

NAVIGATE & EDUCATE

The Science of Parenting

Online Workshops

Understanding Research and Reality *(Approved for foster parent credit)*

How can parents use **research** to help **inform** the **realities** of parenting? Learn about how parenting realities are different and discover helpful parenting tools and techniques.

Tuesday, November 7, 2023 12:00-1:00 p.m.

Register online: <https://go.iastate.edu/ZPETWG>

Understanding Temperament

Every child is unique, and their **individual temperament** is one of the biggest reasons why! This workshop will introduce you to the individual temperament traits and offer an opportunity to explore how your child's temperament can impact their feelings and behaviors.

Tuesday, November 14, 2023 12:00-1:00 p.m.

Register online: <https://go.iastate.edu/GQZDEV>

Children's Ages and Parenting Stages

Just like our kids grow through different ages, we go through **stages as parents, too!** Learn about those stages, your **child's development**, and tips for adapting your parenting to your child's age and abilities.

Tuesday, November 21, 2023 12:00-1:00 p.m.

Register online: <https://go.iastate.edu/I7Z6VP>

Positive Discipline *(Approved for foster parent credit)*

Parents often say **guidance and discipline** is their **number one concern**. This workshop will help you see positive discipline as an opportunity to build positive parent-child relationships. Learn about the difference between discipline and punishment and strategies for positive discipline, including Stop. Breathe. Talk.

Tuesday, November 28, 2023 12:00-1:00 p.m.

Register online: <https://go.iastate.edu/GTFUGH>

FREE for ALL PARTICIPANTS!

www.scienceofparenting.org

Questions? Contact Hailey Burgher:
hburgher@iastate.edu | 641-895-9037

Low Income Home Energy Assistance Program (LIHEAP).

You may get help to pay for part of your winter heating costs if you meet income guidelines. Community Action of Eastern Iowa will help you apply for benefits through LIHEAP. Until you apply, they cannot tell you how much money you will receive, but the amount could range from \$200 to more than \$500. Assistance levels depend on income level, family size, the type of fuel you use to heat your home, and other factors. If you are determined to be eligible for benefits through the LIHEAP program, you will receive protection from being disconnected from your heating and electrical service (but not your water or sewer service) through April 1st of each year. If you heat your home with liquid propane (LP), you can qualify to receive delivery of propane through this program.

For more info and online application visit: <https://www.caeiowa.org/>

Questions? Contact: Ms. Emily

Family Size	100% of the poverty level: <u>Head Start</u> (up to 130% in some cases), <u>Early Head Start</u>	125% of the poverty level: <u>FaDSS</u>	200% of the poverty level: <u>Utility assistance, water, sewer, air conditioners, fans, furnace repair, food and diapers</u>
1	\$14,580	\$18,225	\$29,160
2	\$19,720	\$24,650	\$49,440
3	\$24,860	\$31,075	\$49,720
4	\$30,000	\$37,500	\$60,000
5	\$35,140	\$43,925	\$70,280
6	\$40,280	\$50,350	\$80,560
7	\$45,420	\$56,775	\$90,840
8	\$50,560	\$63,200	\$101,120

Available Food

- **1st Friday** of the Month - 3:30-4:30 Mobile Food Pantry Drive Thru at First United Methodist Church, 607 Lynn St, Tipton
- **1st, 2nd, 3rd, & 4th Tuesdays** of the month - 4:00-6:00 Food Pantry @ Bennett School
- **2nd Saturday** of the Month - 10:00-12:00 Food Pantry @ Zion UCC, 402 Main St, Lowden
- **2nd & 4th Wednesdays** of the Month - 3:30-5:30 Food Pantry @ First UCC, 600 Mulberry St, Tipton
- **2nd & 4th Saturdays** of the Month - 11:00-11:45 Shared Blessings Free Meal @ First United Methodist Church, 607 Lynn St, Tipton
- **2nd & 4th Thursdays** of the Month - 6:00-7:00 Bring Photo ID, UMC, 307 E First St, Mechanicsville
- **3rd Tuesday** of the Month - 3:30-4:30 Mobile Food Pantry @ West Branch Fire Dept, 105 S 2nd St, West Branch
- **3rd Saturday** of the Month - 9:00-10:00 Food Pantry Drive Thru at Foursquare Church, 1100 N Hwy 38, Tipton
- **Every Wednesday** - 5:30-6:30 Food Pantry @ St. John's UCC, 320 9th Ave, Clarence
- **1st and 3rd Saturdays** of the month 10:00-1:00 and **2nd and 4th Wednesdays** 3:00-7:00, Hein Manor bottom level 807 3rd St. Durant

NC Resource Closet is in need of Gloves & or Mittens in youth, teen, & adult sizes.



Donations can be made at the NC Jr/Sr High School or by contacting School Resource Navigator Ms. Emily.