



February 2020 Nest Calendar

Class Locations:
 *OT WLOO = Operation Threshold, 1535 Lafayette St, Waterloo
 *YWCA=425 Lafayette St, Waterloo
 *1st United Methodist Church= 614 Randolph St, Waterloo
 *OT Independence= 1827 First Street W, Independence
 *OT Grundy Center= 1606 G Ave Grundy Center

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<p>*If you attend 3 classes this month, you will get a bonus of 150 points, AND your name put in a drawing to win a STROLLER!*</p>					1
2	3	4	5	6	7	8
		<p>Alternatives 10am @ Operation Threshold</p>	<p>Waterloo Office Day</p>	<p>Grundy Nest @ 10:00 Parent and Tot time</p>	<p>WIC Class 10am @ 1st United</p>	
9	10	11	12	13	14	15
		<p>Boost Learning with Block Play! 4:30pm @ YWCA <u>Childcare and Meal</u></p>		<p>Waterloo Office Day</p>	<p>LoveINC 10am @ 1st United</p>	
16	17	18	19	20	21	22
	<p>Office Closed</p> <p>Grundy Nest @ 4:00 Boost Learning with Block Play!</p>	<p>"Help Me, I'm Feeling!" 4:30pm @ YWCA <u>Hispanic Nest</u></p>	<p>LoveINC 10am @ Operation Threshold</p>	<p>Parent Advisory Committee Meeting 4:30pm @ EMA</p>	<p>Safety First! 10am @ 1st United</p>	
23	24	25	26	27	28	29
		<p>Safety First! 5pm @ YWCA <u>Meal & childcare</u></p>	<p>"Help Me, I'm Feeling!" 10am @ YWCA <u>Snack & childcare</u></p>	<p>Waterloo Office Day</p>		

Questions?
 Contact the Nest Coordinator:
 Rachel Oberhauser
 319-292-1805 OR 319-939-6219
 roberhauser@operationthreshold.org

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



Join our facebook group

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: Parent and Tot time is a chance to sit with your children and the Nest/Head Start staff to help you create meaningful play time and help to recognize teachable moments.

WIC Class: Alexis Smith will be in to speak about choking hazards and how to be more cautious when you are feeding your children.

Alternatives: Carolina from Alternatives Pregnancy Center will be speaking about the amazing services they have to offer you and your family. Come to class to see how you can get involved!

Safety First!: This class is to help bring awareness to safety issues in your home, car, and much more!

LoveINC: Paige Price will be in to talk about LoveINC's mission and provide resources to help fulfill your family's needs.

Boost Learning with Block Play!: You may think that children playing with blocks is no big deal. Well I am here to tell you that it is a HUGE deal! Come to class to see what all your child is learning while they play with blocks!

"Help Me, I'm Feeling!": Feelings can be BIG and SCARY for children. Come to this class to learn how to help them understand and navigate their feelings.

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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.