




# July 2022 Nest Calendar

Operation Threshold Locations:  
 \*OT WLOO = Operation Threshold, 1535 Lafayette 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	WedNESTday☺	Thursday	Friday	Sat
					1 <b>WIC Class</b> 10am First United Methodist Church	2
3	4 <b>OFFICE CLOSED 4TH OF JULY</b>	5	6 <b>Toilet Training Tips!</b> 12pm Facebook Live	7 <b>RACHEL OFF</b>	8	9
10	11 <b>Facebook Search: <u>The Nest Program Serving Black Hawk, Buchanan, &amp; Grundy Counties</u></b>	12	13 <b>Feeding Young Children Nutritious Foods</b> 12pm Facebook Live	14	15 <b>iSmile</b> 10am First United Methodist Church	16
17	18 <b>**Class topics are subject to change as time goes on** Will keep you updated on the Facebook page!</b>	19	20 <b>Sensory Activities</b> 12pm Facebook Live	21	22	23
24	25	26	27 <b>Safety First!</b> 12pm Facebook Live	28	29	30

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



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)

**WIC Class:** Alexis will be joining us to talk about WIC nutrition. Topics will vary each month.

**Toilet Training Tips:** Wanting to start the potty training process? I will talk about some tips and how to get started to set your child up for success!

**Feeding Young Children Nutritious Foods:** This class will go over the different food groups, and quick and easy ways to prepare them for your children to get all of the servings they need!

**iSmile:** Hailey Finn will be presenting about the iSmile program, and there will be a hygienist joining us to give oral screenings and fluoride treatments!

**Sensory Activities:** Summertime can bring so many more fun activities! This class will talk about different sensory activities that you can do with your children both inside and outside.

**Safety First!:** Get a refresher on some safety precautions around your house, in your car, and many more.

**These online classes for the month will cover all counties (Black Hawk, Grundy, and Buchanan). Points will still be given as normal. You will need to fill out the survey that I post in the comments of the class in order to get your points. If you are not able to watch the class live, you can watch it afterwards to get points as long as you fill out the survey!**

**JOIN OUR FACEBOOK GROUP:**

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