



January 2025 Nest Calendar

Operation Threshold Locations :
 *OT WLOO = Operation Threshold, 1535 Lafayette St, Waterloo
 *OT Grundy Center= 1606 G Ave Grundy Center
Office Hours Mon-Thurs 730am-6pm
Closed Friday

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

Sun	Monday	Tuesday	WedNESTday☺	Thursday	Friday	Sat
	<div style="border: 1px solid red; padding: 5px;"> Questions? Contact the Nest Coordinator: Marissa Christensen OR 319-939-6219 mchristensen@operationthreshold.org </div>		1 Gentle Parenting FB Video @12pm	2	3	4 
5	6	7	8 Managing Parent Burnout FB Video @12pm	9	10	11 
12	13 Healthy Habits & Nutrition 11am Operation Threshold	14	15 Parent Mindfulness Exercises FB Video @12pm Dike Public Library @4:45-5:45pm	16	17 <div style="background-color: #4b0082; color: white; padding: 5px; text-align: center;"> Facebook Search: <u>The Nest Program</u> <u>Serving Black Hawk &</u> <u>Grundy Counties</u> </div>	18
19	20	21 Play is Learning 10am Operation Threshold	22 Allen Women's Health Video FB Video @12pm	23	24 <div style="background-color: #4b0082; color: white; padding: 5px; text-align: center;"> **Class topics are subject to change as time goes on** Will keep you updated on the Facebook page! </div>	25
26	27 Building Confidence in Children 11am Operation Threshold	28	29 Single Parent Families FB Video @12pm	30	31	

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



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)

Gentle Parenting- A parenting approach that encourages a partnership between you and your child to make choices based on an internal (inside) willingness instead of external (outside) pressures.

Managing Parent Burnout- Understand stress and burnout and the signs of parental burnout.

Healthy Habits & Nutrition- Make it easy for kids to choose healthy snacks by keeping fruits and vegetables on hand and ready to eat.

Parent Mindfulness Exercise- Helpful mindfulness exercises for parents to develop the skills needed for unexpected stressful situations and how that helps you become a better parent.

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

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

Building Confidence in Children- Different ways to help boost your child's confidence and self-esteem.

Single Parent Families- What does a single household look like? What does the well-being of children in a single-parent household look like? Lets talk about it!

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