

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.



DIY Kazoo Craft

Supplies needed:

- Toilet Paper/Paper Towel Roll
- Wax Paper
- Elastic Bands
- Scissors
- Paint, Crayons or Markers
- Toothpick or Pencil



Kazoo Craft Instructions:

Step 1: Grab your roll, cut the paper towel in half if you want a short one but do not have a toilet paper roll available and want one that size.

Step 2: Use a toothpick to poke two or three holes in the paper towel roll (long kazoo). Use a pencil to make the holes wider. Poke 1 or 2 holes in the shorter kazoo.

Step 3: Next, decorate your kazoo with any product you like; markers, crayons, paint, washi tape, etc..

Step 4: Cut a square piece of wax paper. Place it on one end and secure it with an elastic band. Parchment paper won't work...it was not musical at all. There was no noise made when we blew through the other end when parchment paper was used. You can also try using tin foil!

Step 5: Invite your toddler or preschooler to try and play their kazoo. To make it work have them repeat the sound "doo" or "poo". This took a bit of practice. They also have to place their mouth entirely in the cardboard tube kazoo to create a seal. This too will take some practice for toddlers and preschoolers. But once they get the hang of it they will love the sound they can make!

UPCOMING EVENTS

June 21st, 2025

Kreate w/Baby Kangaroos

Starts at 6:00pm

Pickled Palette

4014 Morningside Ave, Sioux City, IA 51106

June 26th, 2025

Fireworks Over the Dome

Starts at Dusk (9:40pm)

UNI Campus

2410 Hudson Rd, Cedar Falls, IA 50613

June 27th, 2025

Des Moines Art Festival

11:00am – 10:00pm

Western Gateway Park

1000 Grand Ave, Des Moines, IA 50309

June 27th, 2025

Under An Acre Adventures Petting Zoo

10:30am – 11:30am

Cochran Park

100 Street 21st St, Council Bluffs, IA 51501

June 29th, 2025

Live at The Creek

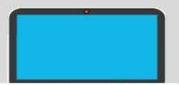
5:00pm w/fireworks at dusk

Jordan Creek Town Center Amphitheater

101 Jordan Creek Pkwy, WDM, IA 50266

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.



Frozen Yogurt Bark:

Ingredients:

- Yogurt
- Fruit
- Granola (optional)
- Chocolate Chips (optional)

Instructions:

- 1.) Spread a container of yogurt on a lined baking sheet
- 2.) Top with cut up fruit of your choosing
- 3.) Add granola and/ chocolate chips
- 4.) Freeze until firm



Tips:

Chop fruit up to be small, using full fat yogurt is best for freezing texture and lining your sheet will help with removing the yogurt after its frozen



Developmental Milestones & Activities for Different Age Groups:

Summer is a great time to engage in activities that increase your child's development. Below are some different activities for each age group. Grab a blanket and SPF, find some shade and spend quality time with your child outdoors

- Infants (0-12 months):

Physical Milestones- rolling over, clapping hands, babbling, sitting with support

Activities- Lay a blanket outside and do some sensory exploration. Introduce them to different textures and items outside while describing what they are seeing.

- Toddlers (1-3 years):

Physical Milestones- walking, picking up things between thumb and pointer finger, communicating with single words

Activities- Chalk and bubbles are great for this age. Ask them to find a specific chalk color and draw a picture or "pop" the bubbles before they reach the ground.

This is a great activity to work with your toddler on communication.

- Preschoolers (3-5 years):

Physical Milestones- Run well/climb well/ability to hop on one foot, catching a ball, pedaling a trike, draw basic shapes

Activities- Lemonade stands are a great activity to release their creativity and imagination play while working on hand-eye coordination skills. Have them draw a sign, mix the lemonade and practice pouring it in the cups.

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://ChildrenatHome-IowaFamilySupportNetwork.org)

Children at Home provides financial assistance to families that include a child with a disability. The new fiscal year begins on July 1, 2025

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](#)

developmental milestones



Iowa Family Support Network is operated by

EveryStep 
care & support services