

~ *Stork's Nest 2010 Schedule* ~

The Stork's Nest has two convenient locations
 Operation Threshold—405 Chestnut Street
 Waterloo YWCA - 425 Lafayette Street

| Order | Order | Order | Pick Up | Pick Up |
|--|--|--|--|--|
| Operation Threshold 4:00 to 5:00 pm | YWCA 11:00 to 11:30 am (only during an ordering week) | Operation Threshold 10:00 to 11:00 am | Operation Threshold 4:00 to 5:00 pm | Operation Threshold 10:00 to 11:00 am |
| December 28 | December 30 | December 31 | January 4 | January 7 |
| January 11 | January 13 | January 14 | January 19 | January 21 |
| January 25 | January 27 | January 28 | February 1 | February 4 |
| February 8 | February 10 | February 11 | February 16 | February 18 |
| February 22 | February 24 | February 25 | March 1 | March 4 |
| March 8 | March 10 | March 11 | March 15 | March 18 |
| March 22 | March 24 | March 25 | March 29 | April 1 |
| April 5 | April 7 | April 8 | April 12 | April 15 |
| April 19 | April 21 | April 22 | April 26 | April 29 |
| May 3 | May 5 | May 6 | May 10 | May 13 |
| May 17 | May 19 | May 20 | May 24 | May 27 |
| June 1 | June 2 | June 3 | June 7 | June 10 |
| June 14 | June 16 | June 17 | June 21 | June 24 |
| June 28 | June 30 | July 1 | July 6 | July 8 |

Car Seats



A car seat safety video will be shown the first Wednesday of each month at
 4:00 pm at Operation Threshold- 405 Chestnut Street

You must be at least 6 months pregnant to watch and purchase a car seat

Dates to view the video in 2010

January 6th, February 3rd, March 3rd, April 7th, May 5th, June 2nd

Be Sure to Mark your Calendars!

*The 3rd Annual Parenting Fair is Set for
 Tuesday March 16th 11:00 am to 3:00 pm
 Waterloo Center for the Arts
 Earn 200 points for attending!*

Thank You to Our Supporters!

Operation Threshold's Stork's Nest serves expectant families and babies in Black Hawk County. We greatly appreciate the generosity of all of our supporters and recognize the following organizations that provided support to Stork's Nest in 2009:



- Allen Memorial Hospital and Women's Health
- Black Hawk County Health Department
- Catholic Worker House
- Cedar Valley United Way
- Cedar Valley's Promise Empowerment
- Church Women United
- Covenant Medical Center & Prenatal Clinic
- East High School
- Expo High School
- Family and Children's Council
- Guernsey Foundation of Waterloo
- ISED Ventures
- ISU Extension Service
- Junior League of Waterloo & Cedar Falls
- Nazareth Lutheran Church
- Northeast Iowa Family Practice Center
- Northeast Iowa Food Bank
- Omicron Chapter of Alpha Delta Kappa
- Operation Threshold & WIC Program
- People's Community Health Clinic
- RJ McElroy Trust
- St. Ansgar Lutheran Church
- St. Timothy's Lutheran Church
- Starmont High School
- Stork's Nest Program Participants
- Target
- Victory Chapter of IAAP
- Volunteer Center of Cedar Valley
- Young Parents Together Program
- YWCA
- Zeta Phi Beta Sorority
- Zion Lutheran Church
- Interested Citizens

If you would like more information about the Stork's Nest program such as how to enroll, make a donation or volunteer please contact the Stork's Nest Coordinator at (319) 291-2065 or amagee@operationthreshold.org

Operation Threshold is an equal opportunity, affirmative action, non-profit community action agency.



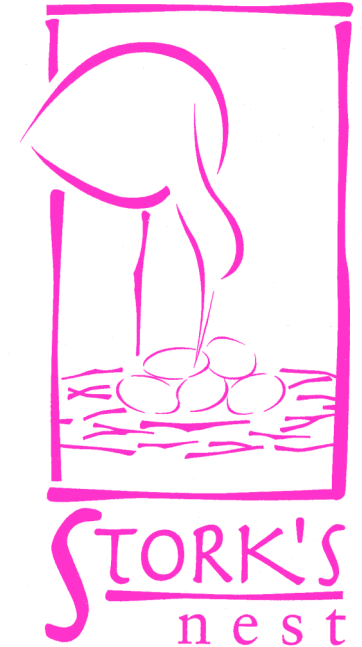
Cedar Valley's Promise
 "Uniting for the Love of Our Children"
 Mentor Protect Nurture Teach Serve



The Wills & Shain
 Germany Charitable Foundation



**2010
 Stork's Nest Schedule**



*Serving Expectant &
 New Families in
 Black Hawk County*

www.operationthreshold.org

~ Stork's Nest Morning Classes ~

Stork's Nest morning classes are held on Wednesdays from 10:00 to 11:00 am at the YWCA 425 Lafayette Street, in room 222

Childcare is available free of charge!

Participants **earn 30 points** for each class attended when they are *signed in & seated* by 10:10 am.

Class topics are listed out on the follow pages

Remember...

Double points are awarded if both parents come!



The Stork's Nest Coordinator updates point ledger cards during class. Participants can order incentive items following class from 11:00 to 11:30 am (if an order week)

Classes are offered in educational series

Series bonus points are awarded at the end of each month of classes

An additional **50 points** are earned

when all classes are attended in a month

If only one absence occurs during the month

an additional **25 points** are earned!

Please note we will replace lost Stork's Nest cards but will NOT re-issue points

~ **PRENATAL SERIES** ~

January 6th Topic: Prenatal Education I
Presented by: Covenant Medical Center

January 13th Topic: Prenatal Education II
Presented by: Covenant Medical Center

January 20th Topic: Prenatal Education III
Presented by: Covenant Medical Center

January 27th Topic: Prenatal Education IV
Presented by: Covenant Medical Center

~ **INFANT DEVELOPMENTAL** ~

February 3rd Topic: Early Brain Development
Presented by: Alison Bell

February 10th Topic: Reading Time for Infants
Presented by: Waterloo Public Library

February 17th Topic: Early Access
Presented by: Gina Greene

February 24th Topic: Book Giveaway!
Presented by: Operation Threshold

~ **PARENT CONNECTION** ~

Sessions presented by
Family & Children's Council
(offered in a four-part series)

March 3rd Topic: Part I - Baby proofing

March 10th Topic: Part II - Ages & Stages

~ **3rd Annual Parenting Fair** ~

Tuesday March 16th 11:00 to 3:00 pm

Waterloo Center for the Arts

Earn 200 points!

March 17th Topic: No Class!

March 24th Topic: Part III - Touch & Talk

March 31st Topic: Part IV -
Choices & Consequences

~ **SAFETY** ~

April 7th Topic: Child Friendly Homes
Presented by: Barb Gregerson, HCC

April 14th Topic: Preventing Lead Poisoning
Presented by: Mike Prideaux, BHC Health Dept

April 21st Topic: Infant CPR
Presented by: Ken Earnest, Covenant Medical Center

April 28th Topic: Car Seat Safety
Presented by: Nikki Werning

~ **HEALTH PROMOTION** ~

May 5th Topic: I-Smile Program
Presented by: BHC Health Department

May 12th Topic: Smoking Cessation
Presented by: Allen Women's Health

May 19th Topic: Women's Sexual Health
Presented by: Janelle Ballhagen

May 26th Topic: Family Planning Education
Presented by: Janelle Ballhagen

~ **NUTRITION** ~

June 2nd Topic: Breastfeeding I
Presented by: WIC BF Peer Counselors

June 9th Topic: Breastfeeding II
Presented by: WIC BF Peer Counselors

June 16th Topic: Nutrition for Mom
Presented by: WIC Dietitian

June 23rd Topic: Feeding Infants
Presented by: WIC

June 30th Topic: Quick & Healthy Meals
Presented by: ISU Extension

More Educational Opportunities...

Newcomers always welcome!

The following classes are held at YWCA
425 Lafayette Street in room 222
(unless otherwise indicated)
Childcare is provided for free!

Remember...

Double points are awarded if both parents come!

♥ 2nd Thursday of the month Stork's Nest
Expecting & Connecting Parenting Group
Meets from 6:00 to 7:00 pm
Earn 50 points for attending!

♥ 4th Thursday of the month an Evening Class
Offered from 6:00 to 7:00 pm
Earn 50 points for attending!



~ Healthy Mom's Prenatal Class ~

Expectant parents will learn the latest information on fetal development, nutrition, prenatal healthcare & much more!

Offered the 4th Friday of the month
10:00 to 11:00 am

(one time class & must be pregnant to attend)

Earn 100 points!

~ Little Stork's Play Group ~

This fun interactive group is specially designed to enrich your child's development & encourage early learning

Offered the 2nd Tuesday of the month

1:30 to 2:30 pm *at different locations.*

Check the monthly calendar for details

(Must have a child age 0-13 month to attend)

Earn 100 points!