

# Quarterly Connection

The Iowa Family Support Network serves as a central point of contact to help parents and providers connect to Early ACCESS, Family support, and Group Based Parent Education Services for children ages 0-5 and their families across the state of Iowa.

The IFSN Quarterly Connection helps keep you connected and provides information that may be informative and beneficial to the families and clients you serve.



## Pom Pom Apple Tree Craft

### Supplies needed:

- Pom Poms
- Scissors
- Glue
- Craft felt paper
- Construction paper



## Pom Pom Apple Tree Craft Instructions:

**Step 1:** Cut out needed shapes (tree trunk, top of tree and grass) using the felt paper and construction paper

**Step 2:** Glue the top of tree to paper, next glue the trunk, and lastly, glue on the grass

**Step 3:** Now it's time to glue the apples to the top of the tree, using the pom poms

**\*\* With this fall activity being an easier craft to complete, it's perfect for younger children who are at the beginning stages of learning how to use glue and scissors. It also invites them to explore different textures while using both the construction paper and felt paper. This craft gives children the opportunity to use their imagination and be in control of how they want their tree to turn out, by adding as many apples as they'd like. The Pom Pom Apple Tree craft is a great way for children to practice using their fine motor skills.**

## UPCOMING EVENTS

### September 21-22, 2021

Resilient Iowa Workshop  
Virtual-- [Register here](#)  
(515) 294-6222

### September 24, 2021

UNI Trauma-Informed Care Conference  
In-person and virtual options  
Register by September 13<sup>th</sup>, 2021  
8:00 a.m.-4:00 p.m.  
7213 Nordic Drive, Cedar Falls, IA 50613

### September 25, 2021

Knoepfler Chevrolet Drive-In Movie  
6:30 p.m. – Free admission  
100 Jackson St, Sioux City IA, 51101

### September 30, 2021

Talking to Children About Mental Health  
Webinar at 12:00 p.m.-- [Register here](#)

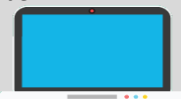
### October 21, 2021

Kid/Family Yoga  
LIVE & ZOOM- 4:00 p.m.  
221 E College St #213, Iowa City IA,  
52240

To find more upcoming  
events in your area, visit the  
IFSN "EVENTS" tab at

[iowafamilysupportnetwork.org](http://iowafamilysupportnetwork.org)

If you are a provider and would like your events listed on our website, please contact IFSN at [iowafamilysupportnetwork@everystep.org](mailto:iowafamilysupportnetwork@everystep.org). Events may be parenting classes, conferences or other activities that providers and/or families of children ages 0-5 may be interested in attending.




## Healthy Apple Crisp:

### Ingredients

#### For the topping:

- 1/3 cup whole wheat pastry flour
- 1/2 old fashioned rolled oats
- 1/3 cup dark brown sugar
- 1/2 cup raw chopped pecans
- 1/4 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/4 cup butter

#### For the crisp:

- 5-6 apples 
- 1/3 cup pure maple syrup
- 1 teaspoon cinnamon
- Pinch of nutmeg
- 1 tablespoon of pure vanilla extract



\*\*This Apple Crisp is a little healthier than the traditional recipe, as it gets its sweet taste from maple syrup instead of sugar.

For instructions, visit

<https://www.ambitiouskitchen.com/healthy-apple-crisp/>

## Tips for Helping Children Adapt to Changes

Not only can life's curveballs and changes take a toll on adults, it can also have a significant effect on children. Some life changes can cause children to feel overwhelmed and stressed, luckily there are ways we can help them navigate through these adversities. Plan ahead (if possible), if you are aware of a future change that will impact your child's daily routine. Planning to make sure the change will go as smoothly as possible has a huge impact on how well children will transition through these changes.

Plan accordingly by:

- **Familiarizing** children with the change before it happens. Whether that is taking them to a new school, house, babysitter, etc. before these changes become a part of their daily life.
- **Communicating** with children on what they can expect during these changes and asking them if they have any questions or concerns.
- **Comforting** children by offering emotional support and letting them know that all changes take time to adapt to and that it's going to be okay.
- **Rewarding** children with their favorite movie/snack or play time to show them that you are proud of them for handling change in such a great way and to create a positive environment for them.

Despite the changes that children may go through, it is always beneficial to maintain their sleep and eating schedule to add some predictability and reliability to their schedules.

## Children at Home Presentations

Our staff are available to present information about the Children at Home program, either in person or through a video feed. To schedule a presentation, please call us at 1-888-425-4371 or send an email to:

[iowafamilysupportnetwork@everystep.org](mailto:iowafamilysupportnetwork@everystep.org)

## Children at Home Advisory Committee Members Needed

Would you like to make a difference in the life of a child with a disability? Children at Home is looking for individuals to join our advisory committee! If you are a professional or a parent of a child with a disability, we invite you to join us and provide your insight so that we can better serve Iowa's children.

To learn more or to download an application, please visit:

[www.iafamilysupportnetwork.org/children-at-home/advisory-board](http://www.iafamilysupportnetwork.org/children-at-home/advisory-board)

Children at Home provides financial assistance to families that include a child with a disability

### IMPORTANT:

#### Eligibility Guidelines

- The family resides in the state of Iowa
- The family includes an individual with a disability under 22 years of age
- The family expresses an intent for the family member who is an individual with a disability to remain living in the family's home
- The family's net taxable income is less than \$60,000 in the most recently completed tax year

#### CaH Application

Iowa Family Support Network is operated by

**EveryStep**   
care & support services