



June 2023 Nest Calendar

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

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

Sun	Monday	Tuesday	WedNESTday☺	Thursday	Friday	Sat
				1	2 MON-THURS 7:30AM-6:00PM Office Closed	3
Facebook Search: The Nest Program Serving Black Hawk & Grundy Counties		**Class topics are subject to change as time goes on** Will keep you updated on the Facebook page!				
4	5	6	7 Building a Childs Confidence FB Live @ 12pm	8 	9 OFFICE CLOSED	10
11	12 Physical Fitness for Children 11am First United Methodist Church	13	14 Dealing With Tantrums FB Live @ 12pm	15 MEET & GREET Dike Park (see pg. 2 for details) 5pm-6pm	16 OFFICE CLOSED	17
18	19	20 Play is Learning 10am Operation Threshold in Grundy Center	21 WIC-Nutrition Video FB Video @12pm	22	23 OFFICE CLOSED	24
25	26 At Home Activities for the Summer 11am First United Methodist Church	27	28 Allen Women's Health Video FB Video @12pm	29 The Nest Program Serving Black Hawk & Grundy Counties	30 OFFICE CLOSED	

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

Questions?
 Contact the Nest Coordinator:
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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)

Building a Child's Confidence– Different ways to help build a Child's confidence in and outside of the home.

Physical Fitness for Children– What is enough time for activity? How do I know if my child is getting enough physical activity– especially this summer!

Dealing with Tantrums- Positive parenting leads to positive futures. Learning how to help children when they are having tantrums and what causes tantrums to happen.

Meet & Greet - Meet and greet at Kruger-Hemmen Sports Complex in Dike. Black Hawk and Grundy counties are welcome. We will have a light meal and activities, splash pad will be available for children!

Play is Learning- Parents and children playing together and learning new ways of healthy play!

WIC– WIC will provide an educational video on nutrition.

At Home Activates for the Summer– Schools out! Learning new and fun activities to do with your children this summer.

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**