



August 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
	Questions? Contact the Nest Coordinator: Marissa Christensen 319-292-1805 OR 319-939-6219 mchristensen@operationthreshold.org	1 Nest coordinator out of office until 8/7/23	2 What Food to Make For Picky Eaters FB Live @ 12pm	3	4 MON-THURS 7:30AM- 6:00PM	5
6	<div style="background-color: #800080; color: white; padding: 5px; text-align: center;"> Facebook Search: <u>The Nest Program Serving Black Hawk & Grundy Counties</u> </div>		9 Parenting for Healthy Emotional Development FB Live @ 12pm	10 <div style="background-color: #0056b3; color: white; padding: 5px; text-align: center;"> Join our facebook group </div> <div style="background-color: #0056b3; color: white; padding: 5px; text-align: center;"> </div>	11 OFFICE CLOSED	12 Felix Grundy Family Fun Fair 10am-1pm
13	14 First Time Parenting 11am First United Methodist Church	15 Play is Learning 10am Operation Threshold in Grundy Center	16 WIC Nutrition Video FB Video @12pm	17	18 OFFICE CLOSED	19
20	<div style="background-color: #800080; color: white; padding: 5px;"> **Class topics are subject to change as time goes on** Will keep you updated on the Facebook page! </div>		23 Allen Women's Health Video FB Video @12pm	24 Molina Healthcare Video FB Live @12pm	25 OFFICE CLOSED	26
27	28 Obesity in children and how to help as their parent 11am First United	29	30 Steps into Toddlerhood FB Video @12pm	31 The Nest Program Serving Black Hawk & Grundy Counties	OFFICE CLOSED	

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



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)

What food to make for picky eaters– We will go through different foods and meals to make life easier while feeding a picky eater.

First Time Parenting– Ways to figure out you and your partners effective parenting styles and must knows before baby comes.

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

Parenting for healthy emotional development– The development of emotions gives one the ability to be empathetic c to others, handle conflicts in the right wat and understand the importance of regulating emotions for both parents and children.

WIC– WIC will provide an educational video on nutrition.

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

Molina HealthCare Video– Moline Healthcare will do a live presentation about their program.

Obesity in children and how to help as their parent– The US tops the list of counties in the world with the highest rate of obesity, we will learn and go over the importance to maintaining a healthy weight and healthy ways to achieve a healthy life-style.

Steps into toddlerhood– What to expect as your child grows bigger and steps into toddlerhood, what changes?

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**