

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.



Bow-Tie Noodle Butterfly Craft

Supplies needed:

- Bow-Tie Noodles
- Paint
- Black Sharpie
- White Paper
- Glue



Bow-Tie Noodle Butterfly Craft Instructions:

Step 1: Paint the bow-tie noodles. For the grass, paint a handful of noodles green and then let all noodles dry.

Step 2: Carefully cut the green noodles (grass) in half and glue to the bottom of paper

Step 3: Next, glue on the rest of the painted noodles (butterflies)

Step 4: The last step is to grab your sharpie and draw antennas and dots below the butterflies, so it looks like they're flying

UPCOMING EVENTS

July 8, 2022

Summer Reading Baby Boot Camp
10:00am-11:00am
Sioux City Public Library, 529 Pierce St,
Sioux City, IA 51101

July 14, 2022

Art Therapy Workshop
2:00pm - 3:00pm
EveryStep Grief and Loss Center, 1821
Grand Avenue, West Des Moines, IA 50265

July 23, 2022

Special Needs Private Swim Party
7:00pm—9:00pm
Rosedale Rapids Aquatic, 3148 11th Ave N,
Fort Dodge, IA 50501

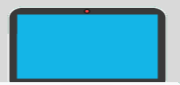
August 17, 2022

Sensory-Friendly Morning at the Fair
8:00am—12:00pm
Iowa State Fairgrounds, 3000 E Grand Ave,
Des Moines, IA 50317

September 13, 2022

Car Seat Training
(Virtual option) 2309 Euclid Ave Des
Moines, 50310 Room 1A.
To register contact Stephanie
Besch, stephanie-besch@uiowa.edu
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.



Homemade Granola Bars



Ingredients

- 2 ½ cups old fashioned rolled oats
- ½ cup nuts, roughly chopped
- ¼ cup honey
- ¼ cup unsalted butter
- ½ cup brown sugar
- 1 teaspoon vanilla extract
- ¼ teaspoon kosher salt
- ¾ cups total extra mix-ins of your choice

**This granola recipe is great for when you and your children are busy and on the go this summer. You can throw in your own twist by adding additional ingredients (blueberries, chocolate chips, pretzels, nuts, etc.)

For instructions, visit

[8 Easy Homemade Granola Bar Recipes | Healthy Granola Bars \(blessthismessplease.com\)](#)

Pool/Water Safety Tips



Summer is here and that calls for cooling off at the pool with the kids! Water safety is extremely important, the sooner children learn the significance the sooner they can use the skills for their own safety. The average age to start swimming lessons is at age four, although, it differs depending on what the caretaker is comfortable with. Below you will find a few tips for time spent around water with children:

- Have someone present who knows how to perform CPR
- Never leave children unsupervised in or around a pool
- Teach your children the pool rules prior to entering the pool
- If a child is wearing a life jacket, ensure it is properly fastened
- Always apply sunscreen prior to outdoor time
- Door/window alarms could be beneficial if you have a child and have concerns of elopement

For more tips and information visit: <https://www.safekids.org/poolsafety>

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 provides financial assistance to families that include a child with a disability. The new fiscal year begins on July 1, 2022

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