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
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/](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.

---

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

---

**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