr. Becky Kennedy
- The Anxious Generation by Jonathan Haidt

Parenting Social Media Page, App, or Website

- Big Little Feelings
- Solid Starts
- What to Expect
- Baby Center
- Huckleberry
- Inspired Moms
- Good Inside
- The Wonder Weeks
- The Car Mom

Parenting Podcast

- Good Inside With Dr. Becky
- Mama Bear Apologetics
- Play Therapy Parenting by Dr. Brenna Hicks
- Mommy Labor Nurse
- Child Psych



Fetal Movement Counts

During your third trimester, your provider will ask you to count baby's movements every day. This is done to check on baby's well-being and gives you special time each day to spend with your baby. Try to count your baby's activity at the same time each day, this will show your baby's activity patterns.

"10 in 2"

A total of ten or more distinct movements in two hours suggest that your baby is doing well.

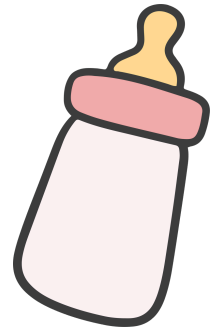
If you haven't felt the ten movements in two hours, eat some food, drink some water, then lie down. If you continue to not feel the ten or more movements during that next hour, call your healthcare provider.

Also, call your healthcare provider if you notice a major change in your baby's activity level. If you smoke cigarettes, this can decrease the amount of oxygen your baby gets and can make baby less active. Avoid smoking at least one hour before you start counting.

Formula Feeding

Best practices for formula feeding:

- Read instructions carefully to properly mix formula with water, including using the correct ratio of powder to water.
- Wash your hands with soap and water before preparing a new bottle
- Wash bottles, nipples, and rings in hot, soapy water or use the dishwasher
- Formula made from powder may be refrigerated up to 24 hours before use, but it is best to wait to prepare it until right before baby eats.
- Throw away any remaining formula in the bottle after one hour of the feeding.
- Formula does not need to be warmed. If you do warm it, placed the bottle in a bowl of warm water. Never microwave.



Activities of the Month

Baby Sensory Bin: Noodles, Rice, Shapes



Father's Day Handprint Craft-see page 4



Mindfulness Moment

Journaling is a form of mindfulness that involves keeping a journal or diary to record your thoughts, feelings, experiences, and reflections.

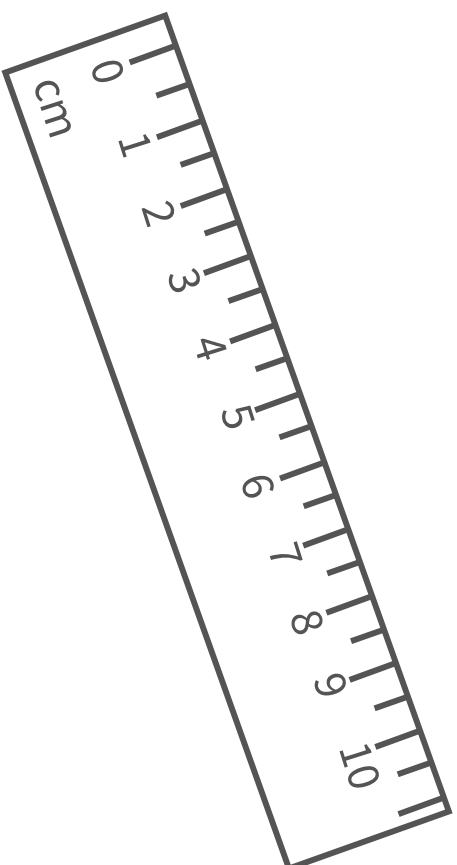
- Find a quiet place to sit with your journal
- Take a few deep breaths to arrive fully in the present moment
- Set a timer for 5 minutes
- Write freely without judging yourself about whatever thoughts, feelings, or experiences pop up.
- If you get stuck, write "I am feeling stuck" until new words come.
- Name any emotions as they come up.

Parenting journal prompts to help get you started:

- What do you want your child(ren) to remember most about their childhood?
- What piece of advice would you give another parent?
- What is your favorite thing to do with your child(ren)?



Happy Father's Day!



I love you this much!



Fun WITH



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, June 3
10:00AM-1:00PM
MAINSTREET FAMILY RESOURCE CENTER
400 JACKSON AVE NW
ELK RIVER, MN 55330



FRIDAY, June 12
10:00AM-12:00PM
1010 COMMUNITY OUTPOST
114 - 9TH AVE SE
ST. CLOUD, MN 56304



THESE EVENTS ARE FREE AND OPEN TO ALL!



FREE! You are invited!

Big Lake ECFE in the Park

Join us from 10:00-11:30 am
Please register at biglakece.com

- June 11 @ Liberty Playground
Explore the nature classrooms & playground!
- June 25 @ Wrights Crossing
Music in the Park!
- July 9 @ Hudson Woods
Science in the Park!
- July 23.....Highline
Sports in the Park!
- August 13.....Lakeside Park
Water Fun in the Park!





at schools & other sites

Free Nutritious Meals For Kids 18 And Under

Only a click away, the Free Meals for Kids mobile app will help families and kids find free meals at schools and other sites across Minnesota.

How it works:

- 1** Download the Free Meals for Kids app to your cell phone.
- 2** Use the app to find the nearest site providing meals by GPS.
- 3** Click on the nearby site and use the Site Updates tab for more details.
- 4** Share the app with friends, neighbors and on social media.

Free Meals for Kids can be downloaded at Apple or Google Play app stores.

There are free meal sites across the state at schools and community locations. The app provides location, directions to the site and hours and days of operation. More sites are added daily. For more information: www.hungerinmappartners.org.



LSS Crisis Nursery — St. Cloud Area

LSS Crisis Nursery – St. Cloud Area strives to keep children safe and to promote child and family well-being.

We provide short-term child care with licensed providers for children ages 12 and younger.

We also provide family support, including information and referrals to community resources. Families dealing with stress such as illness, housing challenges, employment concerns, separation, financial strains, or other issues can benefit by calling us.

Services are provided at no cost and are customized to support each family's needs.

Reaching out for support is a sign of strength

We are available 24 hours a day, 7 days a week.



REACH OUT TO

320.654.1090

LSS Crisis Nursery – St. Cloud Area
lssmn.org/crisisnursery

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LSS crisis Nursery — Wright County

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REACH OUT TO

320.406.8606

LSS Crisis Nursery – Wright County
lssmn.org/crisisnursery

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The Great SUMMER Reading Challenge

Join our Summer Reading Challenge and turn your reading into an adventure!

JUNE 1ST - AUGUST 30TH, 2026

Questions?
763-595-1420
mainstreetfamilyservices.org

TICKETS for KIDS

Main Street FAMILY RESOURCE CENTER



<https://www.mainstreetfamilyservices.org/event/the-great-summer-reading-challenge-begins/>

DELIBERATE DAD'S

A COMMUNITY OF DADS SHOWING UP.

PROJECT DAY!

Woodworking

JOIN US FOR A FUN EVENT FOR FATHERS AND CHILDREN AGES 3-12

WE WILL BE BUILDING, PAINTING A PLANT STARTER STAND AND PLANTING SEEDS.

WEDNESDAY, JUNE 17TH
6:00PM-7:00PM

LIBERTY ELEMENTARY RM 103
17901 205TH AVE NW, BIG LAKE, MN
BIG LAKE, MN 55309

Main Street FAMILY RESOURCE CENTER



<https://www.mainstreetfamilyservices.org/event/deliberate-dads-woodworking-craft-event/>