

# Family Child Care Newsletter

January 200

Wright County Health & Human Services

## Happy New Year!

### Mission Statement

- *Strengthen*
- *Support*
- *Serve*

*our  
Community...*

Family childcare providers take care of others all day (and often all night). As with every profession, we need to make sure that we are taking care of ourselves as well. This can be one of the hardest things to remember to do and to make time for. We have dedicated most of this newsletter to self-care in order to remind us all of how important it is to take care of ourselves, so that we can be the caregivers our childcare kids and clients need.

The National Association for the Education of Young Children (naeyc) has 6 ideas for family childcare providers to help you take care of yourself this new year.

1. Regular Physical Exercise
2. Take time off
3. Connect with your spiritual side through meditation of prayer
4. Further your education
5. Develop resilience
6. Add something new

Go to their website for specific ideas and to see discussion from other providers.

<https://www.naeyc.org/resources/blog/six-ideas-family-child-care-providers>

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# CENTER FOR INCLUSIVE CHILD CARE

## Tip Sheets

### Self-Care for Early Care and Education Professionals

#### Practicing Self-Care

The prevention and management of stress requires that individuals take responsibility for their own health and well-being. Practicing self-care helps to



build resilience and the ability to seek positive solutions to stressful situations.

Although the actions taken to prevent and reduce stress in the workplace will differ for each early care program and professional, it is important to be intentional, reflective, and take responsibility for preventing and managing stress.

Whether it's through proper nutrition, exercise, relationships, or taking pleasure in life's joys, find self-care strategies that include something:

- That energizes you.
- That helps you unwind.
- That helps you manage during difficult times.

While work-related stress can never be totally eliminated, there are ways to prevent and reduce its impact.

#### Stress Prevention and Reduction Strategies

##### Nutrition

- Proper nutrition helps the immune system function properly and withstand the impact of stress on the body.
- Strive to eat a healthy and balanced diet.
- Keep some comfort items such as tea, nuts/granola for a protein boost, and other healthy snacks on hand.
- Stay hydrated.

##### Exercise

Try to exercise for 30 minutes each day at any intensity that is comfortable. You can also get moving by:

- Playing a ball game, doing a movement activity, or taking a walk with the children.
- Doing a few yoga poses or stretches to get your blood moving. Include the children!
- Getting outside for some fresh air and a change of scenery.
- Having a dance party by yourself or with the children.

##### Get to know yourself

Learn to recognize when you are feeling stressed and try to identify what triggers those feelings.

Other strategies for self-reflection include:

- Prayer and meditation
- Positive self-talk
- Keeping a journal
- Setting realistic goals for your personal and professional life
- Asking for help from a mentor or colleague
- Breathing techniques to remain energized and lower blood pressure and cholesterol

##### Positive Relationships

Building and maintaining positive and supportive relationships is an important part of self-care. Children, parents, family members, and early care and education professionals cope with stress more effectively with the support of others. This support may be from friends, family, co-workers, health care professionals and community organizations.

Build and maintain positive relationships by:

- Connecting with other professionals by sharing ideas, activities, and projects.
- Making positive calls or emails to parents.
- Spending time with loved ones.
- Volunteering in your community.

#### Enjoy Life

Spending time doing the things you love can be calming and help relieve stress.

- Identify and plan for rewarding personal activities. Do what brings you joy, such as reading, swimming, or taking a walk.
- Keep a notebook of inspirational quotes.
- Watch a comedy.
- Do something creative such as quilting, photography, or cooking.
- Keep kind notes and positive feedback from children, families, and colleagues.
- Laugh and play.
- Do something spontaneous and silly.

#### Additional Resources for Information on Stress and Self-Care

National Association for the Education of Young Children  
<https://www.naeyc.org>

National Institute of Mental Health (NIMH)  
<https://www.nimh.nih.gov/index.shtml>



For more information on self-care for early care and education professionals, visit [www.inclusivechildcare.org](http://www.inclusivechildcare.org).

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1282 Concordia Avenue, Saint Paul, MN 55104

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Funding provided by the Minnesota Department of Human Services.

[www.inclusivechildcare.org](http://www.inclusivechildcare.org)

#### Self-Care Courses Available on Develop:

\* Self-care for ECE Professionals Who Care for Children Impacted by ACES

\* This is a 2-hour self-paced course, cost is \$5.00

\* Self-Care for Early Care and Education Professionals

\* This a 10-hour self-paced course, cost is \$35.00

## Upcoming Trainings: C.A.R.S. (Children and Restraint Systems)

To make sure there is available space in each class, you must pre-register by calling or emailing Terri Burkhart . Class fees are non-refundable unless you reschedule. A minimum of ten participants need to be registered in order to hold class. Class will be canceled one week prior to class if the minimum is not met. No admittance after class has started.

Note: These trainings are approved on the MNCPD Registry.



Date:	Thursday, January 16, 2020
Time:	5:00pm-8:00pm
Location:	Wright County Health & Human Services 1004 Commercial Drive Buffalo, MN 55313
Contact:	763-682-7516 or <a href="mailto:terri.burkhart@co.wright.mn.us">terri.burkhart@co.wright.mn.us</a>
Cost:	\$25.00/person



### Netstudy 2.0



It is finally time for Wright County providers to complete Netstudy 2.0 background studies! Watch your mail for instructions. Each provider will receive instructions, including a specific provider code that will be used for your study as well as all the studies associated with your license.

If you were licensed after 1/1/2019 and already have Netstudy background studies, you will not be receiving the mailing.

The mailing will be sent as soon as Wright County has received training in completing fingerprinting. We will then be able to offer some evening fingerprinting appointments in Buffalo.

If you or anyone associated with your license would like to complete their background studies now, feel free to contact your licenser to receive the instructions via email. You would then need to complete your fingerprints at one of the [public sites](#).

Feel free to contact your licenser with any questions.

# Wright County Breastfeeding Resource List



## Buffalo

### Allina Health - Buffalo Hospital

Outpatient Lactation Services  
Monday – Friday: 7 am – 3 pm, but times may vary  
Call (763) 684-7630 to schedule an appointment

### Breastfeeding Classes

Breastfeeding classes no longer offered at Buffalo Hospital  
Refer to Amma Parenting Center  
\$40, various locations outside of Wright County  
Visit: [ammaparentingcenter.com/classes](http://ammaparentingcenter.com/classes) and search for breastfeeding

### Buffalo Baby Café

A free family-friendly drop-in breastfeeding support group sponsored by Buffalo Hospital and Wright County Public Health. Babies and children welcome; open to the public. Wright County Historical Society (Heritage Center)  
Wednesdays: 10 am – 12 pm  
(763) 684-7630

## Monticello

### CentraCare – Monticello

Outpatient Lactation Services  
Available 24/7  
Call (763) 271-2218 to schedule an appointment

### Breastfeeding Classes

*Bravo Baby: Successful Breastfeeding*  
\$10, at CentraCare – Monticello  
Visit: [www.centracare.com/events](http://www.centracare.com/events) and search for breastfeeding - questions call 763-271-2218

### Movie Night To-Go Kit

*Better Breastfeeding: Your Guide to a Healthy Start* by Injoy Videos (English or Spanish)  
\$25, DVD rentals available for 2 weeks  
CentraCare – Monticello Birth Center  
(763) 271-2218

## Maple Grove

### Maple Grove Hospital

Outpatient Lactation Services  
Open 7 days a week.  
Call (763) 581-2021 to schedule an appointment

### Breastfeeding Classes

*Breastfeeding*  
\$30, at Maple Grove Hospital  
Visit: [www.maplegrovehospital.org/classes](http://www.maplegrovehospital.org/classes) and scroll down to find breastfeeding

## Mommy & Me Breastfeeding Support Group

Free drop-in breastfeeding support group where mothers support one another, ask questions or voice concerns.  
Maple Grove Hospital - Medical Office Building  
LL Conference Room  
Tuesdays: 10:30 am – 12 pm  
(763) 581-2021

## St. Cloud

### St. Cloud Hospital

Breastfeeding helpline: (320) 251-2700 x52311  
Monitored 7 am – 3 pm daily including weekends and holidays; leave a message to receive a call-back.

### Breastfeeding Classes

*Bravo Baby: Successful Breastfeeding*  
\$10, at St. Cloud Hospital  
Visit: [www.centracare.com/events](http://www.centracare.com/events) and search for breastfeeding

### CentraCare Clinic – Health Plaza

Outpatient lactation services  
Available 8:30 am – 4:30 pm  
Call (320) 654-3610 to schedule an appointment. If not a CentraCare patient, meet with a provider first for a new patient consult.

### La Leche League of St. Cloud

La Leche League groups provide mother-to-mother support, encouragement, and education to pregnant and breastfeeding mothers. Meetings are held at Westwood Church - 5719 Walnut Dr., St. Cloud, MN 56303 on the fourth Mondays at 6:30 pm. La Leche League Leaders are also available by phone for individual consultation whenever you have breastfeeding questions or concerns.

- Cali: (320) 281-9095
- Jacqueline: (320) 200-9470

Visit: [www.llofmndas.org/st-cloud.html](http://www.llofmndas.org/st-cloud.html)

## Waconia

### Ridgeview Medical Center

Outpatient Lactation Services  
Monday – Friday: 8 am – 3 pm  
Call (952) 442-2191 x36401 to schedule an appointment

### Breastfeeding Classes

*Breastfeeding*  
\$40, at Two Twelve Medical Center in Chaska  
Visit: [health.ridgeviewmedical.org/events](http://health.ridgeviewmedical.org/events) and enter keyword breastfeeding

## Mom & Baby Connection

Free drop-in breastfeeding support group for new moms and their babies sponsored by Ridgeview and Carver County Public Health.

Ridgeview Professional Building  
Wednesdays: 10 am – 11:30 am  
(952) 777-4646 or (952) 361-1329

## Wright County

### Wright County Community Action WIC

The Women, Infants and Children program (WIC) offers breastfeeding education and support to pregnant and breastfeeding moms who meet income guidelines. Manual breast pumps may be available to WIC participants. For eligibility, locations and hours, call (320) 963-6500 or email [wic@wccaweb.com](mailto:wic@wccaweb.com).

### Wright County Public Health

Public Health Nurses trained in lactation support are available to answer breastfeeding questions or provide free home visits to any Wright County resident.  
Monday – Friday: 8 am – 4:30 pm  
(763) 682-7468

## Milk Depots

CentraCare-St. Cloud and CentraCare-Monticello are HMBANA affiliated milk collection sites. If interested in donating breast milk, visit this website: [www.mnmilkbank.org/donate-milk](http://www.mnmilkbank.org/donate-milk)

## Telephone Resources

### Breastfeeding Helpline

National Women's Health Information Center provides and locates nursing mother support.  
[www.womenshealth.gov](http://www.womenshealth.gov)  
Monday – Friday: 9 am – 6 pm ET (English and Spanish)  
(800) 994-9662

### InfantRisk Center

Up-to-date evidence-based information on the use of medications during pregnancy and breastfeeding  
Monday – Friday: 8 am – 5 pm  
(806) 352-2519

## Apps

**CentraCare Baby** (free) – resource to build confidence related to pregnancy, birth, breastfeeding and adjustment to parenting

**Coffective** (free) – a tool to help pregnant women set and reach their goals

**LactMed** (free) – database of drugs and dietary supplements that may affect breastfeeding

**MommyMeds** (\$3.99) – easy to understand information on drug safety and ingredients of medications for all pregnant and breastfeeding mothers

**Breastfeeding Solutions** (\$4.99) – a guide to overcoming most common breastfeeding problems

## Internet Resources

### American Academy of Pediatrics

[www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/default.aspx](http://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/default.aspx)

### Centers for Disease Control and Prevention

[www.cdc.gov/breastfeeding](http://www.cdc.gov/breastfeeding)

### Kelly Mom

[kellymom.com](http://kellymom.com)

### Minnesota Breastfeeding Coalition

[mnbreastfeedingcoalition.org/for-families](http://mnbreastfeedingcoalition.org/for-families)

### MN Department of Health

[www.health.state.mn.us/people/wic/localagency/bf](http://www.health.state.mn.us/people/wic/localagency/bf)

## Breastfeeding Supplies/Pumps

- Breast pumps are available at hospitals.
- Medical Assistance will usually cover double-electric pumps with a doctor's order.
- Check with your medical plan for coverage as your insurance may be accepted at certain locations only.

### Ameda ParentCare

[www.ameda.com/product-locator](http://www.ameda.com/product-locator)  
(866) 99-AMEDA

### Freedom Medical

[www.freedommedical.com](http://www.freedommedical.com)  
(800) 784-8849

### Hygeia Breast Pumps

[www.hygeiahealth.com](http://www.hygeiahealth.com)  
(714) 515-7571 extension #2

### Medela Pumps

[www.medelabreastfeedingus.com/bnnsearch](http://www.medelabreastfeedingus.com/bnnsearch)  
(800) 435-8316

### Milk Moms

[www.milkmoms.com](http://www.milkmoms.com)  
(763) 413-0129

### Reliable Medical Supply

[www.reliamed.com](http://www.reliamed.com)  
(763) 255-3800

Created and maintained by the Wright County Breastfeeding Coalition • Supported by the Statewide Health Improvement Partnership, Minnesota Dept. of Health • Last updated September 2019 • Available at [livewright.org](http://livewright.org) • For more information contact Wright County Public Health at (763) 682-7456

## Lista de recursos de amamantamiento del condado de Wright



### Buffalo

#### Allina Health - Buffalo Hospital

Servicios ambulatorios de lactancia  
De lunes a viernes: de 7:00 a. m. a 3:00 p. m., pero los horarios pueden variar.  
Llame al (763) 684-7630 para programar una cita.

#### Clases de amamantamiento

Las clases de amamantamiento ya no se ofrecen en Buffalo Hospital. Consulte Amma Parenting Center.  
\$40, diferentes lugares fuera del condado de Wright  
Visite [ammarentingcenter.com/classes](http://ammarentingcenter.com/classes) y busque la palabra *breastfeeding* (amamantamiento).

#### Baby Café de Buffalo

Un grupo gratuito para toda la familia de apoyo al amamantamiento, sin cita previa, patrocinado por Buffalo Hospital y el Departamento de Salud Pública del condado de Wright. Los bebés y los niños son bienvenidos; está abierto al público.  
Wright County Historical Society (Heritage Center)  
Miércoles: de 10:00 a. m. a 12:00 p. m.  
(763) 684-7630

### Monticello

#### CentraCare – Monticello

Servicios ambulatorios de lactancia  
Disponibles las 24 horas, los siete días de la semana.  
Llame al (763) 271-2218 para programar una cita.

#### Clases de amamantamiento

*Bravo Baby: amamantamiento exitoso*  
\$10, en CentraCare - Monticello  
Visite: [www.centracare.com/events](http://www.centracare.com/events) y busque la palabra *breastfeeding* (amamantamiento). Si tiene preguntas, llame al 763-271-2218.

#### Para una noche de cine

*Better Breastfeeding: Your Guide to a Healthy Start* (Un mejor amamantamiento: su guía para un comienzo saludable) por Injoy Videos (en inglés o en español)  
\$25, el alquiler de DVD está disponible por 2 semanas.  
CentraCare – Monticello Birth Center  
(763) 271-2218

### Maple Grove

#### Maple Grove Hospital

Servicios ambulatorios de lactancia  
Abierto los siete días de la semana.  
Llame al (763) 581-2021 para programar una cita.

#### Clases de amamantamiento

*Lactancia materna*  
\$30, en Maple Grove Hospital  
Visite: [www.maplegrovehospital.org/classes](http://www.maplegrovehospital.org/classes) y desplácese hacia abajo hasta encontrar “Breastfeeding” (amamantamiento).

#### Grupo de apoyo para el amamantamiento Mommy & Me

Grupo de apoyo gratuito, sin cita previa, donde las mamás se apoyan unas a otras, hacen preguntas o comparten sus preocupaciones.  
Maple Grove Hospital - Sala de conferencias LL del Medical Office Building  
Martes: de 10:30 a. m. a 12:00 p. m.  
(763) 581-2021

### St. Cloud

#### St. Cloud Hospital

Línea de ayuda para el amamantamiento: (320) 251-2700, ext.: 52311  
Supervisada de 7:00 a. m. a 3:00 p. m. todos los días, incluso los fines de semana y los feriados. Deje un mensaje para que le devuelvan la llamada.

#### Clases de lactancia materna

*Bravo Baby: amamantamiento exitoso*  
\$10, en St. Cloud Hospital  
Visite: [www.centracare.com/events](http://www.centracare.com/events) y busque la palabra *breastfeeding* (amamantamiento).

#### CentraCare Clinic – Health Plaza

Servicios ambulatorios de lactancia  
Disponibles de 8:30 a. m. a 4:30 p. m.  
Llame al (320) 654-3610 para programar una cita. Si no es un paciente de CentraCare, primero debe reunirse con un profesional para hacer una consulta para pacientes nuevas.

#### La Leche League de St. Cloud

Los grupos de La Leche League ofrecen apoyo, motivación y educación de madre a madre para mujeres embarazadas y madres en periodo de lactancia. Las reuniones se hacen en Westwood Church - 5719 Walnut Dr., St. Cloud, MN 56303 el cuarto lunes de cada mes a las 6:30 p. m. Las directoras de La Leche League también están disponibles telefónicamente para atender consultas individuales si tiene preguntas o inquietudes acerca del amamantamiento.

- Cali: (320) 281-9095
- Jacqueline: (320) 200-9470

Visite: [www.llofmndas.org/st-cloud.html](http://www.llofmndas.org/st-cloud.html)

### Waconia

#### Ridgeview Medical Center

Servicios ambulatorios de lactancia  
De lunes a viernes: de 8:00 a. m. a 3:00 p. m.  
Llame al (952) 442-2191, ext.: 36401 para programar una cita.

#### Clases de lactancia materna

*Lactancia materna*  
\$40, en Two Twelve Medical Center en Chaska  
Visite: [health.ridgeviewmedical.org/events](http://health.ridgeviewmedical.org/events) e ingrese la palabra clave *breastfeeding* (amamantamiento).

## Mom & Baby Connection

Grupo de apoyo de amamantamiento gratis, sin cita previa, diseñado para las madres primerizas y sus bebés y patrocinado por Ridgeview y el Departamento de Salud Pública del condado de Carver.

Edificio profesional de Ridgeview

Miércoles: de 10:00 a. m. a 11:30 a. m.

(952) 777-4646 o (952) 361-1329

## Condado de Wright

### Acciones comunitarias para mujeres, bebés y niños (WIC) del condado de Wright

El Programa para Mujeres, Bebés y Niños (Women, Infants and Children, WIC) ofrece educación y apoyo para mujeres embarazadas y mamás en período de lactancia que cumplan los requisitos de ingresos. Puede haber extractores de leche materna manuales disponibles para las participantes del Programa WIC. Para obtener información sobre la elegibilidad, la ubicación y el horario, llame al (320) 963-6500 o envíe un correo electrónico a [wic@wccaweb.com](mailto:wic@wccaweb.com).

### Departamento de Salud Pública del condado de Wright

Las enfermeras del Departamento de Salud Pública capacitadas para apoyar la lactancia están disponibles para responder preguntas sobre amamantamiento o realizar visitas en el hogar gratuitas para cualquier residente del condado de Wright.

De lunes a viernes: de 8:00 a. m. a 4:30 p. m.,

(763) 682-7468

## Bancos de leche

CentraCare-St. Cloud y CentraCare-Monticello son centros de almacenamiento de leche afiliados a HMBANA. Si le interesa donar leche materna, visite el sitio web: [www.mnmilkbank.org/donate-milk](http://www.mnmilkbank.org/donate-milk).

## Recursos telefónicos

### Línea de ayuda para el amamantamiento

El National Women's Health Information Center (Centro Nacional de Información sobre la Salud de las Mujeres) ofrece apoyo a las madres en período de lactancia.

[www.womenshealth.gov](http://www.womenshealth.gov)

De lunes a viernes: de 9:00 a. m. a 6:00 p. m., hora del este (en inglés y en español)

(800) 994-9662

### InfantRisk Center

Información actualizada basada en evidencias sobre el uso de medicamentos durante el embarazo y el período de amamantamiento

De lunes a viernes: de 8:00 a. m. a 5:00 p. m.

(806) 352-2519

## Aplicaciones

**CentraCare Baby** (gratuita): recurso para generar confianza en relación con el embarazo, el nacimiento, el amamantamiento y la adaptación a ser madre

**Coffective** (gratuita): una herramienta para ayudar a mujeres embarazadas a definir y alcanzar sus objetivos

**LactiMed** (gratuita): base de datos de medicamentos y suplementos dietarios que pueden afectar al amamantamiento

**MommyMeds** (\$3.99): información fácil de entender sobre los ingredientes y la seguridad de los medicamentos para todas las embarazadas o madres en período de lactancia.

**Breastfeeding Solutions** (\$4.99): una guía para superar los problemas más comunes del amamantamiento.

## Recursos en Internet

### Academia Americana de Pediatría

[www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/default.aspx](http://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/default.aspx)

### Centros para el Control y la Prevención de Enfermedades

[www.cdc.gov/breastfeeding](http://www.cdc.gov/breastfeeding)

### Kelly Mom

[kellymom.com](http://kellymom.com)

### Minnesota Breastfeeding Coalition

[mnbreastfeedingcoalition.org/for-families](http://mnbreastfeedingcoalition.org/for-families)

### Departamento de Salud de Minnesota

[www.health.state.mn.us/people/wic/localagency/bf](http://www.health.state.mn.us/people/wic/localagency/bf)

## Accesorios para amamantamiento y extractores de leche materna

- Hay extractores de leche materna disponibles en los hospitales.
- Generalmente, Medical Assistance cubre extractores de leche materna eléctricos dobles con un pedido del médico.
- Verifique la cobertura con su plan de salud, ya que es posible que su seguro solo se acepte en ciertos lugares.

### Ameda ParentCare

[www.ameda.com/product-locator](http://www.ameda.com/product-locator)

(866) 99-AMEDA

### Freedom Medical

[www.freedommedical.com](http://www.freedommedical.com)

(800) 784-8849

### Hygeia Breast Pumps

[www.hygeiahealth.com](http://www.hygeiahealth.com)

(714) 515-7571, ext. n.º 2

### Medela Breast Pumps

[www.medelabreastfeedingus.com/bnnsearch](http://www.medelabreastfeedingus.com/bnnsearch)

(800) 435-8316

### Milk Moms

[www.milkmoms.com](http://www.milkmoms.com)

(763) 413-0129

### Reliable Medical Supply

[www.reliamed.com](http://www.reliamed.com)

(763) 255-3800

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