

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.



Water Spongy Toys Craft

Supplies needed:

- Kitchen Sponges
- Zip tie
- Scissors



Water Spongy Toys Craft Instructions:

Step 1: First, vertically cut each sponge into 3 pieces



Step 2: Next, take a handful of the sponge strips, about 8-9 pieces and center a zip tie around the sponges and tie the zip tie tight around the sponge strips

Step 4: Cut off the excess zip tie

Step 5: Lastly, fluff up the sponge strips and now your child has a fun water toy for the summer!

This water sponge toy craft is great for outdoor water fun with the kiddo's. Dip the sponge into a bucket of water or even bring them into the pool to play with.

UPCOMING EVENTS

June 25, 2023

Storm Lake Kids Fest
12:00pm - 3:00pm
Storm Lake Awaysis Park
1505 E Lakeshore Dr, Storm Lake, IA 50588

June 28, 2023

Sensory Friendly Swim Nights
7:15pm – 8:45pm
Indianola Aquatic Center
714 W Detroit Ave, Indianola, IA 50125

July 6, 2023

Reading Assistance Dogs
6:00pm – 7:00pm
Bettendorf Public Library
2950 Learning Campus Dr, Bettendorf, IA 52722

July 7, 2023

Tots & Tunes!
10:00am- 10:45am
Sioux City Public Library
529 Pierce St, Sioux City, IA 51101

August 1, 2023

Burlington National Night out
6:00pm - 8:00pm
Burlington's Riverfront
Burlington, IA 56601

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

<https://www.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.

Watermelon Pizza

Ingredients:

- Watermelon
- Fresh berries
- Cream cheese
- Powdered Sugar
- Lemon Juice
- Vanilla extract
- Honey



**This watermelon pizza recipe is a quick and fun recipe to throw together during the summer. It would pair great with the water toy craft mentioned above during outdoor time with the kids.

For instruction, visit;

[Watermelon Pizza - Super Healthy Kids](#)

Bike Riding Tips:

Summer is in full swing and teaching your child to ride a bike can be an exciting time. It's important to remember a few tips when navigating this fun journey with your child.

- Ensure their helmet fits properly
- Check that their bike equipment is stable and safe
- Teach them the rules of the road
- Have them wear bright colors
- Ride in the same direction as traffic



- 1 Remind your child to wear a **properly-fitted helmet** when biking, skateboarding, riding a scooter or in-line/roller skating.
- 2 **Check equipment.** Make sure your child's bike is the appropriate size and works properly.
- 3 Teach your kids **the rules of the road.** Make sure they know proper hand signals, understand traffic signs and signals.
- 4 **Be sure your kids are seen** while riding. Wearing bright colors, using lights, and wearing reflectors will help them be seen.
- 5 Teach kids to ride on the sidewalk when they can. If not, **ride in the same direction as traffic** as far on the right-hand side as possible.

TOP 5 TIPS TO KEEP KIDS SAFE

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

Children at Home provides financial assistance to families that include a child with a disability. The new fiscal year begins on July 1, 2023

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