



# FAMILY NEWSLETTER

## Hello September!

With the turn of a calendar, we are reminded that life is always changing—deciding whether to grow your family, transitioning home with a newborn, sending your older kids back to school, returning to work. New seasons of life bring fresh adventures, and families get to practice being flexible, creative, and ready for whatever comes next. As the leaves change and you face each day, we hope you can focus on how resilient you are and the network of support surrounding you. Thank you for being a part of our family home visiting programming. We are here for you so you don't need to navigate these changes alone.

## Preeclampsia

Preeclampsia is a serious high blood pressure condition that can occur in the second half of pregnancy or after your baby is born. It can be life threatening.

Depending on your risk factors, your provider may recommend you take a low-dose (81mg) aspirin daily beginning in your second trimester.

Many women may not have any symptoms. However call your healthcare provider right away if you have any of these signs of preeclampsia:

- sudden weight gain (more than 2 pounds in 1 day or 5 pounds in 1 week)
- swelling in your hands or face
- pain in your upper abdomen or shoulder
- trouble breathing
- changes in your eyesight, such as blurred vision, seeing spots, blind spots, or flashes of light
- a headache that won't go away

It is important to attend your routine prenatal appointments to prevent complications of preeclampsia and catch any early warning signs.

## Packing your hospital bag

Your baby may arrive earlier than expected, so it's nice to think about what to pack in your hospital bag as you enter your third trimester.

Consider packing:

- Chapstick
- Glasses, contacts, contact solution (if you wear them)
- Phone charger (with long cord)
- Slippers or sandals
- Hairbrush, clips, ponytail holder & other bathroom toiletries
- Comfortable clothes (that fit during pregnancy)
- Nursing bra and pads (if planning to breastfeed)
- Robe
- Car seat
- Any special clothing or blankets for baby's first photos & going home
- Any special comforts from home (your own pillow or blanket)
- Sound machine
- Snacks



## Activities of the Month

**Sunday, September 13, 2026 is Grandparent's Day!** Here's a fun craft

to Mail a Hug:

<https://califfcreations.com/mail-a-hug-grandparents-mothers-and-fathers-day/>



**50 Fall Craft Ideas For Kids**

<https://www.freebiefindi.ngmom.com/fall-crafts-for-kids/>





Learn  
more  
about...

## CONNECTED SPACES



Connected Spaces helps people stay healthy by sharing easy-to-understand health education and offering regular check-ups. They also provide birth control, free condoms and dental dams, pregnancy tests, testing and care for infections you can get from sex, and help finding other doctors or services.

### Here's what is offered:

- Education about health
- Check-ups with a medical professional
- Testing and treatment for infections you can get from sexual contact
- All types of birth control, like pills, shots, and more
- Free condoms and dental dams
- Pregnancy tests
- Help finding other doctors or support services

### Everything is Private:

All services are **confidential**, which means no one else will know unless you say it's okay. You can talk to a nurse by phone, text, email, or mail.

### Who Can Get Help:

Everyone is welcome; you can get care no matter your status, identity, race, age, gender, ability or background. Those who don't have health insurance, don't have enough insurance, or can't use their insurance can receive care. Learn more at: <https://www.wrightcountymn.gov/895/Sexual-and-Reproductive-Health>

In Minnesota, if you're a teen, you can get help from a doctor or nurse without needing your parents or guardians permission. You can get care for things like:

- **Pregnancy** or how to prevent it
- **Learning about your body and health**
- **Infections you can get from sexual activity**
- **Help with drugs or alcohol**

This means you can talk to a health expert and get the care you need. This is a law in Minnesota and can be found here: <https://www.revisor.mn.gov/statutes/cite/144.343>



## Did you know?

Our First Steps collaborative has an Outreach Team that coordinates connecting with community partner to spread the word about our programming and hosting outreach at local events?

Thanks for stopping by to say hi whenever you see us at local events! We love to hear who your First Steps home visitor is.



Check out pages 4-5 for upcoming events as well!

Wishing all of our families with older children a smooth transition to





## Sibling relationships

Navigating sibling relationships can be tricky. Big Life Journal shared these 6 phrases to help you help your children approach their relationships with one another:

- "You don't have to agree, but you do have to respect each other."
- "Sometimes you need a break from each other, and that's okay."
- "Friends will come and go, but siblings are for life."
- "Fair doesn't mean equal. Everyone gets what they need."
- "Be the sibling you'd want to have."
- "Family is your safe place--make it feel that way."



## Morning Affirmation

(take a deep breath)

Today, I choose to be confident, calm, and focused.

I am capable of handling whatever comes my way.

I release yesterday's worries and step into today with gratitude.

I trust myself, my journey, and my growth.

I am ready, I am strong, and I am enough.

## 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



## Mindfulness Moment

Why affirmations matter:

1. **Training Your Brain**-Your brain learns from what you repeat. Saying positive statements often can help replace negative thoughts with ones that make you feel confident, motivated, and strong.

\*Tip! Ask your home visiting nurse about our Mothers & Babies curriculum

2. **Building Self-Esteem**-Affirmations help you remember your worth. They remind you of your skills, strengths, and good qualities, especially when you feel unsure.

3. **Lowering Stress and Worry**-Positive affirmations can help your brain feel calm. This makes it easier to handle problems without feeling overwhelmed.

4. **Reaching Your Goals**-When you say you can do something and picture it happening, it helps you take steps to make it real.

5. **Feeling Better Emotionally**-Affirmations help you focus on the good, not just the bad. This can make you feel more hopeful and balanced.

6. **Building Good Habits**-Saying affirmations that match the habits you want ("I keep trying every day") can help you stick with them.



## 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,  
September 2<sup>nd</sup>**  
10:00AM–12:00PM  
**JON WEICHT LIONS PARK**  
1104 LIONS PARK DRIVE  
ELK RIVER, MN 55330



**FRIDAY,  
September 18<sup>th</sup>**  
10:00AM–12:00PM  
**1010 COMMUNITY  
OUTPOST**  
1114 - 9<sup>TH</sup> AVE SE  
ST. CLOUD, MN 56304



**THURSDAY  
September 24<sup>th</sup>**  
9:00AM–11:00AM  
**LIONS PARK SAUK RAPIDS**  
95 RIVER AVE N, SAUK  
RAPIDS, MN 56303  
Contact: 320-968-5331



**THESE EVENTS ARE FREE AND OPEN TO ALL!**

St. Cloud Area  
School District **7421**  
Early Childhood Family Education (ECFE)  
presents

# THE BABY & TODDLER EXPO

Learn,  
Grow &  
Shine  
Together

**Saturday, Sept. 19**

9:00 — 12:00

Quarryview Education Center

**FREE**  
Admission  
& Light Snacks



Join us for a fun-filled event where little ones and their families can learn, grow and shine bright together!

★ **Experience**

★ **Learn**

★ **Discover**

Play & Discover ECFE  
Children's Concert  
Touch-a-Truck  
Coffee Truck

Parenting Tips & Tricks:  
"Thriving in Your Baby's First Year"  
"Big Feelings & Calm Solutions"

ECFE & District 742 Programs  
Education Resources  
Health & Wellness Resources  
Parenting & Family Support

**GRAND PRIZE DRAWINGS** - 4-person membership to the Great River Children's Museum and a Car Seat Stroller Travel System donated by D.J. Bitzen.

**GIFT BAGS FOR THE FIRST 300 FAMILIES**

More Info: [isd742.org/BabyToddlerExpo](http://isd742.org/BabyToddlerExpo)

# St. Cloud's 4th Annual Hispanic Heritage Celebration

9.12.26

LAKE GEORGE



FOOD  
TRUCKS



DANCE



LIVE  
MUSIC



KID  
ZONE

3:00 – 7:00 PM



1101 7<sup>TH</sup> AVE S. | ST. CLOUD, MN

FREE



## 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.



### Free Training and Professional Development:

- First Aid/CPR
- SUID/AHT
- Circle of Security
- Child Development
- Assistance setting up your Development 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.



Benton, Sherburne,  
Stearns, And Wright

Big Stone, Chippewa,  
Lac qui Parle, Swift and  
Yellow Medicine.



\*Funded in part by the Minnesota Department of Children, Youth and Families

V Garrett 320-471-8266

Vgarrett@milestonesmn.org



milestones