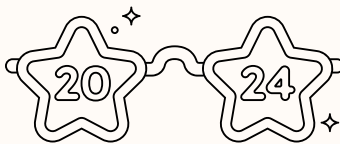


# Navigate & Educate

FEBRUARY



MONTHLY NEWSLETTER

Contact - Ms.Emily: 563.886.4711; esmith@north-cedarstu.org

## Science of Parenting

60 MIN VIRTUAL WORKSHOPS WITH ISU EXTENSION

Dates: Feb 8th, 15th, 22nd & 29th from Noon-1pm

Intended audience: Adults caregivers of children ages 0-18 years. To sign up, contact: Morgan Newell: [mnewell@iastate.edu](mailto:mnewell@iastate.edu); (515) 991-5892

**Positive Discipline:** Parents often cite guidance and discipline as their number one concern. This workshop will help you see positive discipline as an opportunity to build positive parent-child relationships.

**Understanding Research and Reality:** How do parents use research to help inform their unique parenting reality? Learn about how parenting realities are different and discover helpful parenting tools and techniques.

**Children's Ages and Parenting Stages:** As kids grow through different ages, parents also go through stages! Learn about those stages, development, and tips for adapting your parenting to your child's age and abilities.

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

### Spend Smart. Eat Smart.

<https://spendsmart.extension.iastate.edu/>

Provides tools to help families with meal planning, grocery shopping, and cooking. You will also find over 150 inexpensive and easy to prepare recipes on the website. The website contains videos of featured recipes, kitchen organization tips and basic food preparation techniques. And now you can take Spend Smart. Eat Smart with you to the grocery store! The new, free mobile app puts healthy eating and cost saving tools in the palm of your hand. The new tools on the app include: Unit Price Calculator compares products to determine the better buy; Produce Basics provides information to guide your fruit and veggie choices; and Recipe Finder helps you keep track of your favorite recipes from the website

## CART (CHILDCARE ALLIANCE RESPONSE TEAM) – GRANT WOOD

Provides coaching and consultation of research-based, behavioral intervention strategies rooted in Early Childhood Positive Behavior Supports (EC-PBIS) to childcare providers to support children ages 0-5 experiencing intense behavioral challenges. Children may be referred by childcare providers or families, as this support can be a big help to families who may be in danger of losing their employment if their child is unable to remain in their childcare setting.

### 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