

# 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

## Pumpkin Painting

### Supplies needed:

- Pumpkins
- Tarp
- Paint (washable is ideal!)
- Paint Brushes

### Set up/Tips:

If weather is good, this is a great activity to do outside in the lawn. Lay down the tarp, place pumpkins and supplies on the tarp. I like to put some paint on a paper plate with each color for my child for easy clean up. If doing inside, place pumpkins on a baking sheet or paper towels to protect the surface/table from paint. I recommend getting a few brush texture style for the child(ren) to pick from when painting as well. Then its time to begin painting! It may get messy, but it may also be a lot less messy than carving pumpkins too. Focus on the process, not the perfect result. Praise their creativity, join in with your own brushstrokes, and keep the session short (15–30 minutes) to match toddler attention spans. Leave the pumpkins out until they are dry and use as décor for your front porch or around your home.



### UPCOMING EVENTS

#### **September 4, 11, 18, and 25<sup>th</sup>**

Friday Family Fun Nights  
5:00pm – 9:00pm  
Wilson's Orchard  
4823 Dingleberry Rd NE, Iowa City, IA

#### **September 25<sup>th</sup>, 2026**

Sensory-Friendly Fun  
5:00pm – 7:00pm  
The Community Orchard  
2237 160<sup>th</sup> st, Fort Dodge, IA

#### **September 28<sup>th</sup>, 2026**

Heritage Day  
12:00pm – 5:00pm  
Clark County Museum  
1030 S Main St (hwy 69), Osceola, IA

#### **October 11<sup>th</sup>, 2026**

Grimes Fall Festival  
10:00am – 2:00pm  
South Sports Complex  
750 SE James St, Grimes, IA

#### **October 18<sup>th</sup>, 2026**

Parks & Recreation Fall Festival  
11:00am- 1:00pm  
Allison- Henderson Park  
1500 Loras Blvd, Dubuque, 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.



# Apple Spice Muffins Recipe:

## Ingredients

- 1 box spice cake mix
- 2 cups apple sauce
- 1 large diced apple (any kind)

## Instructions

- Pre-heat oven to 350 and grease or line a muffin pan.
- Combine cake mix and applesauce in a large mixing bowl until well blended. Then fold in diced apple.
- Evenly scoop batter into muffin pan until cups are  $\frac{3}{4}$  full.
- Bake for 18-25 minutes or until a toothpick comes out clean.



## Healthy Habits for a Healthy Fall:

Back to school and cooler weather can bring new germs and illnesses to the home. Help cut down the spread of germs this fall and winter by practicing good hygiene with your child(ren):

- **Hand Washing:** 20 seconds with soap and warm water, sing the alphabet or sing happy birthday two times. Encourage this before meals, after restroom breaks, after playing outside, etc.
- **Coughing/Sneezing:** Encourage children to cough or sneeze into a tissue or their elbow. If they use their hands, gently remind them and encourage them to come and wash their hands.
- **Staying Home When Sick:** if your child is under the weather, keep them home, hydrated and rested to help them recover before they return to school or daycare. This will help stop the spread of the illness going around.
- **Prioritize Sleep:** keeping a good sleep routine can help to support learning, growth and immunity. An established routine helps your child unwind and relax for a good night's sleep.
- **Eat the Rainbow:** a healthy immune system starts with good nutrition. Offer a variety of fruits and vegetables each day to get your child the vitamins and nutrients they need.
- **Model Good Behaviors:** children learn best by example, follow good hygiene practices yourself to model this for your child. They love to do what you do!



## 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 current fiscal year opened 7/01/2026.

### 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