

# 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.*



2025

## UPCOMING EVENTS

### October 11th, 2025

Polk County Sheriff's Fall Festival  
10:00 am- 2:00pm  
Grimes South Sports Complex  
750 S James ST, Grimes, IA 50111

### October 11<sup>th</sup> & 12<sup>th</sup>, 2025

Deals Orchard Fall Festival  
9:00 am- 6:00pm  
Deals Orchard  
1102 244<sup>th</sup> St, Jefferson, IA 50129

### October 24th, 2025

STEM Family FREE Night  
5:00pm- 8:00pm  
Iowa Children's Museum  
1451 Coral Ridge Ave, Ste 715, Coralville, IA 52241

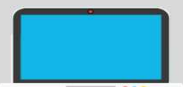
### October 25<sup>th</sup>, 2025

Trunk or Treat  
5:00 pm- 7:00 pm  
Citylight West Council Bluffs  
3200 Ave C, Council Bluffs, IA 51501

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

Cone Park Season Send-Off  
10:00 am- 6:30 pm  
Cone Park  
3800 Line Dr, Sioux City, IA 51106  
*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.



## Leaf Wreath

### Supplies needed:

- Paper Plates
- Scissors
- Glue
- Leaves
- Glitter
- Pom Poms
- Bows
- Markers/Paint Pens



## Instructions:

**Step 1:** Collect leaves from your yard or a park nearby.

**Step 2:** Cut out the middle of the plate, leaving about 2-3 inches for a boarder to place leaves on.

**Step 3:** Place a little glue on a leaf, place the leaf on the plate.

**Step 4:** Add glitter, bows, stickers, or other items you wish to add for a personalized touch on the leaves.

**Step 5:** Allow the wreath time to dry before hanging up.

**Optional Craft Step:** Have a kid who is extra creative? Paint or draw on the leaves for added fun. Do this before step 3 to make things easier.



# Pumpkin Bread:

*Enjoy the taste of fall with freshly made pumpkin bread!*

## Ingredients:

- 1 ½ cups sugar
- ½ cup vegetable oil
- 2 large eggs
- 1 cup canned pumpkin puree (not the entire can of pumpkin)
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- ¾ teaspoon salt
- 1 ¾ cups all-purpose flour
- ¾ teaspoon cinnamon
- ½ teaspoon nutmeg
- ¼ teaspoon cloves
- ¼ teaspoon allspice
- ¼ teaspoon ginger



## Steps

1. Preheat the oven to 350°F. Grease and flour an 8.5 x 4.5-inch loaf pan (or spray with nonstick baking spray). Set aside.
2. In a large bowl, whisk together the sugar, oil, and eggs. Add the pumpkin and vanilla; whisk to combine. Sprinkle the baking soda and salt over top; whisk until well blended.
3. Add the flour, cinnamon, nutmeg, allspice, cloves, and ginger; stir gently just until combined and no streaks of flour remain. Be careful not to over-mix.
4. Transfer the batter to the prepared pan. Bake for 60-70 minutes, or until a toothpick inserted in the center of the loaf comes out clean. Dark or nonstick pans may be done in as little as 45-55 minutes.
5. Let the bread cool in the pan for about 10 minutes, then transfer to a wire rack to cool completely.

## Learn and Play Activities for Different Ages

Every child is different and will develop skills at their own pace. Play time is a great way to help your little one's development. 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): Take your child on a stroll to the park and show them the great outdoors. Hand them a leaf... Describe what they are feeling-ex: the leaf feels crunchy, the wind is cold, etc.
- Toddlers (1-2 years): Need a hand? Have your child *help* you with raking the leaves for a little bit. Guide them on the movement of picking up and putting the leaves into the bag. Narrate and make it a fun learning opportunity!
- Toddlers (2-3 years): Chalk on the sidewalk is a great opportunity to practice fine motor skills and teach them things. Show your child how to draw a pumpkin and talk about the shapes and colors you are using to make this picture then have them do it too.
- Preschoolers (3-5 years): Color Walk. Take your child on a walk around the neighborhood to find different colors. Talk about the leaves changing colors and all the shapes you find. Want to go even further from the home? Take them to a local pumpkin patch and do a scavenger hunt for the biggest and smallest pumpkin.



## 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)

## 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  
Fiscal Year 2026 began  
July 1<sup>st</sup>. If mailing  
applications, please  
send to our new office  
at 3000 Easton Blvd,  
DSM, IA 50317.

### 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