





August 2022 Nest Calendar

Operation Threshold Locations:
 *OT WLOO = Operation Threshold, 1535 Lafayette St, Waterloo
 *OT Grundy Center = 1606 G Ave Grundy Center

SOME CLASSES THIS WILL BE ON FACEBOOK LIVE THROUGH OUR NEST PAGE

Sun	Monday	Tuesday	WedNESTday☺	Thursday	Friday	Sat
1	2	3	4	5	6	
					OFFICE CLOSED NEW HOURS MON-THURS 7:30AM-6:00PM	
7	8	9	10	11	12	13
			Meet the New Nest Educator! 12pm Facebook Live	WIC Class 10am First United Methodist Church	OFFICE CLOSED	
14	15	16	17	18	19	20
	Facebook Search: <u>The Nest Program Serving Black Hawk & Grundy Counties</u>		Back to School! 12pm Facebook Live		OFFICE CLOSED	
21	22	23	24	25	26	27
	Class topics are subject to change as time goes on Will keep you updated on the Facebook page!		Children's Self-Worth 12pm Facebook Live	Healthy Drinks, Healthy Kids 10am First United Methodist Church	OFFICE CLOSED	
28	29	30	31			
			Spoiling Children 12pm Facebook Live			

To view descriptions of classes listed above, please refer to the next page.

Questions?
 Contact the Nest Coordinator:
 Rachel Oberhauser
 319-292-1805 OR 319-939-6219
 roberhauser@operationthreshold.org



The Nest Program Serving Black Hawk & Grundy Counties

What is Nest?

The Nest program is an incentive based program for income-eligible pregnant women, post-partum mothers, and families with children up to 5 years of age. Families can earn incentive points for healthy behaviors such as keeping doctor appointments and attending parent and preventative educational classes. The points are then redeemed for incentive items, items ranging from diapers, wipes, bathing supplies, baby clothes, and educational books just to name a few.

Here's a summary of the classes this month: (On Facebook Live)

Meet the New Nest Educator!: We have a new person taking over Nest starting this month! Join in the live to meet Marissa, and she will talk about how Nest will look going forward.

WIC Class: Alexis will be joining us to talk about WIC nutrition. Topics will vary each month.

Back to School!: As the summer comes to a close, I will go over some things to keep in mind on how to get your child ready to go back to school.

Children's Self-Worth: In this class, we will talk about how children develop self-worth, and how to help improve your child's self-worth,

Healthy Drinks, Healthy Kids: Beverage recommendations for children 5 and under, developed by Healthy Eating Research along with some of the nation's leading experts on health and nutrition. These recommendations help parents make the best decisions for their family, every 'sip' of the way!

Spoiling Children: This class will go over the myths and facts about spoiling your children. Some might surprise you!

These online classes for the month will cover all counties (Black Hawk and Grundy). Points will still be given as normal. You will need to fill out the survey that I post in the comments of the class in order to get your points. If you are not able to watch the class live, you can watch it afterwards to get points as long as you fill out the survey!

JOIN OUR FACEBOOK GROUP:

**The Nest Program Serving Black Hawk
& Grundy Counties**