

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.



Ice Cream Craft

Supplies needed:

Cardboard
Card stock
Beige marker
Cotton rounds
Food dye
Dropper
Glue
Craft scissors
Cups with water



Ice Cream Craft Instructions:

- Step 1:** Cut cardboard into a rectangle
- Step 2:** Cut out a cone from the card stock and glue to cardboard
- Step 3:** Use the beige marker and draw lines to look like an ice cream cone
- Step 4:** Glue 3 or more cotton rounds to the top of the cone
- Step 5:** Add your choice of food coloring to the cups of water and mix
- Step 6:** Use the dropper to paint the ice cream scoops

**** This craft enables your child's creativity, hand-eye coordination, fine motor skills, and independency.**

UPCOMING EVENTS

May 24, 2021

Summer Food Box Program
Call 712-374-3367 to sign up
910 Illinois St, Sidney IA, 51654

May 26, 2021

Virtual Baby Shower for Moms in Page and Fremont Counties
Register by calling 712-374-2351
4:00pm viz Zoom

June 3, 2021

Art Walk- Downtown Ames
304 Main St, Ames IA, 50010

June 19, 2021

Jasper County's Outdoor Movie Night
Free Movie Event
Ashton Wildwood Park

July 12-August 16, 2021

Braving Grief Little Foot Prints: Perinatal and Infant Loss Support Group
To register call 515-223-4847

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

If you are a provider and would like your events listed on our website, please contact IFSN at 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 Chocolate Ice Cream:

Have a fun ice cream day and whip this recipe together after crafting the ice cream cone above.

Ingredients

- 1 ¼ cups 2% milk
- 1 cup plain nonfat Greek yogurt
- ½ cup unsweetened cocoa powder
- 1 ½ tsp vanilla crème stevia
- 1 tsp xanthan gum
- ¼ tsp salt



**This recipe is best eaten the same day it is made but it can last up to two months in the freezer in an airtight container. It takes approximately 25 minutes to make and tastes just as delicious as the not so healthy chocolate ice cream.

For instructions, visit

<https://amyshealthybaking.com/blog/2016/07/28/25-minute-healthy-chocolate-ice-cream/>

Parent-Child Playtime

Although the activities above may seem simple and time consuming, engaging in these activities with your children may have more of an impact on their development than you think. Parent-child play increases their creativity, working memory, gross motor skills, cognitive flexibility, regulation of emotions and peer group leadership skills. Interacting with your child in these various fun activities is also a great way to build a strong relationship.

With summer around the corner, you can also implement play into learning activities, that way they are keeping their minds active during their time off from school.

A few ideas: Print off different educational worksheets and play school with your child, this way they are still learning while building a stronger bond with you. Explore outdoors and discover nature together, teach them about their environment. Make different recipes together and educate them on the basics of cooking.

Parent-Child play is also a great opportunity to model to your child how to take turns and teach them the valuable skills that will benefit them in their future when playing with others. This type of play can also assist in decreasing your child's screen time and create additional beneficial options for them when they decide how they want to spend their free time.

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:

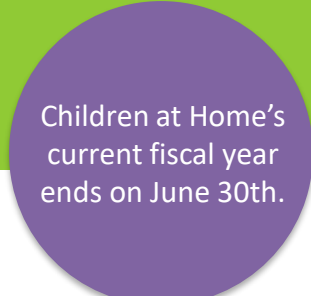
iowafamilysupportnetwork@everystep.org

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



Children at Home's current fiscal year ends on June 30th.

IMPORTANT: A new fiscal year will begin on July 1st.

Reminder- Families are able to reapply every year.

[CaH Application](#)

Iowa Family Support Network is operated by

EveryStep 
care & support services