

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.



Puffy Paint Caramel Apple Craft

Supplies needed:

- Card stock paper
- Popsicle sticks
- Sprinkles or glitter
- Shaving cream
- White glue
- Brown paint
- Scissors
- Paint brush



Puffy Paint Caramel Apple Craft Instructions:

Step 1: First, use the red and green cardstock paper to trace and cut out apple shapes

Step 2: Next, mix equal parts of the shaving cream/glue and then add in the brown paint to create the caramel

Step 4: Then, paint the puffy paint mixture onto the top of the apples and add sprinkles or glitter

Step 5: Lastly, glue on a popsicle stick to the back of the apple

UPCOMING EVENTS

September 14, 2024

Multicultural Fall Festival
11:00am - 2:00pm
Evelyn K Davis Park
1400 Forest Ave, Des Moines, IA 50314

September 18, 2024

Preschool Storytime
10:00am – 10:30am
Bettendorf Public Library
2950 Learning Campus Dr, Bettendorf, IA 52722

October 2, 2024

Paint-a-Pumpkin Contest
5:30pm - 6:30pm
Iowa City Public Library
123 South Linn St, Iowa City, IA 52240

October 8, 2024

Sensory Friendly Science
4:00pm – 7:00pm
Science Center of Iowa
401 W Martin Luther King Jr. Parkway, Des Moines, IA 50309

October 12, 2024

Grimes Fall Festival & Candy Crawl
10:00am- 2:00pm
South Sports Complex
750 S. James St, Grimes, IA 50111

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.

Homemade Honey Grahams

Ingredients:

- 1 cup whole wheat flour
- ¾ cup all-purpose flour
- ½ toasted wheat germ
- 2 tablespoons dark brown sugar
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- ½ teaspoon baking soda
- 6 tablespoons butter
- ¼ cup honey
- 4 tablespoons ice water



For instructions, visit:

[Homemade Honey Grahams Recipe](#)

Teaching Kids about Disabilities at a Young Age:

There are many paths to take and resources to find to be able to teach children about various disabilities. The best time to shape minds and engage learning is when children are in preschool or kindergarten. In addition to early education, they learn that other people have individual feelings and experiences. Teaching children that everyone is unique in their own way, with or without a disability is vital. Curiosity is high when children are young, so embracing their questions about disabilities allows them learn. A safe learning environment is important for children to adapt to changes happening around them. It's important to also teach kids about disabilities you can't see. Model appropriate behavior and help guide them on having boundaries with their curiosity.

- Ensure you're informed with educational information regarding disabilities before teaching/sharing with your children
- Have a positive outlook when discussing the topic of disabilities, focus on acceptance and having empathy
- Provide resources, there are children's books, coloring books, movies, and clips online regarding disabilities
- Encourage inclusiveness with others when engaging in play and the importance of kindness



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.pdf](#) (iafamilysupportnetwork.org)

Children at Home provides financial assistance to families that include a child with a disability. The new fiscal year began on July 1, 2024

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