



March 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
	<p>Facebook Search: The Nest Program Serving Black Hawk & Grundy Counties</p>				<p>1 MON-THURS 7:30AM-</p>	<p>2 The Nest Program Serving Black Hawk & Grundy Counties</p>
3	4	5	6	7	8	9
<p>**Class topics are subject to change as time goes on** Will keep you updated on the Facebook page!</p>			<p>The Effects of Adverse Childhood Experiences FB Video @12pm</p>		<p>OFFICE CLOSED</p>	
10	11	12	13	14	15	16
	<p>What is Child Neglect 11am First United Methodist Church</p>		<p>New Moms and Dads FB Video @12pm</p>		<p>OFFICE CLOSED</p>	<p>Questions? Contact the Nest Coordinator: Marissa Christensen OR 319-939-6219 mchristensen@operationthreshold.org</p>
17	18	19	20	21	22	23
		<p>Learning is Play 10am Operation Threshold in Grundy</p>	<p>WIC Nutrition FB Video @12pm</p>		<p>OFFICE CLOSED</p>	
24	25	26	27	28	29	30
	<p>Sleep Needs of Babies 11am First United</p>		<p>Allen Women's Health FB Video @12pm</p>		<p>OFFICE CLOSED</p>	
31	<p>To view descriptions of classes listed above, please refer the next page.</p>					



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)

The Effects of Adverse Childhood Experiences- Learning the effects of adverse childhood Experiences. Talk about how they can effect children and how to prevent them.

What is Child Neglect- Learning what child neglect is and learning how it can effect a child.

New Moms and Dads- Advice for new parents and information on being a new parent.

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

WIC- WIC will provide an educational video on nutrition.

Sleep Needs of Babies- Discussion on how much sleep do babies need in the first year of life through toddler.

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

Monthly online classes are for both Black Hawk and Grundy Counties. Surveys can be filled out using the link that will be posted in the comments. Surveys must be completed to receive points. If you are not able to watch the online session live, you can still watch it during the month and fill out the survey to receive your points!

JOIN OUR FACEBOOK GROUP:

The Nest Program Serving Black Hawk
& Grundy Counties