

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.



UPCOMING EVENTS

March 22, 2024

Sensory-Friendly Playdate
5:00pm – 6:30pm
Des Moines Children's Museum
1551 Valley West Dr, West Des Moines, IA
50266

March 25, 2024

Grand (Parent) Connection for Active
Grandparents
11:30am – 1:30pm
150 W William St, Hiawatha, IA 52233

April 9, 2024

Sensory Friendly Science
4:00pm – 7:00pm
Science Center of Iowa in Des Moines
401 W Martin Luther King Jr Parkway

April 13, 2024

Fi and Friends Autism Resource Fair
10:00am – 3:00pm
Horizon Events Center
2100 NW 100th St, Clive, IA 50325

April 23, 2024

Story Time
10:30am- 11:00am
Pella Public Library
603 Main St, Pella, IA 50219
To find more upcoming events in your area, visit
the IFSN "EVENTS" tab at
iafamilysupportnetwork.org

Ladybug Stones

Supplies needed:

- Stones (washed & dried)
- Red & black tissues paper
- Googly eyes
- Scissors
- Paint brushes
- Mod Podge dishwasher safe gloss



Ladybug Stone Craft Instructions:

Step 1: First, have your child go outside and find their favorite rock

Step 2: Secondly, place the red tissue paper on the stone and then paint over it with the mod podge gloss

Step 3: Next, cut out black circles for the ladybug's spots and paint over with the gloss

Step 4: Then, make the ladybug's antennae by twisting the tissue paper to form the shape (pictured above) and then press down onto the rock

Step 5: Finally, take the googly and press down onto the rock while it's still wet from the gloss and then let dry

** Your child can decorate their room or the porch with these fun ladybug crafts

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.



Picnic Friendly Snack Idea:

Apple Sandwiches

Ingredients

- Apples
- Peanut butter
- Honey

For instructions, visit

[Easy Apple Sandwiches](#)



Picnics are a fun way to encourage outdoor play, enjoy a healthy snack together and spend quality family time.

Spring forward & stay safe:

Spring weather is here! It's important to review the safety tips below and provide your kids with these friendly reminders.

- Check your smoke alarm batteries – this would also be a good time to go over fire safety and what to do in an emergency
- Review contacts with your child that they can reach out to in case of any emergency – create an emergency contact sheet and hang it on the fridge or a spot they will remember
- Create a family emergency plan guide- include common emergency scenarios when you plan
- Designate a spot in your home for a first-aid kit and ensure it is easily accessible
- Review window safety measures as windows are known to be on of the top hidden hazards in the home– click the link below for more info
[Window Safety - National Safety Council](#)
- Discuss the importance of understanding weather conditions for outdoor play- see chart below for reference

Weather Guidelines for Children:



		Heat Index Chart (in Fahrenheit %)												
		Relative Humidity (Percent)												
Air Temperature (F)		40	45	50	55	60	65	70	75	80	85	90	95	100
	80	80	80	81	81	82	82	83	84	84	85	86	86	87
	84	83	84	85	86	88	89	90	92	94	96	98	100	103
	90	91	93	95	97	100	103	105	109	113	117	122	127	132
	94	97	100	103	106	110	114	119	124	129	135			
	100	109	114	118	124	129	130							
104	119	124	131	137										

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 - Iowa Family Support Network \(iafamilysupportnetwork.org\)](http://iafamilysupportnetwork.org)

The Children at Home program waitlist for this current fiscal year will begin on April 30th.

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