



Pennington & Red Lake Counties Wellness Newsletter

August 2024



ENVIRONMENTAL PUBLIC HEALTH

- Environmental Public Health Team completes an assessment of the home, rented or owned.
- The team member makes recommendations, provides education, and supplies, if needed.

NOW ACCEPTING REFERRALS

PREVENT. PROMOTE. PROTECT.

Healthier Homes = Healthier Communities



Did you know? A healthier home leads to healthier people and stronger communities. Our Environmental Public Health Team can help you keep your home clean, safe, and pest-free.

To learn more, call your local public health agency at: 218-681-0876.

Job Opening

Americorp Public Health Project Coordinator

As a Public Health Project Coordinator, you can help the public health system deliver critical services in your community. Public Health Corps, in partnership with the University of Minnesota School of Public Health, provides you with valuable, hands-on experience in public health, plus career coaching and support from public health experts. You provide the skills, dedication and time that our communities need. Apply at <https://shorturl.at/Hp7q5> or call 218-681-0876 for more information

Parenting Tips For New Parents From Child Parent Institute

Remember to take care of your needs.

This is like putting on your oxygen mask first in an airplane so that you're able to breathe and help someone else put their mask on. Taking care of your own physical and mental health needs will help you feel calm and ready to respond to your baby's needs.

Find your rhythm with daily routines.

Sometimes, it can feel like a constant guessing game to figure out whether a baby's cries mean they're hungry, tired, uncomfortable, in pain, or need physical touch and comforting. You might find it helpful to keep track of the times when your baby cries, what seems to cause it, and what helps calm him. After a while, you're likely to notice patterns that will help you anticipate and respond to your baby's needs and create daily routines for feeding, naps, diaper changes, and playtime. The predictability of these routines can be soothing for everyone, and they become opportunities for Quality Time, Talking Together (and reading and singing), and Giving Affection – the foundational Triple P positive parenting strategies that build strong relationships between parents and children.

Seek out and accept support.

Becoming a parent or caregiver for the first time is a major life change that can create a mix of emotions, from happiness and contentment to fear, depression, anxiety, or even anger. Attending a support group or class for new parents can provide reassurance that you're not alone. If the feelings last a long time, grow stronger, or make it difficult to get through each day, consider talking with a counselor, your health care provider, a pastor, or a parent educator – someone who will listen with compassion and can provide support and other resources.

FINAL THOUGHTS: Life as a new parent is filled with many highs and lows. Every parent could use help with raising children, no matter their culture, gender, sexual orientation, income, or education level. Adjusting to parenthood takes time, but the days of nonstop crying and sleep deprivation will eventually end – and you might even miss them someday.



PLEASE JOIN US FOR A

Community Baby Shower

MONDAY
AUGUST 26, 2024
OPEN HOUSE 11AM-1PM

**For expectant and new parents (0-6 months)
in Pennington, Red Lake, and Marshall Counties**

Free Lunch Served
Postpartum support services
Free gift
Learn about Family Home Visits
Sign up for door prizes
Get answers to questions and learn about available resources

**PENNINGTON COUNTY HIGHWAY
DEPARTMENT
250 125TH AVE NE
THIEF RIVER FALLS, MN**

Sponsored by:



218-681-0876 TRF
or 218-253-4378 RLF
www.pennredlakecopublichealth.com