

~Helpful Parenting Programs /Classes & Contact Information~

Stork's Nest Points awarded for participation in most programs!!

YOUNG PARENTS TOGETHER- YOUNG MOMS, DADS & COUPLES

A weekly support and education program for **pregnant and parenting adolescents ages 19 and younger** and their children. Moms, dads, and grandparents welcome. A meal, transportation, and onsite childcare are provided. Prenatal and childbirth preparation classes are offered, as well as classes to encourage the development of positive parenting skills. An incentive store and Stork's Nest points are provided, as well as referrals to community agencies, mental health counseling, parent and child interaction, developmental assessments for all children, home visiting services, assistance with goal setting and towards self sufficiency, assistance with staying in school, and many special events and celebrations throughout the year. Program goals include delaying subsequent pregnancies among participants, providing emotional support to teen parents, preparing young children for school readiness, and strengthening young families. Offered by a collaboration of 12 agencies.

WHEN: Mondays, 3:30 - 5:30 p.m. **(meal, child care, & transportation provided)**

WHERE: YWCA, 425 Lafayette, Waterloo

CONTACT: YPT Coordinator, Erin Tripolino at 287-3848, ext.112

COST: None

TRI-COUNTY CHILD & FAMILY DEVELOPMENT COUNCIL, INC. EARLY HEAD START

The program provides comprehensive child development services to families with children **prenatal through age three**. The Early Head Start Program offers full day center based care as well as a **home-based program** enabling children and families to learn together. Support services include: health, dental, nutrition, education, social services, as well as strong emphasis on parent involvement and parents as their child's first and best teacher. Earn Stork's Nest points!

WHEN: 12-month program

WHERE: Tri-County Child and Family

CONTACT: 287-3848 for Home base program or 235-0383 for Center base program

COST: Free to income eligible families

WEBSITE: www.tricountychildandfamily.org

In-Home Support and Parenting Education:

HOPES HEALTHY FAMILIES OF IOWA

The HOPES - Healthy Families Iowa Program, sponsored by Lutheran Services in Iowa, is a home visitation program aimed at empowering families and helping parents promote healthy outcomes for their children. **Services are offered in the families' home and can include transportation to medical and other necessary appointments.**

WHEN: Monday - Friday, 8:00 to 5:00 pm and as needed

WHERE: Lutheran Services in Iowa, 925 E. 4th St., Waterloo

CONTACT: Nancy Beenblossom, Service Coordinator, 233-3579

EMAIL: nancy.beenblossom@lsiowa.org

COST: Free to eligible families

EATING SMART – BEING ACTIVE ~ (EFNEP)

Eating Smart – Being Active is the curriculum by Iowa State University Extension nutrition program: EFNEP (Expanded Food and Nutrition Education Program). The lessons are designed to teach the main messages of the Dietary Guidelines for Americans and MyPyramid, both developed jointly by the US Department of Health and Human Services and the US Department of Agriculture. **There are nine lessons in the program which is presented in a small group setting, or is also available to individuals in their homes.** Stork's Nest points may be earned. EFNEP is a nutrition education program for parents with at least one child under ten. This program helps families learn how to stretch their food dollars and make healthy food choices. Classes include a lesson, recipe suggestions, and some food preparation. EFNEP is a federally funded program and income guidelines apply. It is also available to Bosnian and Spanish audiences. Sponsored by Iowa State University Extension.

WHEN: As arranged

CONTACT: Jill Weber, 234-6811

PARENT TO PARENT

"Parent to Parent" is an **in-home support program for parents of newborns**. Trained, experienced volunteers meet with new parents in their home approximately one hour each week until the baby is three months old. Volunteers provide emotional support, parenting education, and information on community resources. Training for new volunteers is held up to 2 times each year. This program serves families of all cultures.

WHEN: On-going

WHERE: Family & Children's Council

CONTACT: Adriane Carlson, 234-7600 ext. 13

COST: Free

PARENT CONNECTION

Parent connection matches a screened and trained volunteer and/or staff person with parents of any age. **Home visits** involve providing emotional support, parenting education and information about community resources for a minimum of three months. Training for new volunteers is offered on an on-going basis.

WHEN: On-going

WHERE: Family & Children's Council

CONTACT: Missy Denning, 234-7600 ext. 12

COST: Free

WEBSITE: www.fccouncil.net

LATINO MOMS GROUP

Moms helping other moms learn English and find community resources as well as offer each other support with parenting skills. Members also participate in fitness, nutrition, and recreational activities.

WHEN: Mondays & Thursdays 5:30 pm to 7:30 pm

WHERE: YWCA of Black Hawk County

CONTACT: 234-7589

COST: None

PARENTS ACHIEVING SUCCESS WITH SUPPORT (P.A.S.S.)

Being a young parent isn't easy. Sometimes it's nice to talk to someone who has "been there." P.A.S.S. is here to help. This program is for young parents between the ages of 20 and 25. This program offers an opportunity for young parents to come together and discuss issues affecting their families, including parenting, finances, continuing education, and employment. Earn Stork's Nest points!

WHEN: Wednesdays, 3:45 pm – 5:00 pm (**Meal and child care provided**)

WHERE: YWCA, 425 Lafayette, Waterloo

CONTACT: Patty Nierling, 234-7600 or Cyndi Ritter, 234-7589

COST: None

WATERLOO PUBLIC LIBRARY: Earn Stork's Nest Points!

MOTHER GOOSE TIME

Story program for infants and a parent/caregiver.

WHEN: Monday at 10:30 a.m.

FAMILY STORY TIME

Traditional story time for all ages including adults.

WHEN: Saturday at 10:30 a.m.

CEDAR FALLS PUBLIC LIBRARY:

Infant Story Time

Children are provided with stories, music, and action rhymes

WHEN: Mondays at 9:30 am (birth-12 months)

Mondays at 10:30 am (12-24 months)

COST: Free

EMPOWERING DADS

The Empowering Dads (ED) is a program available to any father, custodial or non-custodial. Consultation is available one-on-one or in a group setting. Although there are many groups available, fathers may attend the Monday evening meeting for more information. Empowering Dads is available to any dad who would like to continue to be involved in their children's lives in positive ways. Parenting classes just for fathers are held in father-friendly locations throughout the year through the Empowering Dads Program.

WHEN: Mondays, 5:30

WHERE: 500 E. 4th St., Suite 409, Waterloo

CONTACT: Family & Children's Council, 234-7600

COST: Free

WEBSITE: www.fccouncil.net

BREASTFEEDING CLASS

This class is designed to teach parents-to-be the benefits of breastfeeding. Common concerns and questions will also be addressed by certified Breastfeeding Educators.

CONTACT: Suzanne Starbeck, 266-BABY (266-2229)

COST: None

BREASTFEEDING CLASS

Breastfeeding classes for mothers and support persons include an overview of aspects of breastfeeding for both mother and family/ partner.

WHEN: Once a month

WHERE: Covenant Medical Center, 3421 W. 9th St., Waterloo

CONTACT: Women's Center for Health, 272-8288

LIVING APART PARENTING TOGETHER

Provides parenting education and support for parents who share children but live separately. The group focuses on how to communicate and resolve conflict with the child's other parent, and on how to protect children from conflict. Each 2-hour class helps parents learn how to focus on present child-rearing issues rather than on past couples issues. The program puts the emphasis on the child, and it helps parents move on as they rebuild their lives as separate individuals.

WHEN: Classes ongoing; classes run for 8 weeks

WHERE: Family & Children's Council, 500 E 4th Street, Suite 414, Waterloo, IA 50703

CONTACT: 234-7600

EMAIL: thelinski@fccouncil.net

COST: Free

CHILD SUPPORT RECOVERY

Provides customer service and information for Iowa's child support offices to both custodial and non-custodial parents.

WHERE: 501 Sycamore St, Waterloo, IA 50703

CONTACT: 1-888-229-9223

WEBSITE: www.childsupport.dhs.state.ia.us

EARLY ACCESS SERVICES

Do you have a concern about how a child under three is growing, thinking, talking, walking, hearing, playing or behaving? Early ACCESS can provide assessment to answer your questions, and if eligible, coordination of existing community resources to help meet the needs of the child and family. Early ACCESS is part of the Federal IDEA.

WHEN: Call for an appointment

WHERE: Any location convenient to the family. **(Home Services available)**

CONTACT: Early ACCESS Regional Coordinator, 833-0064 or 1-800-475-0804

COST: No cost to families

ALTERNATIVES CRISIS PREGNANCY & PREVENTION CENTER

Alternatives is a non-profit agency, which offers free pregnancy testing, as well as peer counseling, information on fetal development and support for parenting, adoption, abstinence education, STD's and health risks, and post abortion stress. The Caring Connection program offers mentoring and material support for women who are pregnant or have an infant less than 12 months of age. All services are FREE. Call for more information.

WHEN: Monday, Wednesday, & Thursday 9:00 am to 5:30 pm

Tuesday 9:00 am to 9:00 pm

WHERE: 1006 Decathlon Dr., Waterloo OR 715 E. 4th St., Waterloo

CONTACT: 232-5683 24-hour Help Line

EMAIL: Altcpcenter@aol.com

WEBSITE: www.alternativescenter.org

FAMILY DEVELOPMENT AND SELF-SUFFICIENCY (FaDSS)

Family Development is a comprehensive system of support services, which promotes and nurtures families towards self-sufficiency. FaDSS emphasizes the strengths of the family and builds upon those strengths. The FaDSS staff and FIP families work together to develop a trusting, mutually respectful relationship with unconditional positive support. Frequent home visits help the family to plan, problem-solve, and evaluate progress.

WHERE: Operation Threshold, 405 Chestnut Street, Waterloo

CONTACT: FaDSS Coordinator, 291-2065

ELIGIBILITY: Persons receiving FIP (Family Investment Program)

FEATURES: Assessment, goal setting, educational planning, employment options, budget counseling, advocacy

PARENT & CHILD SWIM LESSONS

A special time for parents and infants to share together in the water. At the end of the session, children should be comfortable putting their faces and ears in the water and will begin to float and kick with assistance. Parents must assist in water.

WHEN: Parent & child age 6 mo. to 3 years Tuesday, 5:45 pm – 6:15 pm

WHERE: YWCA of Black Hawk County, 425 Lafayette St., Waterloo

CONTACT: Debbie Roth, 234-7589

EMAIL: wellness@ywcabhc.org

COST: \$25.00 for a seven-class session (Financial scholarship is available)

FEATURES: Infants and toddlers (6 months to 5 years) and a parent in the water together.

WEBSITE: www.ywcabhc.org

SHARING AND CARING

An education and support group led by trained facilitators for families affected by mental illness. The first hour is educational, including coping skills, and the second hour offers a time for support group sharing.

WHEN: Second and Fourth Tuesdays of the month at 6:00-8:00 pm

WHERE: Hawkeye Community College Metro Campus, 844 West 4th St., Waterloo, Room 228

CONTACT: Leslie Cohn, 235-5263 or namibh@qwestoffice.net

COST: None

INFANT/CHILD CPR

Trains participants in CPR for infants and children and teaches participants to recognize and prevent life-threatening emergencies. Designed for Child Care Providers.

WHEN: As needed or see HawkeyeChapter.org for schedule

WHERE: American Red Cross-Hawkeye Chapter

CONTACT: Health and Safety Services, 234-8851

COST: \$25.00/person (includes manual, materials, equipment, and national certification)

QUALITY TIME

Quality Time is a program designed to provide parenting education and peer support for parents of children of all ages. The program lets children participate in recreation while parents learn how to improve their parenting skills. A meal is provided. Topics include self-esteem, personal health and wellness, family relationships, communication skills, decision-making and time management. Sponsored by several agencies.

WHEN: Mondays, Meal at 5:30, Group activities at 6:00 pm

WHERE: YWCA, 425 Lafayette Street, Waterloo, IA

CONTACT: 234-7589

COST: None

CARE FOR KIDS

Care for Kids is a program for children/persons (newborn through age 20 years) enrolled in Title 19/Medicaid, to help obtain health care. We can help with transportation to medical or dental appointments, remind you of when your child's health screening is due, and give information about community resources. Our goal is to help children grow and be healthy.

WHEN: Monday – Friday 8:00 am to 4:30 pm

WHERE: 1407 Independence Ave, Waterloo

CONTACT: Crystal Schmitz, 291-2413

EMAIL: cschmitz@co.black-hawk.ia.us

HEALTHY BABIES

The Healthy Babies Program is a culturally specific program for pregnant African American women. The program aims to provide all participants with the honest and real answers to life changes without judgment or criticism to help reach healthy solutions in strict confidence. They provide access to good prenatal care, education on parenting relationships, and help locating community services and resources. Mentors offers support and friendship, as well as helpful information so African American women can have a better chance of delivering a healthy baby.

WHEN: Every other Monday at 5:00 p.m.

WHERE: 500 E. 4th St., Suite 409, Waterloo

CONTACT: 234-7600

COST: Free

WEBSITE: www.fccouncil.net

SAFE EXCHANGE

Provides a child-friendly and safe setting for the exchange of children between parents that is free from conflict and violence. Parents and guardians have no contact with each other, and children are escorted from one party to the other by trained professionals. The program is designed to help children enjoy positive interactions with both sets of parents and families by providing a safe and comfortable exchange during which adult conflicts and stresses are minimized.

WHEN: Wednesdays 6:00 – 9:00 pm

Fridays 5:30 – 8:30 pm

Sundays 4:00 – 7:00 pm

WHERE: Black Hawk County YMCA, 669 South Hackett Road, Waterloo, IA 50701

CONTACT: 233-3531

WEBSITE: www.blackhawkymca.org

COST: Free

TEMPORARY CHILD CARE

Provides a temporary, nurturing environment for children whose families are in an emergency situation in Black Hawk County. The care is provided by registered Family Child Care homes or Licensed Centers.

Situations may include medical emergencies, legal issues, deaths, or emotional stress.

WHEN: Monday - Friday, 8:00 am to 5:00 pm

WHERE: Exceptional Persons, Inc., 760 Ansborough, Waterloo ~ Child Care Resource & Referral

CONTACT: Parent Counselor, 233-0804

COST: No cost for children birth to 5 years. Fee charged for older siblings.