

# 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.



## Sidewalk Chalk Paint

### Supplies needed:

- Chalk
- Water
- Cornstarch (optional)
- 1-quart freezer bags
- Rubber mallet/hammer
- Paint Brushes
- Cups or Muffin Tins



## How to make sidewalk chalk paint:

**Step 1:** First, collect broken/old chalk pieces (new chalk is fine too if you don't have enough old broken pieces laying around).

**Step 2:** Secondly, sort the chalk by color- invite your child(ren) to help you sort them by color. Place them into a muffin tin or cups.

**Step 3:** Next, place each color in their own plastic zip lock bag. Freezer bags will work best for this. Crush the chalk in the bag to a fine powder, using a mallet or hammer.

**Step 4:** Then, place the powder into a muffin tin container or cup. Slowly pour some water into the cup/tin and mix with a paint brush or other tool of your choice. Start with less water and add more as needed to reach the consistency you want. If its too thin, add more chalk powder or cornstarch.

**Step 5:** Finally, after letting it settle for 30-60 minutes, restir and begin painting.

## UPCOMING EVENTS (FREE)

### June 25<sup>th</sup>, 2026

Special Needs Open Gym  
3:00 PM – 7:30 PM  
Bettendorf Community Center  
2204 Grant St, Bettendorf, IA

### June 26<sup>th</sup>, 2026

Friendship Bracelet Making Event  
10:00 AM– 11:30 AM  
Atlas Learning Collective- Marion  
295 Tower Terrace Rd, Marion, IA  
RSVP to Oliva: 319-391-4340

### June 26<sup>th</sup>, 2026

Pony Tales  
11:30 AM start time  
Jester Park Equestrian Center  
11171 NW 103<sup>rd</sup> Ct, Granger, IA

### June 28<sup>th</sup>, 2026

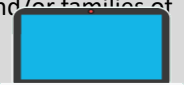
End of School Year Bash  
1:00 PM – 4:00 PM  
Big Grove Cedar Rapids  
145 3<sup>rd</sup> St Southwest, Cedar Rapids, IA

### July 2<sup>nd</sup>, 2026

Founders 250 Family Fest  
5:00 PM – 8:00 PM  
Gray Moon Public Market  
118 N 2<sup>nd</sup> Ave E, Newton, IA

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.



# Sloppy Joe Bread

## Ingredients

- French Bread Loaf
- 1lb of Ground Beef
- ½ Yellow Onion
- 1 Can of Sloppy Joe Sauce
- 3 Cups of Cheddar

## Steps

1. Grill the diced onion then add the ground beef and cook until browned.
2. Mix in the sauce.
3. Slice bread in half
4. Top bread with beef mixture then top with cheese
5. Bake at 350 for 10-15 minutes. Slice and serve for lunch or dinner with fruits and veggies for a simple and quick family meal



## Summer Break Learning Fun

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 some SPF and put on your shoes, its time to have some fun outside!

### • Infants (0-12 months):

Physical Milestones- rolling over, clapping hands, babbling, sitting with support  
Activities- splash pad/water parks– take your child to a park near you and take them to the splash park to get some water sensory play. If they are too young for this, even being in the area where they can get fresh air and hear/see the water moving and play taking place is a great option to change their summer day setting/  
Narrate what they are seeing, touching, smelling and hearing.

### • Toddlers (1-3 years):

Physical Milestones- walking, picking up things between thumb and pointer finger, communicating with single words  
Activities- go for a nature walk, have them help you find the list of items and tape it to the list (dandelion, clover, leaf, etc.) talk about what it looks like, where it could be and how it feels/smells.

### • 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- create a hopscotch path with them and practice hopping up and down the path. Label the squares by number and practice counting skills while you're at it! More energy? Have them try jumping and hopping on odd numbers then even numbers.

developmental milestones



## 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 provides financial assistance to families that include a child with a disability. The new fiscal year begins on July 1, 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](#)

Iowa Family Support Network is operated by

**EveryStep**   
care & support services