

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.



Paper Plate Snail Craft

Supplies needed:

- Small paper plates
- Kids plastic beads
- Colored cardstock
- Pipe cleaners
- Googly eyes
- Scissors
- Crayons
- Hot glue gun



Paper Plate Snail Craft Instructions:

- Step 1:** First draw a snail head onto the cardstock
- Step 2:** Glue the pipe cleaner to the top of the snail's head and then glue the googly eyes to the top of pipe cleaner
- Step 3:** Draw a smiley face for the snail's mouth
- Step 4:** Draw a large spiral onto the paper plate with glue
- Step 5:** Stick the beads onto the glue, quickly, before the glue dries
- Step 6:** Glue the snail's head onto one side of the paper plate

UPCOMING EVENTS

April 8, 2022

Family Flashlight Easter Egg Hunt
8:00pm–9:00pm; For ages 2-13 plus family
2204 W. 2nd Ave Indianola, IA 50125
[Register here](#)

April 12, 2022

Autism Interventions (Webinar)
12:00pm—1:00pm
For more information: Email Erika Hertel,
Erika-hertel@uiowa.edu
[Register here](#)

April 14, 2022

Family Art Night
5:00pm—7:00pm at Le Mars Art Center
200 Central Ave SE, Le Mars, IA 51031
[Register here](#)

April 23, 2022

Free Roller Skate
6:00pm-7:45pm Robert A. Lee Community
Recreation Center
220 S Gilbert St, Iowa City, IA 52240

May 4, 2022

Polk County Sheriff's Office Safety Village
4:30pm—8:00pm at Bondurant City Park
Sensory Friendly 4:30pm—5:00pm
251 Main St. SE, Bondurant, IA 50035
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.



Rainbow Fruit Skewers:

Ingredients

- 7 Raspberries
- 7 Hulled strawberries
- 7 Tangerine segments
- 7 Cubes peeled mango
- 7 Peeled pineapple chunks
- 7 Peeled kiwi fruit chunks
- 7 Green Grapes
- 7 Red grapes
- 14 Blueberries



**This snack recipe is great as it is simple and can be customized. The fruit listed above is not required, your family can alternate the ingredients by taking out the fruit that is their least favorite and adding their favorites!

For instructions, visit

<https://www.bbcgoodfood.com/recipes/rainbow-fruit-skewers>

Tips for Getting Children Involved in the Community

Spring is finally here! The beginning of Spring is always such an exciting time for everyone, the weather is starting to get warmer and there is more sunlight in the day. It's time to begin Spring cleaning and to enjoy more outdoor time. Here are a few tips to help get your children involved this Spring.

-Start by teaching your children the benefits of donating their gently used clothes, toys, etc., and how the act of donating can have a positive impact on other children. Donating could also help motivate kids to help with cleaning chores and encourage organization. It's never too early to teach your children about helping others and having empathy, while showing them how they can do their part in making the world a better place.

- An easy way to teach your children about donating/helping the community/empathy is to find books that cover these topics and have a family reading night.
- With the warmer weather approaching, there will be charity walking/running events that are kid friendly. This is a fun way for you and your family to get outdoors and help others in need.
- Helping others in your community can reduce stress as well as improve your mood, self-esteem, and happiness.



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

Children at Home applications are encouraged to be submitted by April 30th, 2022 for the current fiscal year

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

The Centers for Disease Control and Prevention (CDC) is pleased to announce the release of revised developmental milestones and tips to support early child development [View the recent publication detailing the process for updating the milestones.](#)