

# 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.



## DIY Rock Tic-Tac-Toe Craft

### Supplies needed:

- 10 River Rocks (can find at Dollar General)
- Acrylic Paint
- Paint Brushes
- Round Wooden Board (or something for a board)



### Rocks/Board Craft Instructions:

**Step 1:** Paint your rocks to your liking (bumblebee vs ladybugs shown in the example) You may need to do multiple coats of paint.

**Step 2:** Paint the board outline for your game. Add any extra design you would like.

**Step 3:** After all paint is dry, your rocks are ready to be used!



## UPCOMING EVENTS

### March 12th, 2025

Read and Rhyme Storytime every Wednesday with Miss Rebecca (free)  
10:30am – 11:15am  
The Little Book  
520 Euclid Ave, Suite 102, Des Moines, IA 50313

### March 19th, 2025

Family Movie Night & Popcorn (free)  
3:00pm – 5:00pm  
Ottumwa Public Library  
102 W 4<sup>th</sup> St, Ottumwa, IA 52501

### April 11th, 2025

Nature Center After Dark: Hawaiian Luau  
6:00pm start time: Free Event  
Jester Park Nature Center  
12130 NW 128<sup>th</sup> St, Granger, IA 50109

### April 29th, 2025

Kids Board Game Night (free)  
6:00pm – 7:30pm  
Waterloo Public Library Meeting Room AB  
415 Commercial Street, Waterloo, IA 50701

### May 4th, 2025

Mommy & Me: Build and Bloom  
1:30-3:30pm  
FD Parks and Rec  
617 Central Ave, Fort Dodge, IA 50501  
\$40 registration fee

If you are a provider and would like your events listed on our website, please contact IFSN at [iafamilysupportnetwork@everystep.org](mailto: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.



## Mini Fruit Pizza Recipe:

### Ingredients

- 1 16oz package of Pillsbury Sugar Cookie Dough
- 1 8oz package of cream cheese
- 2 Tbsp of frozen limeade concentrate
- ½ Cup of powdered sugar
- 3 Cups of Blueberries, Strawberries and Kiwi
- 2 teaspoons of brown sugar

### Tips

- Swap limeade for lemon juice if needed
- Use any fruit of your choice



For instructions, visit

<https://tinyurl.com/Mini-Fruit-Pizzas>

## Rainy Day Activities for Different Age Groups:

Spring is full of fun opportunities to go outside, but some days you run into a yucky, rainy day and find yourself stuck at home or inside. Here are some fun and different ideas of things to do with your child on a rainy spring day.

- **Infants (0-12 months):** Tummy time can be fun; it doesn't need to be a chore! Put water in a 9x12 dish with bath toys for your little one to play with during their tummy time! If your little one is sitting or standing, bring the bubbles inside! Lay down a towel and blow bubbles. Narrate what you are doing to your child for language development during play.
- **Toddlers (1-3 years):** Who doesn't love a dance party. Get your little one's energy out with a silly and goofy dance party! Have your child pick out their dance party outfit to make it extra special. Still got energy? Try making a sensory table with edible sand and beach toys. Kid safe sand can be made by grinding graham crackers in a food processor until fine and "sand like". You can have an at home "beach day" with your toddler that is safe if they try to eat it!
- **Preschoolers (3-5 years):** Forts are a fun way to unleash your child's imaginative and creative side. Join them in the fun! Scavenger hunts don't only need to be outdoors. Set up some items around the home (stuffed animals, colored blocks, etc) and give your kids hints to find all the items. Up for another team activity? Make a fun dish together like cookies or banana bread and ask your child to help you pour ingredients in the bowl or stir the items together. Give them opportunities to be hands on in a safe way.
- **Want out of the house?:** Aquariums, Science Centers, Libraries and Mall Playgrounds are all great options for engaging little one if you need to get out of the house!



## 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](mailto: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)

The Children at Home program waitlist for this current fiscal year will begin on April 30<sup>th</sup>

### 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