





August 2024 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
	<p>Facebook Search: The Nest Program Serving Black Hawk & Grundy Counties</p>			1	2 MON-THURS 7:30AM-6:00PM	3 The Nest Program Serving Black Hawk & Grundy Counties
4	5	6	7 Parenting for Healthy Emotional Support FB Video @12pm	8	9 OFFICE CLOSED	10
<p><i>**Class topics are subject to change as time goes on** Will keep you updated on the Facebook page!</i></p>						
11	12 Obesity in Children and How to Help as a Parent 11am First United Methodist Church	13	14 Steps into Toddlerhood FB Video @12pm	15	16 OFFICE CLOSED	17 Questions? Contact the Nest Coordinator: Marissa Christensen OR 319-939-6219 mchristensen@operationthreshold.org
18	19	20 Learning is Play 10am Operation Threshold in Grundy	21 WIC Nutrition Video FB Video @12pm	22 Fall Fest! Parent Advisory! Operation Threshold @5pm	23 OFFICE CLOSED	24  
25	26 What Food to Make for Picky Eaters 11am First United Methodist Church	27	28 Allen Women's Health FB Video @12pm	29	30	31
<p>To view descriptions of classes listed above, please refer the next page.</p>						



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 & In-Person Classes)

Parenting for Healthy Emotional Development- Creating a safe and open environment for toddlers to recognize and express the range of feelings they have can support healthy emotional development. Talk about emotions. Identifying and discussing emotions can help young children understand their own and others' feelings.

Obesity in children and how to help as their parent- The US tops the list of countries in the world with the highest rate of obesity, we will learn and go over the importance to maintaining a healthy weight and healthy ways to achieve a healthy life-style.

Steps into toddlerhood- What to expect as your child grows bigger and steps into toddlerhood, what changes?

Learning is Play- Parents and children playing together and learning new ways of healthy play.

WIC- WIC will provide an educational video on nutrition.

Fall Fest (Parent Advisory)- Hosting parent advisory and having fall crafts for parent and child and to receive feedback on our program!

What food to make for picky eaters- We will go through different foods and meals to make life easier while feeding a picky eater.

Allen Women's Health- Educational video of Allen Women's Health choice.

Monthly online classes are for both Black Hawk and Grundy Counties. Surveys can be filled out using the link that will be posted in the comments. Surveys must be completed to receive points. If you are not able to watch the online session live, you can still watch it during the

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The Nest Program Serving Black Hawk
& Grundy Counties