

# 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.



## 3D paper pumpkin craft

### Supplies needed:

- 1 piece of green construction paper
- 1 piece of orange construction paper
- 1 green pipe cleaner
- Clear tape
- Green glitter glue
- Hole punch
- Pencil
- Scissors



## 3D Paper Pumpkin Craft Instructions:

**Step 1:** First, hold the orange construction paper horizontally and cut out one-inch strips

**Step 2:** Secondly, stack the strips together and punch a hole on both ends of the stack

**Step 3:** Next, insert a pipe cleaner into both ends on the paper strips, creating a "C" shape with the pipe cleaner

**Step 4:** Then, fan the strips out to create your pumpkin shape & twist the pipe cleaner, adding tape at the bottom to hold the craft in place

**Step 5:** Then, use the green construction paper to cut out leaves and place them on top of the pipe cleaner. Curl the top of the pipe cleaner using a pencil to make a swirl shape

**Step 6:** Finally, decorate the leaves with glitter glue

## UPCOMING EVENTS

### October 6, 2023

Mary's Helping Hands Coat giveaway  
9:00am – 11:00am  
4950 Pleasant St Suite B, West Des Moines, IA 50266

### October 9, 2023

Autism Safety Event  
4:00pm - 7:00pm  
Mid-American Energy RecPlex  
6500 Grand Ave, West Des Moines, IA 50266

### October 25, 2023

Healthy Start Days  
10:00am – 12:00pm  
Forest Avenue Library  
1326 Forest Ave, Des Moines, IA 50314

### October 29, 2023

Sensory Friendly Halloween  
5:00pm -7:30pm  
Iowa Children's Museum  
1451 Coral Ridge Ave, Coralville, IA 52241

### November 7, 2023

Library Storytime  
11:00am - 11:30am  
Perry Creek Branch Library  
2912 Hamilton Blvd, Sioux City, IA 51104  
To find more upcoming events in your area, visit the IFSN "EVENTS" tab at [iafamilysupportnetwork.org](http://iafamilysupportnetwork.org)

If you are a provider and would like your events listed on our website, please contact IFSN at [iafamilysupportnetwork.org](http://iafamilysupportnetwork.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.



# Vegan Oatmeal Cookies with Pumpkin

## Ingredients

- Whole wheat pastry flour
- Oats
- Ground flaxseed
- Baking soda
- Pumpkin pie spice
- Cinnamon
- Salt
- Ripe banana
- Canned pumpkin
- Maple syrup
- Dried cranberries
- Vanilla extract



For instructions, visit  
[Vegan Oatmeal Cookies with Pumpkin](#)

## Outdoor fall activities ~



Hello Fall! The hot and humid weather is coming to an end as we welcome cooler temperatures. Below are some outdoor fall activity ideas for you and your family to enjoy!

-Pumpkin Patch visit: Head to your local pumpkin patch or travel to one that you and your family have been eager to visit. Make sure to pick out some pumpkins for carving, painting or just to have for fun decor.

\*\*Painting pumpkins is not only fun for your little ones, but it is also a great opportunity to allow developmental growth. Painting, in general, is beneficial to a child's mental, social, physical, and emotional development. Studies have shown that free drawing significantly improves their creative thinking skills. Encourage your child to use their imagination with the blank canvas of a pumpkin and create their own masterpiece!

\*\*Listed below are some more outdoor fall activities:

- Leaf raking/jumping
- Try a fall hike
- Host an autumn scavenger hunt
- Have a picnic with an apple or pumpkin dessert, see above for a pumpkin recipe
- Visit a farmer's market
- Go on a hayride
- Explore a new campsite
- Tour a flower farm
- Check out a new playground
- Travel to an apple orchard

## 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](mailto: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](#)

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