

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.



2026

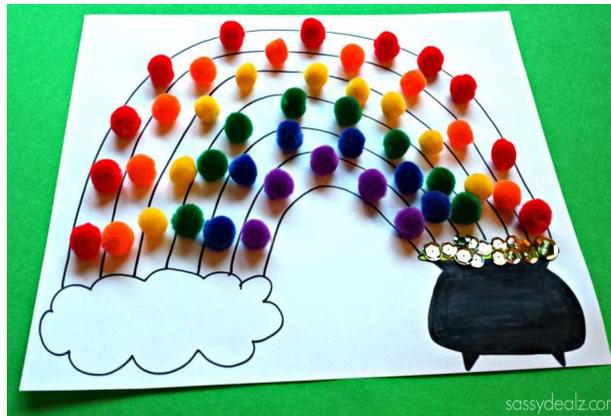
St Patricks Day Rainbow

Supplies needed:

- Poms Poms
- White card stock paper
- Scissors
- Ultra Fine Black Sharpie
- Glue

Don't have pom poms?

Replace with fruit loops!



St Patricks Day Rainbow Craft Instructions:

Step 1: First, draw a rainbow, cloud and pot of gold on white card stock paper.

Step 2: Secondly, add fill in the pot and prep for adding the colors in.

Step 3: Next, sort your pom poms by color for the rainbow. Have fruit loops in your pantry and no pom poms? Swap for that to add your rainbow colors and make a fun snack during the craft.

Step 4: Then, glue the pom pom circles in each row.

Step 5: Finally, glue cotton balls or white pom poms to the cloud.

This craft is a great opportunity to use to work on skills and education for your child. Anywhere from fine motor skills, working on color identification, counting, sorting, sensory play, etc.

UPCOMING EVENTS

March 9th, 2026

Sensory Night at AirFX
5:00 PM -7:00 PM
AirFX Trampoline Park
1100 N 18th Ave, Hiawatha, IA 52233

March 14th, 2026

Social Saturday: Entirely Kids Day Event
11:00 AM – 2:00PM
Des Moines Art Center
4700 Grand Ave, DSM, IA 50312

April 4th, 2026

Free Easter Bunny Trail of Treats
9:00 AM – 11:00 AM
Sleepy Hallow
3340 Black Hawk Ave NW, Oxford, IA 52322

April 11th, 2026

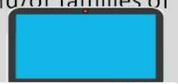
Community Baby Shower (free)
9:00 AM – 11:00AM
Humboldt County Memorial Hospital
1000 N 15th St, Humboldt, IA 50548 second floor- foundation conference room

April 4th, 2026

Skating Under the Sea
3:30 PM
Mason City Arena
111 S Washington Ave, Mason City, IA 50401

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.



Lucky Charms Rice Krispie Treats

Ingredients

- 6 cups Marshmallows
- 4 cups Lucky Charms
- 2 cups Rice Krispies
- 1tsp Vanilla
- ¼ cup Butter

Instructions

1. Melt butter and marshmallows in microwave safe bowl
2. Stir in vanilla and both cereals until well coated
3. Gently press mixture into a greased pan and top with extra lucky charms marshmallows.



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 current fiscal year ends June 30th, 2026.

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](#)

Benefits of Story Time for Different Age Groups:

Reading is a great activity to do with your child at any age and is a great habit to incorporate into daily routines. I personally always read before bedtime with my child, but you can do it around nap time, as an afternoon activity, in the waiting room for appointments, etc. Below are some facts about the importance of story time and reading to or with your child.

- Infants (0-12 months): Reading helps to boost language and literacy skills, strengthens brain development, and helps to build emotional bonds. Reading can help prompt your child to point, touch and respond which helps build social skills!
- Toddlers (1-3 years): This activity helps support their early development. It helps with attention and listening skills, helps to spark imagination and curiosity, and language development. They can also gain knowledge of concepts, animals and places they may not encounter often. Since they are rapidly developing their language skills, emotional and cognitive skills, reading provides a powerful opportunity to help them learn. Use this time to be interactive and empower them! (Let them turn the page, find various objects, etc.)
- Preschoolers (3-5 years): Once again, language development gained through reading with your child at this age and every age is crucial. Your preschooler is learning so much, they are a sponge! Reading stories with them daily helps build their vocabulary but also their verbal comprehension. It can also help them to master more complex sentence structures!



Iowa Family Support Network is operated by

EveryStep 
care & support services