

# 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.*



## Colored Ice Play/Craft

### Supplies needed:

- White Poster Board
- Ice Cube Trays
- Kool Aid Drink Mixes in Various Colors
- Plastic Bin (optional)



### Instructions:

**Step 1:** Mix various flavors of drink mix with water and then fill your ice cube trays.

**Step 2:** Place ice cube trays in the freezer and allow time to freeze. (Try to prepare the ice cubes at least the day before you plan to do your ice cube play activity.)

**Step 3:** When you are ready for ice play pack up your supplies and head outdoors.

**Step 4:** Place ice cubes on the poster board. Let your little one explore the ice cubes on their own. If they are hesitant you can demonstrate by showing them how you play with the ice and use the ice cubes to "paint" on the poster board.

**Reminder: Don't forget to apply sunscreen before outdoor play!**

### UPCOMING EVENTS

#### July 28<sup>th</sup>, 2025

Storytime

6:30pm– 7:00pm

Grimes Public Library

200 N James ST, Grimes, IA 50111

#### August 3<sup>rd</sup>, 2025

Wildlife Bioblitz

10:00am – 11:30am

Wetherby Park

2400 Taylor Dr, Iowa City, IA 52240

#### August 3<sup>rd</sup>, 2025

Cultivating Hope Farms- Open House

5:00pm – 7:00pm

Cultivating Hope Farms

5500 240<sup>th</sup> St, Ames, IA 50014

#### August 9<sup>th</sup>, 2025

Free Movies in the Park

9:00pm- 11:00pm

Grandview Park Bandshell

2562 McDonald St, Sioux City, IA 51104

#### September 2<sup>nd</sup>, 2025

Tiny Sprouts Club

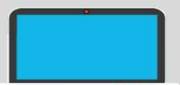
10:00am- 11:00am

Smitty's Garden Center

7 S. 23<sup>rd</sup> St, Fort Dodge, IA 50501

*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@everystep.org](mailto: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.



## Silly Animal Toast:

*A fun way to enjoy breakfast or a snack with your little one!*

### Ingredients:

- Bread
- Peanut Butter or Sun Butter
- Nutella/Hazelnut Spread
- Jelly/Jam
- Toppings of Choice:  
Bananas, strawberries, blueberries  
Chocolate Chips or Cereal

### Steps:

- Lightly toast
- Select your spread
- Place your fruit in a design of an animal- see pictures for inspiration
- Enjoy!



## Language Developmental for Different Age Groups:

Every child is different and will develop skills at their own pace. Visit our website at [iafamilysupportnetwork.org](http://iafamilysupportnetwork.org) to view our child development page for more information on specific ages and stages of development.

- Infants (0-12):  
Can grunt, babble, make single sounds like “ba”, “ka” or “da” then double sounds “ba-ba” “da-da” and other repetitive sounds, and understand simple directions like “give it to me” or “come here”. By 12mo may say 1-3 words (mama, dada, baba).
- Toddlers (1-2 years):  
Says mama, dada, baba, points to things they want, imitating 2-word sentences (mama eat, dada play), can correctly identify some items when asked to find them in a picture.
- Toddlers (2-3years):  
Saying more 2-3word sentences (Mama eat, What’s this?, Mommy come here), can follow directions without clues (Get your book, close the door, find your coat), Can use words like “I”, mine” and “you”.
- Preschoolers (3-5 years):  
Can say their first and last name, says 3-5word sentences, answers questions (what did you eat? “Cookies” or What do we do when we are tired? “Take a rest”) Can name things like animals, body parts, objects, when asked to identify them.



## 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)

## New mailing address!

**Our office has moved. We are now located at:**

**3000 Easton BLVD  
Des Moines, IA 50317**

**Please ensure any Children at Home applications are mailed to the address above. To find our most recent application, please visit**

[Children at Home - Iowa Family Support Network](http://Children at Home - Iowa Family Support Network)

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.

[Children at Home - Iowa Family Support Network \(iafamilysupportnetwork.org\)](http://Children at Home - Iowa Family Support Network (iafamilysupportnetwork.org))

### 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](http://CaH-Application)

Iowa Family Support Network is operated by

**EveryStep**   
care & support services