



FAMILY NEWSLETTER

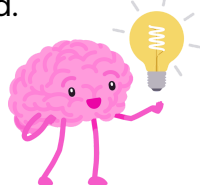
Pregnancy & Parenting

Growing Your Own (and Your Child's) Growth Mindset

A growth mindset occurs when we believe our intelligence and abilities can be improved with effort and the right strategies. Mindset shapes our everyday lives, fuels our behavior, and helps predict our success. Developing growth mindset is a lifelong journey.

Reframing your own thoughts, and teaching a growth mindset to your child is not an easy task but it can contribute to their lifelong success and happiness.

Below are some suggestions on how to shift your thoughts when feeling discouraged.



Instead of saying this

This is hard.

Try saying this

"Practice will help this become easier!" ★

I'm making too many mistakes.

"Mistakes are how I learn and get better!" ★

I give up.

"I am not good at this yet, but with practice I will be!" ★

I don't know how.

"This is something I can learn!" ★

Child Growth & Development

Open-Ended Questions

Open-ended questions require more than one-word answers and the opposite of yes/no answers. Open-ended questions often begin with words like: how, what, why, or tell me about.

Asking your child open-ended questions can help them develop their curiosity, reasoning ability, creativity, critical thinking, and independence. Here are a few examples:

- Tell me about what you built/made/created.
- Can you describe what happened?
- What do you like best about it?
- Tell me about what you saw.
- How did you feel when you finished it?
- What did you learn?
- Tell me about how you worked together.
- What do you think will happen next?
- What would you do different next time?

From: <https://www.tutordocor.com/resources/infographics/>



Influenza Season

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."

Now is a good time to get your flu shot to protect you, your developing baby in pregnancy, and your children (if at least 6 months old) 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 influenza 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.

And remember, there are several other ways to help your immune system during these cold, winter months:

- Wash your hands well and often--after going to the bathroom, changing a diaper, before you prepare food, before you eat, and when your hands are visibly soiled.
- Eat a healthy, nutritious diet.
- Stay hydrated--drink water.
- Prioritize a healthy sleep schedule.
- Avoid others who are ill.





Activities of the Month



Snowball Balance:

<https://happytoddlerplaytime.com/snowball-balance-winter-stem/>

Handprint Tree:

<https://www.craftymorning.com/kids-handprint-fall-tree-craft/>



Mindfulness Moment



FS Family Feedback Survey

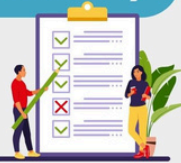
Your feedback is valuable to us. Please help us continue to improve our services by filling out this survey.

FIRST STEPS ENCUESTA DE OPINIÓN

Por favor, completen esta encuesta para ayudarnos a continuar mejorando nuestros servicios. Haga clic en "Default language" en la parte superior de la página y elija "Español" para Español.

FIRST STEPS SAHANKA QOYSKA

Fadlan nagu caawi inaan sii wadno horumarinta adeegyadayada adiga oo buuxinaya sahanan. Guji "Default language" ee ku taal xagga sare ee bogga oo dooro "Somali" ee Soomaaliga.



<https://arcg.is/048Qj10>

As you complete your Family Feedback Survey, here are some questions to reflect on about your growth as a parent over the past year:

1. What goals did I have for myself?
2. How have any of my priorities changed?
3. What have I learned about myself in the past year?
4. What have I learned about my child this past year?
5. What am I most proud of?
6. Who are my greatest supports?
7. What goals do I have this next year?

Your First Steps nurse is here for you during your parenting journey.
Thank you for partnering with us!

Safety & Resources

Cannabis & Preventing THC Poisonings

See pages 3-4 to get the facts about what is known about the impacts of cannabis use during pregnancy, breastfeeding, and chestfeeding, reducing potential harm, and support options.

Many edible and drinkable cannabis products look like candy, juice, or other treats. Children are especially vulnerable to eating or drinking them accidentally.

- Treat cannabis products like you would medications. Store them safely out of reach, in a locked cabinet, medicine box, or safe. Keep products in the child-resistant packaging from the retailer.
- Talk to family, friends, and caregivers. Ask anyone whose home your children visit to store cannabis products and other drugs safely.
- Follow these safety tips even without children in the home. Protect curious visitors and pets by keeping cannabis products locked up and out of sight.

If a child consumes THC that is not medically certified for them, immediately call a medical professional or the free Poison Control Center hotline at 1-800-222-1222. Cannabis products can take from 30 minutes to two hours to take effect, so even if a child seems fine after ingesting THC, they may still need medical treatment. It is important not to wait.



Learn more at <https://www.health.state.mn.us/communities/cannabis/materials.html>

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

*The Sherburne County Breastfeeding Resource List in Spanish has been updated. Find it at: <https://firststepscentralmn.org/resources>



What to Know About Cannabis for You, Your Baby, and Young Children

Many people wonder if it is safe to use cannabis (also known as marijuana, weed, pot) while they are pregnant, planning to become pregnant, or breastfeeding (feeding an infant human milk via breast, chest, or pump). Cannabis is used in many ways, including smoking, vaping, or consuming in candy, food, or drinks and can change how you think, feel, and make decisions. Using cannabis in any form during pregnancy and breastfeeding may affect you and your baby's health. Even though cannabis is legal for Minnesotans 21 and older, that doesn't mean it's safe to use during pregnancy or while breastfeeding.

Get the facts

We know you want to make the best choice for you and your baby. While there is still a lot we don't know about the health effects of cannabis, here is what we do know:

- What you put in your body can pass to your baby. Using cannabis may harm your baby's brain development and increase the risk of:
 - Your baby being born too small or too early
 - Stillbirth or infant death
 - Learning, behavioral, or other health problems
- Cannabis is stored in your body's fat for weeks. Some cannabis chemicals can stay in your milk even after you stop using cannabis. Pumping and dumping milk is not effective when it comes to cannabis use.
- Using cannabis during your pregnancy can increase your risk of complications, including:
 - Gestational hypertension (high blood pressure)
 - Preeclampsia
 - Weight gain
 - Placental abruption (the placenta detaches from the uterine wall)
 - Gestational diabetes
- The more you use cannabis, the more you increase your health risks, especially if you also smoke cigarettes.



Using cannabis is not recommended while pregnant or breastfeeding.

The American College of Obstetricians and Gynecologists and the American Academy of Pediatrics recommend you stop using cannabis during pregnancy and while breastfeeding.

Reduce potential harm

Some people may find it difficult to quit cannabis. To reduce potential harm, consider the following:

- Reduce the amount and frequency of cannabis use.
- Being high while caring for a child is not safe. If you plan to use cannabis, arrange for childcare.
- Smoke outdoors as much as possible to prevent a child's exposure to secondhand cannabis smoke.
- Do not drive after using cannabis. Do not let your child ride in a car if the driver is high. Cannabis can cause slower reactions, dizziness, confusion, and trouble thinking.
- Store cannabis products in a locked area where your child cannot see, reach, or access them.
- If you have been using cannabis to manage a medical condition or pregnancy symptoms, talk to your health care provider about what you're experiencing and other treatments available.



Support options

If you or a loved one would like to talk about reducing or stopping cannabis use, there are resources that can help.

- Talk to your health care provider for referrals.
- Visit [FindTreatment.gov](https://www.findtreatment.gov) (www.findtreatment.gov) to find treatment programs.
- Visit the [Fast Tracker](https://fasttrackermn.org) (<https://fasttrackermn.org>) webpage or call 651-426-6347 to find substance use disorder services near you. Includes Tribal providers.
- Call the Substance Abuse and Mental Health Services Administration National Hotline at 800-662-HELP (4357).

To obtain this information in a different format, call 651-201-3650.

Minnesota Department of Health
Child and Family Health Division
health.mch@state.mn.us | 651-201-3650
www.health.state.mn.us


mn DEPARTMENT
OF HEALTH


5/2025



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



SALEM COMMUNITY OUTPOST

FREE HEALTHCARE FOR INDIVIDUALS AND FAMILIES!



90 RIVERSIDE DR SE, ST. CLOUD MN, 56304

Our Services

Nurse Practitioner Clinic Visits

On site testing (UTI, strep, etc)

Basic medical care

Referrals to other health resources

Illness visits

Sports physicals

Nurse Visits

Blood pressure checks

Blood sugar checks

Learn how to lower stress

Healthy eating habits

Finding resources

When to Visit Us



NP & Nurse Visits Available



Nurse Visits Only

OCTOBER							2025	
S	M	T	W	T	F	S		
			1	2	3	4		
5	6	7	8	9	10	11		
12	13	14	15	16	17	18		
19	20	21	22	23	24	25		
26	27	28	29	30	31			

NOVEMBER							2025
S	M	T	W	T	F	S	
						1	
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30							

DECEMBER 2025						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Clinics will run 1-4pm each day they're offered. Walk-ins only, no appointments needed.

Interpreter services will be available on the dates the Nurse Practitioners are there.

Learn more at: <https://www.csbsju.edu/news/ribbon-cut-on-free-clinic-staffed-by-csb-and-sju-nursing-students-on-st-clouds-east-side/> and <https://www.centracare.com/services/project-h-e-a-l/>