

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.



Popsicle Stick Hot Chocolate Craft

Supplies needed:

- Popsicle sticks
- Foam sheets
- Wood glue
- Scissors
- Craft paint



Popsicle Stick Hot Chocolate Craft Instructions:

Step 1: First, line up ten of the popsicle sticks in an even row

Step 2: Secondly, glue a stick to the back of the ten sticks to keep them all in place.

Step 3: Next, paint your hot chocolate on in a half circle, using brown paint.

Step 4: Then, paint the base of your hot chocolate mug the color of your child's choice.

Step 5: Then, take the foam paper and cut out a handle for the mug, paint that as well and glue it on to the side.

Step 6: Finally, using the foam paper, cut out small circles for the marshmallows.

** You can also cut out other fun winter shapes, for example, the snowflake pictured above or add stickers to your mug.

UPCOMING EVENTS

January 7, 2024

Nami Parent Navigator Support group

3:30pm – 5:00pm

Contact Nina for info Nrichtman@mani.org

January 9, 2024

Sensory-Friendly Hours

4:00pm - 7:00pm

Science Center of Iowa

401 W Martin Luther King Jr Pkwy, Des

Moines, IA 50309

February 5, 2024

Spanish Bilingual Storytime

10:30am -11:00am

Iowa City Public Library

123 South Linn St, Iowa City, IA 52240

February 22, 2024

2024 Autism Advocacy & Acceptance Day on the Hill

8:00am – 12:00pm

Iowa State Capitol

1007 E Grand Ave, Des Moines, IA 50319

March 2, 2024

1st Saturday Family Storytime

11:00am – 12:00pm

Sioux City Public Library

529 Pierce St, Sioux City, IA 51101

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.



Bear Nutella Rice Cake Snack

Ingredients

- Rice cakes
- Nutella hazelnut spread
- Bananas
- Washed blueberries

An easy snack, that is fun for kids to participate in prepping!

For instructions, visit

[Three Bears Nutella Snack](#)



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

A Notice to Parents & Guardians of Children with a Disability

SPECIAL CHILDCARE FUNDS AVAILABLE THROUGH JUNE 30!

The Iowa Family Support Network's **Children at Home Program** has funds that can help with additional adaptive childcare expenses. Funds can be used to pay for:

▶ ADDITIONAL COSTS OF CAREGIVERS

▶ CARETAKER EDUCATION & TRAINING

Training that is specific to a child's disability. Can also be used for a stipend for a substitute while staff attend training.

▶ EQUIPMENT

Equipment needed for a child to attend childcare, or equipment needed by the childcare provider to care for the child (an adult-sized changing table, adaptive stroller, etc.).

To apply for these funds, available through **June 30, 2024**, you must have an approved Children at Home application on file. Your family's Federal Net (not gross) taxable income for the most recent tax year must be less than \$60,000.

Scan this code to access the online application:



Call to see how much you could receive.

(888) 425-4371

iafamilysupportnetwork@everystep.org



IAFamilySupportNetwork.org



Iowa Family Support Network is operated by

