





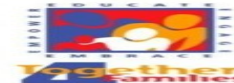
# January 2024 Nest Calendar

**\*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
<b>**Class topics are subject to change as time goes on** Will keep you updated on the Facebook page!</b>			Gentle Parenting FB Video @12pm		MON-THURS 7:30AM-6:00PM	The Nest Program Serving Black Hawk & Grundy Counties
	Office Closed					
7	8 Healthy Habits & Nutrition 11am First United Methodist Church	9	10 Managing parent burnout FB Video @12pm	11	12 OFFICE CLOSED	13 Questions? Contact the Nest Coordinator: Marissa Christensen OR 319-939-6219 mchristensen@operationthreshold.org
14	15	16 Play is Learning 10am Operation Threshold in Grundy	17 WIC Nutrition Video FB Video @12pm	18	19 OFFICE CLOSED	20  
21	22 Building Confidence 11am First United Methodist Church	23	24 Allen Women's Health Video FB Video @12pm	25	26 OFFICE CLOSED	27
28	29	30	31 Parent Mindfulness Exercises FB Video @12pm		OFFICE CLOSED	
<b>Facebook Search: <a href="#">The Nest Program Serving Black Hawk &amp; Grundy Counties</a></b>						

**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)

**Gentle Parenting-** A parenting approach that encourages a partnership between you and your child to make choices based on an internal willingness instead of external pressures.

**Healthy Habits & Nutrition-** Make it easy for kids to choose healthy snacks by keeping fruits and vegetables on hand and ready to eat.

**Managing Parent Burnout-** Understand stress and burnout and the signs of parental burnout.

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

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

**Building Confidence-** Different ways to help boost your child's confidence and self-esteem.

**Allen Women's Health-** Educational video of Allen Women's Health choice.

**Parent Mindfulness Exercise-** Helpful mindfulness exercise for parents to develop the skills needed for unexpected stressful situations and will help you become a better parent.

**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**

