





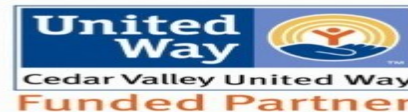
# October 2022 Nest Calendar

Operation Threshold Locations :  
 \*OT WL00 = Operation Threshold, 1535  
 Lafayette St, Waterloo

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

Sun	Monday	Tuesday	WedNESTday☺	Thursday	Friday	Sat	
	Facebook Search: <a href="#">The Nest Program Serving Black Hawk</a>	**Class topics are subject to change as time goes on** Will keep you updated on the Facebook page!			NEW HOURS MON-THURS 7:30AM-6:00PM	1	
2	3	4	5 Creating a Safe Place FB Live @12pm	6	7 OFFICE CLOSED	8	
9	Marissa off all week for training				14 OFFICE CLOSED	15	
	facebook Live 		Managing and communicating feelings FB Live @12pm	Developing Nurturing parenting routines 10am First United Methodist Church			
16	17 Join our facebook group 	18	19 Understanding Discipline FB Live @12pm	20	21 OFFICE CLOSED	22	
23	24	25	26 Punishing children's inappropriate behavior FB Live @12pm	27 Rewards and Punishments 10am First United Methodist Church	28 OFFICE CLOSED	29	
30	31	To view descriptions of classes listed above, please refer to the next					

Questions?  
 Contact the Nest Coordinator:  
 Marissa Christensen  
 319-292-1805 OR 319-939-6219  
 mchristensen@operationthreshold.org



## 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)

Creating a safe space– Tips on how to create a safe space between parents and their children and the importance of a safe space.

Managing and communicating feelings- Understanding and handling stress and understanding and expressing anger

Developing Nurturing parenting routines– Establishing nurturing parenting routines such as diaper/dressing, feeding time, bath time and bed time routines

Understanding Discipline– Helping children manage their behavior, understanding discipline, developing family rules and improving self-worth

Punishing children's inappropriate behavior– Different punishing styles, verbal and physical redirection and ignoring inappropriate behavior.

Rewards and Punishments– Using rewards to guide and teach children, using punishments to guide and teach children and praising children and their behaviors.

**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**