

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.



Hedgehog Craft

Supplies needed:

- Brown construction paper
- Leaves
- Black Sharpie
- Glue
- Scissors



Leaf Hedgehog Fall Craft Instructions:

Step 1: First, cut out a hedgehog shape with the brown construction paper

Step 2: Next, glue leaves onto the body of the hedgehog

Step 3: Then, take the sharpie and color in the circle for the nose

Step 4: Lastly, draw on the rest of the face for the hedgehog (eyes and mouth as pictured above)

This craft activity is a great way to encourage outdoor time while gathering leaves and enjoying the fall weather.

UPCOMING EVENTS

October 3, 2022

Paint-a-Pumpkin Contest

1:00pm - 2:00pm

Iowa City Public Library

123 South Linn St, Iowa City, IA 52240

October 8, 2022

Polk County Sheriff's Office Candy Crawl

9:00am - 2:00pm

Grimes South Sports Complex

300 S James St, Grimes, IA 50111

October 8, 2022

Deal's Orchard Celebration

10:00am - 6:00pm

Deals Orchard

1102 244th St, Jefferson, IA 50129

October 25, 2022

Trick or Treat Around the Lake

5:00pm - 7:00pm

Copper Creek Lake

4390 E University Ave, Pleasant Hill, IA 50317

November 5, 2022

Learn about Dinosaurs

1:00pm - 2:00pm

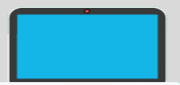
Lewis & Clark Center

900 Larsen Park Road, Sioux City, IA 51103

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.



Healthy Orange Pumpkin Snack

Ingredients

- Mandarin oranges
- Pretzel sticks
- Fresh mint
- Fresh dill



**This orange pumpkin recipe is a simple snack you can put together with the kids. It's a festive way to bring in the fall season and the kids will love it! Adding oranges into your child's snack routine has many benefits and is great for their immune system.

For instructions, visit

[Easy Orange Pumpkin Snack](#)

Trick-or-Treating Safety Tips ~



Fall season has arrived and it's that time of year again for all the fun and festive outdoor activities that are kid friendly. If you and your family are participating in Trick-or-Treating this year below you will find a few safety tips!

- Costumes- does your child's costume follow important safety protocols?
 - It is encouraged that children wear bright colored costumes to make them more visible at night. With the change of seasons, it is beginning to get dark earlier.
 - To prevent injuries and falls while trick-or-treating ensure that your child's costume is the proper fit. It's important that their costume isn't too long and that their shoes aren't too big as this will decrease the chances of any tripping accidents.
 - If your child's costume has fun accessories that are included, ensure that these items are not dangerous to be running with in case of a fall. Also, if these accessories could potentially be a choking hazard to younger children it is important that they are always being monitored.
- It's a good idea to remind children of street safety and to be extra cautious of their surroundings. Encourage your child to stay on the sidewalk and to look very carefully before crossing the street.
- After trick-or-treating closely examine all candy to check that there are no safety hazards and that it is safe for your child to consume.
- Trunk-or-Treating is a great alternative to the traditional Trick-or-Treating. It is a safe option that still allows children to experience dressing up and collecting candy. Details of a few of the Trunk-or-Treat events can be found on our IFSN website in the events section, [IFSN events](#)

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:

[Children-at-Home-Advisory-Committee-Application.docx \(live.com\)](#)

Children at Home provides financial assistance to families that include a child with a disability

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