

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.



Cotton Ball Winter Crafts

Supplies needed:

- Cotton balls
- Construction paper
- Glue
- Scissors
- Buttons/Popsicle sticks



Snowman & Penguin Craft Instructions:

Step 1: Cut out shape of penguin or snowman using construction paper. Both crafts need two circle shapes, a smaller circle for the head and a larger circle for the body (for the penguin cut two half circles for the arms)

Step 2: Apply glue evenly on body of snowman and/or penguin

Step 3: Now, it's time to stick on the cotton balls and then let it dry

Step 4: Add the feet and arms. Snowman- glue on popsicle sticks for the arms. Penguin- cut out feet using orange construction paper and glue on

Step 5: Add the nose- for both the penguin and snowman, cut out an orange triangle and glue on

Step 6: Add buttons for the eyes and add additional buttons to decorate the snowman as shown in picture above

UPCOMING EVENTS

December 1, 2021

Family Voices: A Conversation with Iowa Families about the Future of Special Education- Ages Birth-3
Virtual 11:30am- 1:00pm- [Register here](#)

December 3, 2021

Autism Spectrum Disorder Safety-Care for Families Training
Iowa City- Contact Joy Kim or Renee Speh to register: Joy Kim at 319-356-1453 or Renee Speh at 319-356-432

December 4, 2021

Winter Holiday Fun Day
9:30am – 12:30pm at James Kennedy Public Library, 320 1st Ave E, Dyersville, IA 52040

December 11, 2021

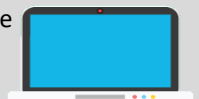
Winter Fun Day
10:00am-2:00pm, Dorothy Pecaut Nature Center
4500 Sioux River Rd, Sioux City, IA 51109

January 15, 2022

Family Fest
Lutheran Church of Hope - Waukee 305 NE Dartmoor Drive. 9:00am – 12:00pm

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

If you are a provider and would like your events listed on our website, please contact IFSN at iafamilysupportnetwork@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.



Celery Reindeer Snacks:

Ingredients

- Celery
- Fresh cranberries or red M&Ms
- Pretzel twists
- Peanut butter
- Nutella
- Candy eyes



**This celery snack is a great way to sneak a vegetable into your child's diet in a fun and festive way. If you're in a hurry and your kids need a quick snack this is a great option as it only takes five minutes to prepare. Fill the celery with a no sugar added peanut butter if you're looking for a healthier snack.



For instructions, visit

<https://wondermomwannabe.com/celery-reindeer-snacks/>

Teaching Random Acts of Kindness to Children

Teaching children about kindness and how to pay it forward is a valuable lesson for them to learn. Not only is it important to learn about during the holiday season but also during the difficult times many have endured around the world due to the pandemic. The best way to teach children about kindness is being their role model. Children learn by observing their peers and picking up on acts they see others doing. Random acts of kindness can happen every day and be as simple as holding the door open for their peers. Small acts of kindness create a positive environment and can help make for a better day for everyone involved.

Acts of Kindness ideas you and your children can do together:

Donate items to people in need- Have your child go through their toys and books that no longer serve their interest and explain the benefits of donating and how happy those items will make another child.

Writing a thank you note- Whether the note is for a teacher, family member, caretaker or someone that is special to your child. Expressing that you are grateful for someone and that you appreciate them can go a long way for such an effortless act of kindness.

Volunteering- There are many options when it comes to volunteering. It could be at a nursing home, homeless shelter, hospital, animal shelter, etc. This act of kindness truly shows how rewarding it feels to not only help someone you may know personally in need but to also help a stranger that may not be fortunate enough to receive help from a loved one.

TREAT OTHERS
THE WAY
YOU
WANT TO BE
TREATED

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:

iafamilysupportnetwork@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/child-ren-at-home/advisory-board

IFSN will be launching new social media platforms to help keep you updated on what is happening in our communities!

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