



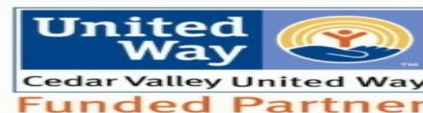
# May 2023 Nest Calendar

**\*SOME CLASSES THIS WILL BE ON FACEBOOK LIVE THROUGH OUR NEST PAGE\***

Operation Threshold Locations:  
 \*OT WLOO = Operation Threshold, 1535  
 Lafayette St, Waterloo  
 \*OT Grundy Center= 1606 G Ave Grundy  
 Center

Sun	Monday	Tuesday	WedNESTday☺	Thursday	Friday	Sat
	1 <b>Facebook Search: <u>The Nest Program</u> <u>Serving Black Hawk &amp; Grundy Counties</u></b>	2	3 <b>Mental Health Awareness</b> FB Live @12pm	4	5 <b>NEW HOURS</b> MON-THURS 7:30AM-6:00PM Office Closed	6
7	8	9 <b>**Class topics are subject to change as time goes on** Will keep you updated on the Facebook page!</b>	10 <b>Self and Body Awareness</b> FB Live @12pm	11	12 <b>OFFICE CLOSED</b>	13
14	15 <b>Potty Training</b> 11am First United Methodist Church	16 <b>Toy Safety</b> 10am Operation Threshold in Grundy Center	17 <b>WIC-Nutrition Video</b> FB Video @12pm	18	19 <b>OFFICE CLOSED</b>	20
21	22	23	24 <b>Magical World of Music</b> FB Live @12pm	25 	26 <b>OFFICE CLOSED</b>	27
28	29 <b>Importance of Rhyme and song</b> 11am First United Methodist Church	30	31 <b>Allen Women's Health Video</b> FB Video @12pm	The Nest Program Serving Black Hawk & Grundy Counties	<b>OFFICE CLOSED</b>	

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



Questions?  
 Contact the Nest Coordinator:  
 Marissa Christensen  
 319-292-1805 OR 319-939-6219  
 mchristensen@operationthreshold.org

## 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-Person Classes)

**Toy Safety**– Will go through different toys for babies and toddlers of different ages and safety of the toys.

**WIC**– WIC will provide an educational video on nutrition.

**Magical World of Music**– Music is all around us every single day, whether you realize it or not. Singing and dancing with your children can help them learn so many different things. Tune into class to learn more!

**Importance of rhymes and songs**– Explanation of how repetition, rhythm and rhyme are valuable tools for teaching languages.

**Mental Health Awareness**– -Raises awareness of trauma and the impact it can have on the physical, emotional, and mental well-being of children, families, and communities.

**Self and Body Awareness**– Learning how conscious and connected you are to your own body.

**Potty/Toilet Training**-Signs your child might be ready to potty train and different things your family can try.

**Allen Women's Health**– Educations video of Allen Women's Health choice.

***These online classes for the month will cover all counties (Black Hawk and Grundy). 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  
& Grundy Counties**