



September 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
	<p>Questions? Contact the Nest Coordinator: Marissa Christensen 319-292-1805 OR 319-939-6219 mchristensen@operationthreshold.org</p>	<p>Facebook Search: <u>The Nest Program Serving Black Hawk & Grundy Counties</u></p>		<p>Join our facebook group</p> <p>facebook Live</p>	<p>1 MON-THURS 7:30AM-6:00PM</p>	<p>2</p>
3	<p>4 Labor Day Office Closed</p>	5	<p>6 Black Hawk County Public Health Importance of sexual health FB Live @ 12pm</p>	7	<p>8 OFFICE CLOSED</p>	9
<p><i>**Class topics are subject to change as time goes on** Will keep you updated on the Facebook page!</i></p>						
10	<p>11 Preventing Temper Tantrums 11am First United Methodist Church</p>	12	<p>13 Anxiety-coping skills for kids FB Live @ 12pm</p>	14	<p>15 OFFICE CLOSED</p>	16
17	18	<p>19 Play is Learning 10am Operation Threshold in Grundy Center</p>	<p>20 WIC Nutrition Video FB Video @12pm</p>	21	<p>22 OFFICE CLOSED</p>	23
24	<p>25 Setting up good sleep patterns 11am First United Methodist Church</p>	26	<p>27 Allen Women's Health Video FB Video @12pm</p>	<p>28 The Nest Program Serving Black Hawk & Grundy Counties</p>	<p>29 OFFICE CLOSED</p>	30

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)

Black Hawk County Public Health– Sharing the importance of sexual health

Preventing Temper Tantrums– What is a tantrum and why do kids throw tantrums and what to do when they are having a tantrum.

Anxiety (coping skills)- Why are coping skills important and how to help kids cope with anxiety.

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

WIC– WIC will provide an educational video on nutrition.

Setting up good sleep patterns– What are common bedtime and sleep problems, causes and easier steps to a better bedtime routine.

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**