



October 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	2	3	4	5	6	7
<p>**Class topics are subject to change as time goes on** Will keep you updated on the Facebook page!</p>			<p>How much sugar is too much? FB Video @12pm</p>	<p>Join our facebook group</p> <p>facebook Live</p>	<p>MON-THURS 7:30AM-6:00PM Office Closed</p>	<p>The Nest Program Serving Black Hawk & Grundy Counties</p>
8	9	10	11	12	13	14
	<p>Navigating stress through the holidays 11am First United Methodist Church</p>		<p>Halloween Safety FB Video @12pm</p>		<p>OFFICE CLOSED</p>	
15	16	17	18	19	20	21
		<p>Play is Learning 10am Operation Threshold in Grundy Center</p>	<p>WIC Nutrition Video FB Video @12pm</p>		<p>OFFICE CLOSED</p>	
<p>Facebook Search: <u>The Nest Program Serving Black Hawk & Grundy Counties</u></p>						
22	23	24	25	26	27	28
	<p>Fun simple Halloween treats at Home 11am First United Methodist Church</p>		<p>Allen Women's Health Video FB Video @12pm</p>	<p>Parent Advisory Trunk or Treat Operation Threshold Parking Lot @4pm-5:30pm</p>	<p>OFFICE CLOSED</p>	
29	30	31				
	<p>Questions? Contact the Nest Coordinator: Marissa Christensen OR 319-939-6219 mchristensen@operationthreshold.org</p>	<p>Happy Halloween!</p>			<p>OFFICE CLOSED</p>	

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)

How much sugar is too much? Halloween is around the corner! How much sugar is an appropriate amount for your children?

Navigating stress through the holidays- Holidays and finances can be stressful, lets talk about ways to deal with spending and stress.

Halloween Safety- It is important to understand safety while taking your children trick-or-treating.

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.

Parent Advisory Trunk or Treat- Please join us with your children for a trunk or treat at operation threshold. Dress your children up in costumes, we will have face painting, coloring table and hot chocolate!

Fun simple Halloween treats at Home- Treats/ snacks you and your family can make together in the spirit of Halloween!

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

