

Quarterly Connection

The Iowa Family Support Network serves as a central point of contact to help parents and providers connect to Early ACCESS, Family support, and Group Based Parent Education Services for children ages 0-5 and their families across the state of Iowa.

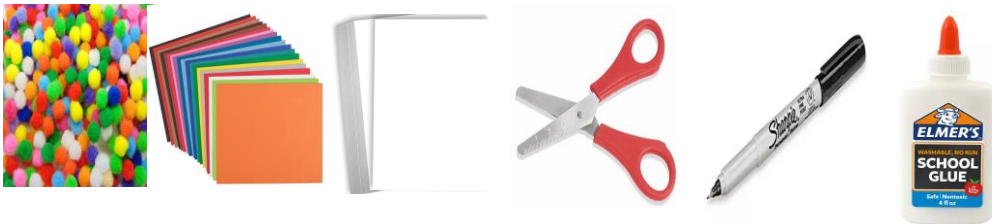
The IFSN Quarterly Connection helps keep you connected and provides information that may be informative and beneficial to the families and clients you serve.



Hot Air Balloon Craft

Supplies needed:

- Poms Poms
- Construction paper
- White card stock paper
- Scissors
- Ultra Fine Black Sharpie
- Glue



Hot Air Balloon Craft Instructions:

Step 1: First, draw two small circles on a piece of blue construction paper and cut them out

Step 2: Secondly, add glue to the two circles and fill them with colorful pom poms and glue to a piece of blue construction paper

Step 3: Next, cut out two rectangles from a piece of brown construction paper and glue to the blue construction paper

Step 4: Then, glue the pom pom circles a few inches above the rectangles and draw four lines with the sharpie to attach the pom poms and rectangles

Step 5: Finally, cut out cloud shapes from a piece of the white card stock paper and glue to the blue construction paper

UPCOMING EVENTS

July 1, 2024

Arts and Books
10:00am – 11:00am
South Shelter House
1008 Liberty St, Pella, IA 50219

July 2, 2024

Library Storytime
11:00am – 11:30am
Perry Creek Branch Library
2912 Hamilton Blvd, Sioux City, IA 51104

July 20, 2024

Special Needs Swimming Party
5:00pm – 7:00pm
Webster City Municipal Swimming Pool
1200 Union St, Webster City, IA 50595

August 1, 2024

Storytime at the Park
10:30am -11:00am
Bayliss Park
100 Pearl St, Council Bluffs, IA 51503

August 4, 2024

Clowns at the Carousel
4:00pm- 7:00pm
Heritage Carousel
2009 Saylor Rd, Des Moines, IA 50313

To find more upcoming events in your area, visit the IFSN "EVENTS" tab at iafamilysupportnetwork.org

If you are a provider and would like your events listed on our website, please contact IFSN at iafamilysupportnetwork@everystep.org. Events may be parenting classes, conferences or other activities that providers and/or families of children ages 0-5 may be interested in attending.



Fruit Salsa & Cinnamon Tortilla Chips Recipe:

Fruit Salsa:

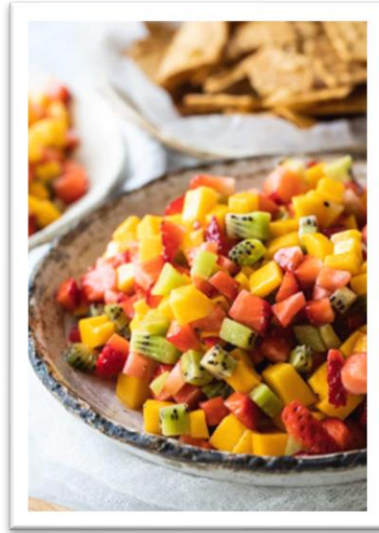
Ingredients

- 16 ounces strawberries diced
- 3 kiwis peeled and diced
- 2 mangos peeled and diced
- 1 tablespoon of freshly squeezed lemon juice
- 1 tablespoon of freshly squeezed lime juice
- 2 teaspoons of brown sugar

Cinnamon Tortilla Chips

Ingredients

- Gluten free tortillas
- Butter
- Cinnamon
- Sugar



For instructions, visit [Fruit Salsa | Create Kids Club](#)

Developmental Milestones & Activities for Different Age Groups:

Summer is a great time to engage in activities that increase your child's development. Below are some different activities for each age group. Outdoor play is an important part of child's development so grab a blanket, sunscreen and find a nice shady spot while spending quality time together.

• Infants (0-12 months):

Physical Milestones- rolling over, clapping hands, babbling, sitting with support
Activities- Access to colorful toys to promote reaching and grasping, singing and reading to promote language development, tummy time

• Toddlers (1-3 years):

Physical Milestones- walking, picking up things between thumb and pointer finger, communicating with single words
Activities- Running/dancing/jumping; promoting outdoor play, providing small pieces of food while having a picnic, singing simple nursery rhymes/children songs

• Preschoolers (3-5 years):

Physical Milestones- Run well/climb well/ability to hop on one foot, catching a ball, pedaling a trike, draw basic shapes
Activities- Tag, Hide and Go Seek, pretend play to boost imagination, going to the park, art projects

developmental milestones



Children at Home Presentations

Our staff are available to present information about the Children at Home program, either in person or through a video feed. To schedule a presentation, please call us at 1-888-425-4371 or send an email to:

iafamilysupportnetwork@everystep.org

Children at Home Advisory Committee Members Needed

Would you like to make a difference in the life of a child with a disability? Children at Home is looking for individuals to join our advisory committee! If you are a professional or a parent of a child with a disability, we invite you to join us and provide your insight so that we can better serve Iowa's children.

To learn more or to download an application, please visit:

[Children at Home - Iowa Family Support Network \(iafamilysupportnetwork.org\)](http://ChildrenatHome-IowaFamilySupportNetwork.org)

Children at Home provides financial assistance to families that include a child with a disability. The new fiscal year begins on July 1, 2024

IMPORTANT:

Eligibility Guidelines

- The family resides in the state of Iowa
- The family includes an individual with a disability under 22 years of age
- The family expresses an intent for the family member who is an individual with a disability to remain living in the family's home
- The family's net taxable income is less than \$60,000 in the most recently completed tax year

[CaH-Application](#)

Iowa Family Support Network is operated by

EveryStep 
care & support services