



March 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
1	2 	3	4	5 Grundy Nest @ 10:00 Parent and Tot time	6 WIC Class 10am @ Food Bank With Burmese Translator	7
8	9	10 "Rules, RULE!" 4:30pm @ YWCA Childcare and Meal Provided	11 Waterloo Office Day	12	13 "Help Me, I'm Feeling!" 10am @ 1st United With Burmese Translator	14
15	16 Grundy Nest @ 4:00 Stress Management	17 Allen Women's Health Class 4:30pm @ YWCA With Spanish Translator	18 Stress Management 10am @ Operation Threshold	19 Waterloo Office Day	20 Allen Women's Health Class 10am @ 1st United With Burmese Translator	21
22	23	24 Stress Management 5pm @ YWCA Meal Provided	25 "Rules, RULE!" 10am @ YWCA	26 	27	28
29	30	31				

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

Questions?
 Contact the Nest Coordinator:
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The Nest Program Serving Black Hawk, Buchanan, & Grundy Counties

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: This month we will have a cooking class at the **Food Bank! 1605 Lafayette St, Waterloo, IA 50703**

Rules, Rule!: In this class we will go over how to develop family rules in your household, and how family rules are different from "children's rules".

"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.

Allen Women's Health Class: Janelle Ballhagen, from Allen Women's Health staff will share important updates on women's health issues including healthy pregnancy planning; latest in contraceptive options; and low to no cost options for preventative care.

Stress Management: This class will be open and interactive. We will talk about things that cause us the most stress, what stress does to our bodies and children, and come up with healthy ways to control the stressors of life.

*****Please note that starting this month, we will only have childcare provided for the classes that land on the second Tuesday of every month. So either make prior arrangements, or go ahead and bring them to class! The more the merrier 😊***

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.