



April 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

CLASSES THIS MONTH WILL BE ON FACEBOOK LIVE THROUGH OUR NEST PAGE

Sun	Monday	Tuesday	WedNESTay☺	Thursday	Friday	Sat
			1 WIC Class 12pm @ Facebook Live <u>Class and Office Day</u>	2 Office Day	3 	4
5	6 <div style="border: 2px solid black; padding: 5px; background-color: #00aaff; color: white; text-align: center;"> Facebook Search: <u>The Nest Program Serving Black Hawk, Buchanan, & Grundy Counties</u> </div>	7	8 What to do with your kids while quarantined 12pm @ Facebook Live <u>Class and Office Day</u>	9 Office Day	10	11
12	13 <div style="border: 2px solid black; padding: 5px; background-color: #00aaff; color: white; text-align: center;"> **Class topics are subject to change as time goes on** Will keep you updated on the Facebook page! </div>	14	15 Stress Management 12pm @ Facebook Live <u>Class and Office Day</u>	16 Office Day	17	18
19	20	21	22 Child Brain Development 12pm @ Facebook Live <u>Class and Office Day</u>	23 Office Day	24 	25
26	27 	28	29 Positive Parenting Strategies 12pm @ Facebook Live <u>Class and Office Day</u>	30 Office Day	<div style="background-color: yellow; padding: 10px; text-align: center;"> Questions? Contact the Nest Coordinator: Rachel Oberhauser 319-292-1805 OR 319-939-6219 roberhauser@operationthreshold.org </div>	

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



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: (ON FACEBOOK LIVE IN NEST GROUP)

WIC Class: Alexis will speak about WIC foods and WIC Shopper app since food supply has been low in grocery stores; we want to make you aware of all the WIC food options!

What to do with your Children while Quarantined: In this class I will talk about different activities you can do with your children while being quarantined. I would also like this to be interactive so I want you to share what you have been doing with your children as well!

Stress Management: In this class we will talk about how you can recognize stress in your life and what to do to manage it in healthy ways.

Child Brain Development: Learn about how the brain develops in young children and what you can do to support their brain development.

Positive Parenting Strategies: This class will highlight your style of parenting and how to embrace that to help your child grow and develop.

These online classes for the month will cover all counties (Black Hawk, Grundy, and Buchanan). Points will still be given as normal. If you are not able to watch the class live, you can watch it afterwards and at the end of the week I will check to see who viewed it so I can give you points!

JOIN OUR FACEBOOK GROUP:

**The Nest Program Serving Black Hawk,
Buchanan, & Grundy Counties**