



September 2022 Nest Calendar

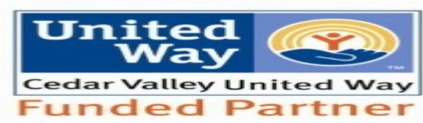
Operation Threshold Locations:
 *OT W100 = Operation Threshold, 1535 Lafayette St, Waterloo
 *OT Grundy Center = 1606 G Ave Grundy Center

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

Sun	Monday	Tuesday	WedNESTday☺	Thursday	Friday	Sat
	Facebook Search: <u>The Nest Program Serving Black Hawk & Grundy Counties</u>		**Class topics are subject to change as time goes on** Will keep you updated on the Facebook page!		1	2 OFFICE CLOSED NEW HOURS MON-THURS
4	5	6	7 Separation Anxiety 12pm Facebook Live	8 Supporting Infants/ toddlers 10am First United	9 OFFICE CLOSED	10
11	12	13	14 Benefits of Breastfeeding 12pm Facebook Live	15	16 OFFICE CLOSED	17
18	19	20	21 Importance of healthy meals 12pm Facebook Live	22 Creating a safe space 10am First United Methodist Church	23 OFFICE CLOSED	24
25	26	27	28 Co- Parenting 12pm Facebook Live	29	30	
Marissa off all week for training						
31						

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
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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)

Separation anxiety- What separation anxiety looks like and ways to manage it for you and your child.

Supporting Infants/ Toddlers - How to appropriately interact with your child and targeting their needs.

Benefits of Breastfeeding– Explaining nutrition benefits and benefits of breastfeeding for both mom and baby.

Importance of healthy meals– How healthy meals can be beneficial to both mom and baby, as well as improving the well-being of mom and baby.

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

Co– parenting– Tips on how to co-parent and why it is important for both the children and parents.

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**