




# January 2020 Nest Calendar

**Class Locations:**  
 \*OT WLOO = Operation Threshold, 1535 Lafayette St, Waterloo  
 \*YWCA=425 Lafayette St, Waterloo  
 \*OT Independence= 1827 First Street W, Independence  
 \*OT Grundy Center= 1606 G Ave Grundy Center

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 <b>Office Closed</b>	2 <b>Grundy Nest @ 10:00</b> Parent and Tot time	3 <b>WIC Class</b> 10am @ 1st United	4
5	6	7 <b>Meaningful Mealtimes</b> 10am @ Operation Threshold	8 <b>Waterloo Office day</b>	9	10 <b>Healthy Drinks, Healthy Kids</b> 10am @ 1st United	11
12	13 <b>Grundy Nest @ 4:00</b>	14 <b>Buchanan Nest @ 10</b> <b>Sensory Activities</b> 5pm @ YWCA <u>Childcare and Meal</u>	15	16 <b>Waterloo Office Day</b>	17 <b>Magical World of Music</b> 10am @ 1st United	18
19	20 <b>Office Closed</b>	21 <b>Importance of Books</b> 4:30pm @ YWCA <i>Hispanic Nest</i>	22 <b>Magical World of Music</b> 10am @ Operation Threshold	23	24 	25
		28 <b>Meaningful Mealtimes</b> 5pm @ YWCA <u>Meal &amp; childcare</u>	29 <b>Sensory Activities</b> 10am @ YWCA <u>Snack &amp; childcare</u>	30 <b>Waterloo Office Day</b>		

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

**Questions?**  
 Contact the Nest Coordinator:  
 Rachel Oberhauser  
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## 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:

**Grundy Nest:** First class will be Parent and Tot time. Second class will be Healthy Drinks, Healthy Kids, as seen below.

**WIC Class:** Alexis Smith, the Nutrition Educator from WIC will come speak about healthy food recommendations for children based on their age.

**Healthy Drinks, Healthy Kids:** We're happy to share new beverage recommendations for children 5 and under, developed by Healthy Eating Research along with some of the nation's leading experts on health and nutrition. These recommendations help parents make the best decisions for their family, every 'sip' of the way!

**Buchanan Nest:** For this class we will cover "Healthy Drinks, Healthy Kids" as seen above.

**Magical World of Music:** Music is all around us every single day, whether you realize it or not. Singing and dancing with your children can help them learn so many different things. Come to one of the class times this month to learn more!

**Importance of Books:** Mary Donnegan-Ritter will be guest speaking about what you can do to help your child expand their vocabulary and language skills, especially while reading books!

**Meaningful Mealtimes:** With the craziness of life it can be hard to get the family together for a meal. However, studies show that having family mealtimes is essential in children's development. It helps with manners, motor skills, language and conversation skills and so much more. Come learn about how you can implement meaningful mealtimes into your daily routine!

**Sensory Activities:** Come play with a variety of items that could be found in your household to help with your child's learning and development!

**Grundy Nest** classes are in Grundy Center and **Buchanan Nest** classes are in Independence. You are welcome to attend any county and the point value will be the same.