
December Newsletter



Website: iafamilysupportnetwork.org

Phone: 1-888-IAKIDS1

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 0-5 year olds and their families across the state of Iowa.

The IFSN Newsletter is intended to keep you connected and provide information that may be informative and beneficial to the families and clients that you serve.

Starting Family Traditions

Starting family traditions can have many positive effects on your family. Family traditions can strengthen family bonds, create lasting memories and promote a feeling of closeness. Traditions also give children a sense of security and something to look forward to each year.

Create fun filled memories by adding one of these family traditions to your family's daily routine. Remember, every family is different, so pick a tradition that will work for you and yours.

Family traditions can help you connect with not only your family, but your friends and neighbors as well. Below you'll find a variety of ideas to start new, seasonal traditions.

http://www.babycenter.com/0_family-traditions-15-holiday-favorites-you-can-try-at-home_5649.bc

Traditions don't have to be large and expensive, they can be as simple as having a monthly family game night or having a pizza and movie night. This link includes year round family traditions.

<http://theartofsimple.net/family-traditions-10-ideas-to-get-you-started/>

Providing Care and Support to Iowa's Families and Children



Upcoming Events

December 3, 2016

Winter Carnival

Glenwood, Iowa

December 10, 2016

Childbirth: One day Saturday Class

Waterloo, Iowa

December 15, 2016

Free Nutrition and Cooking Class

Winterset, Iowa

To find more upcoming events in your area, visit the IFSN events tab on the IFSN website!

Announcements

If you are a provider and would like to have your agency's events listed to the website, please contact IFSN at

iafamilysupportnetwork@vnsia.org

Please know, these can be parent classes, conferences and activities that both providers and/or families of children 0-5 may be interested in.

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December: A Month of Multi-Cultural Celebrations

Christmas, Hanukkah, Winter Solstice, and Kwanzaa are just a few of the holidays that are celebrated this time of year.

Learning about different cultures teach young children to respect and celebrate the differences in all people. Learning about different cultural aspects offers new experiences for children.

By helping your child understand and respect similarities and differences you will also help your child to understand who he is in the context of your race, ethnic group, culture, religion, language and familial history. In so doing, you will provide your child with personally meaningful information and also introduce concepts from anthropology, history, religion, geography, etc. (Source PBS)

For more tips on teaching cultural awareness visit:

<http://www.pbs.org/parents/expert-tips-advice/2015/08/teach-children-cultural-awareness-diversity/>

For more information and descriptions of these holiday celebrations visit:

http://www.educationworld.com/a_lesson/lesson/lesson246.shtml

Healthy Options this Holiday Season



This time of year is filled with family, friends, celebrations, and of course plenty of delicious food. However, if you have a child with food allergies the holidays can be more challenging, especially in the kitchen.

Here are some helpful tips to keep your child from feeling as though they are missing out on good food this holiday season.

1. Inform hosts of any food allergies that your child may have in hopes they can accommodate.
2. Provide dishes that you know match your child's needs.
3. Bring back up foods so that your child will have options in case there are foods he/she is not allowed to have.

Below is a great resource for parents and providers of children with food allergies, including education and plenty of recipes!

<http://www.kidswithfoodallergies.org/page/welcome.aspx>



Announcements

Keeping you connected

IFSN

IFSN is excited to announce a new staff member to our program! Abreya Higgins comes to IFSN with a knowledgeable background in state legislature and working with families at the City of DSM Municipal Housing. Brey has a Master of Public Administration, and is very excited to start working with all the families we serve!

IFSN/Children at Home presentations

IFSN can come visit you! To learn more about IFSN's resources and Children at Home, providers may schedule presentations. IFSN is able to present across the state of Iowa. Please email at iafamilysupportnetwork@vnsia.org or call us at 1-888-425-4371 to schedule a presentation with us!

IFSN will continue to keep you informed on exciting updates within our program and statewide!

