



# May 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	WedNESTay ☺	Thursday	Friday	Sat
					1 <b>Child and Baby Safety</b> 10am @ Facebook Live	2
3	<div style="border: 1px solid black; padding: 5px;"> <p>Facebook Search: <u><a href="#">The Nest Program Serving Black Hawk, Buchanan, &amp; Grundy Counties</a></u></p> </div>		6 <b>0-5 Read and Thrive</b> 12pm @ Facebook Live	7	8	9
10	<div style="border: 1px solid black; padding: 5px;"> <p><b>**Class topics are subject to change as time goes on** Will keep you updated on the Facebook page!</b></p> </div>		13 <b>Show Me the Money, Honey!</b> 12pm @ Facebook Live	14	15 <b>Establishing Nurturing Parenting Routines</b> 10am @ Facebook Live	16
17			20 <b>Parenting Together</b> 12pm @ Facebook Live	21	22 	23
24	25 <b>Office Closed</b> 	26	27 <b>Spoiling Your Children</b> 12pm @ Facebook Live	28	29	30
31						

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

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

Join our facebook group



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)

**Child and Baby Safety:** This class will go over what to keep in mind when it comes to your child's safety.

**0-5 Read and Thrive:** For this class I will be doing a lesson from the Scholastic website that involves reading a book! You can watch this class with your kiddos so they can interact with it as well!

**Show Me the Money, Honey!:** This class will talk about budgeting and how to manage your money.

**Establishing Nurturing Parenting Routines:** This class will talk about how to implement nurturing routines into your daily life through bed time, bath time, feeding times, and dressing times.

**Parenting Together:** This class will talk about the importance of positive co-parenting and some tips on how to make it work.

**Spoiling Your Children:** We will talk about the truths and myths of spoiling your children.

**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**