

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.



Snow Dough Craft

Supplies needed:

- Cornstarch
- Lotion
- Iridescent glitter (optional)
- Snowflake cookie cutter(optional)



Snow Dough Instructions:

Step 1: Add 1 cup of cornstarch to a large mixing bowl.

Step 2: Then add ½ cup of lotion (baby lotion or body lotion) to the cornstarch and mix until combined. You want the dough to be formed into a ball and not sticky before removing from the bowl.

Step 3: Next, take out the dough and place it on some wax paper. Knead with your hands. Keep kneading until it forms a dough-like consistency. If it's still too sticky add another tablespoon of cornstarch. Keep kneading until it is no longer sticky and is soft.

Step 4: Sprinkle some glitter on (optional) and knead in.

Step 5: Once your dough is finished, use snowflake cookie cutters and rolling pins to play with it!

Storage: Keep the playdough in plastic wrap and store in an airtight container to help it last longer. If the dough dries out, add a few extra squirts of lotion to it and knead back in.

UPCOMING EVENTS

December 12th and 19th, 2024

Jingle in the Junction
5:00pm – 9:00pm
Valley Junction
5th Street, West Des Moines, IA 50265

November 28th 2024- January 1st 2025

Holiday Lights at The Lake
Wednesday Evenings
West Overlook Campground
2850 Prairie Du Chien Rd NE, Iowa City, IA
52240

December 21st, 2024

Skate with Santa
2:00pm -4:00pm
The River's Edge
700 W River Drive, Davenport, IA 52802

December 27th, 2024

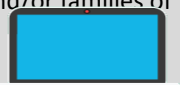
Kids Lego Day
Ottumwa Public Library
102 W 4th St, Ottumwa, IA 52501

January 2nd, 2025

FREE movie: Moana 2
2:00pm -3:30pm
Cresco Theatre
115 2nd Ave W, Cresco, IA 52136

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.



No Bake Avalanche Cookie Recipe:

Avalanche Cookies:

Ingredients

- 2 cups of crispy rice cereal
- 1 cup of mini marshmallows
- ½ cup of peanut butter
- 1 pound of white chocolate
- Optional- sprinkles

For instructions, visit

<https://tinyurl.com/avalanche-cookies>



Protect Yourself and Others From Becoming Sick This Winter:

The CDC says that handwashing is an important step to staying healthy year-round, especially in the winter when illness is much more rapidly spread. It is recommended to use soap and water every time you wash your hands.

- Infants (0-12 months):

Wet your **hands** with clean, running water (warm or cold). Make sure the water isn't too hot for little **hands**. Use soap and lather up for about 20 seconds.

Antibacterial soap isn't a must — any soap will do.

- Toddlers (1-3 years):

Teach kids the five easy steps for handwashing — **wet, lather, scrub, rinse and dry**—and the key times to wash hands, such as after using the bathroom or before eating. You can find ways to make it fun, like making up your own handwashing song or turning it into a game.

- Preschoolers (3-5 years):

Build it into your child's routine. Before every snack and meal, announce that it's time to wash your hands. Make it accessible. Provide a step stool next to the sink, so your child can reach the faucet.



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 current fiscal year will end on June 30th, 2025

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