

Partnerships 4 Families Early Childhood Iowa

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WIC

With grocery prices on the rise families with young children earning a lower income are encouraged to apply for WIC.

WIC is the Special Supplemental Nutrition Program for Women, Infants and Children (WIC). The intent of the program is to offer supplemental food, health care referrals and nutrition education to low income pregnant, breastfeeding and non-breastfeeding, post-partum women and to infants and children up to the age of 5 who are found to be nutritional at risk.

Families in our area can apply by calling New Opportunities at 1-800-642-6330.

To qualify families must meet the income guidelines, have an Iowa address and have a medical or nutritional need.

An example of an income eligible families is a family of four whose household income is under \$57,720.

In Iowa families can use their benefits at accepting stores. Currently Hy-Vee will also honor the WIC Vouchers through their online shopping.

Call today or encourage a family you know to call.

Preschool in the Fall

It is that time of year when our local school districts are signing up children for Pre-K. If you know of a family with a child who will be 4 by September 15th have them reach out to their local elementary school building for information. Each school district has a slightly different process.

If you are looking for a three year old program in your area

Email us at:
p4fchildren@gmail.com
Or visit with other families with children your child's age.

Head Start is also enrolling for fall.

Upcoming Meetings

Partnerships 4 Families
Thursday February 15, 2024
11:00 AM at New Opportunities,
Carroll or via Zoom

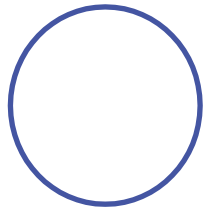
The Designation site visit by Early
Childhood Iowa will be announced
soon.

Experts says....

Fewer babies are born in the month of February than any other month.

Can you guess why?

Since it has three less days than a month with 31 days there are less days available for babies to be born on in the month of February.



National Children's Dental Health Month

A national health observance to promote the benefits of good oral health, brought to you by the American Dental Association.

To access handouts, coloring sheets and more go to:

<https://www.ada.org/resources/community-initiatives/national-childrens-dental-health-month>

Be sure to scroll down to the bottom of the page to access many activity sheets.

If you are looking for materials for your classroom contact your local dentist or i-Smile Coordinator.

Early Childhood Data

February is a great month to do some data digging. When looking for data regarding early childhood there are three places we recommend. [I2D2](#), [Iowa HHS](#) and [Kids Count](#).

Let us know if you find something interesting in your data digging.

Early Access

Early ACCESS is Iowa's system for providing early intervention services. It is available to infants and toddlers from birth to age three years who:

- Have a health or physical condition that may affect his or her growth and development
- Have developmental delays in his or her ability to play, think, talk, or move

The first three years of a child's life are the most important when setting the foundation for ongoing development. Starting supports and services early, improves a child's ability to develop and learn. The focus of Early ACCESS is to support parents to help their children learn and grow throughout their everyday activities and routines.



DPIL Seeking Donation

Dolly Parton Imagination Library has been a BIG hit in our area. Enrollment has far exceeded our expectations. Because of that we are looking for donors for the project. P4F supplied the seed money to get the program started but Our Community Health Foundation is seeking additional donors to continue the project. For more information about how to donate contact Cindy.

Health and Wellness of Children

Are you searching for information about the well being of a child? Always use reputable resources when searching for information on the internet.

The overall best two resources a parent or early childhood provider can have been the websites for the CDC and AAP.

Center for Disease Control became very popular during the pandemic but have been a presence at the federal

Level for a long period of time. Take some time to investigate their website. www.cdc.gov

The America Academy of Pediatrics is your go to for many topics related to child health. They also have a whole site dedicated to Healthy Children. Save the site and refer to it often.

www.aap.org

www.healthychildren.org

Notes from Cindy

What are your February plans? Do you have plans to get outside and embrace the cold?

I love to walk outdoors no matter the season. The only thing that will keep me indoors is ice and high winds. Take a walk today outside and embrace the freshness of the air.

What else do you enjoy doing all year round to keep yourself healthy?

As we face the “virus of the week” pay attention to the little things to keep your self healthy, washing hands is still #1. Drinking water, rest and healthy eating follow quickly in line.

My wish this month is that you all can stay health and avoid the “virus of the week”.

Cindy

P4F Board

Partnerships 4 Families is lucky to have a full board this year. We have fulfilled our requirements of having representation from:

- Health
- Human Services
- Education
- Business
- Faith
- Consumer of EC Services

All of these positions are outlined in Chapter 256I of Iowa Code.

Iowa code no longer requires that we have a gender balance but P4F has always strived to have a balance of men and women along with representation from all four of our counties.

Thank you to all the board members for being willing to serve.

DCAT & CPPC Coordinator Update

Many of you know Mollie Scott, the DCAT & CPPC Coordinator for Audubon, Carroll, Greene & Guthrie Cluster along with Crawford and Sac Cluster. As of February 1 her positions has gone part time. She will still have the same email address and will respond when she is able.

CDC's Milestone Tracker App



Milestones matter! Track your child's milestones from age 2 months to 5 years with CDC's easy-to-use illustrated checklists; get tips from CDC for encouraging your child's development; and find out what to do if you are ever concerned about how your child is developing.

From birth to age 5, your child should reach milestones in how he or she plays, learns, speaks, acts, and moves. Photos and videos in this app illustrate each milestone and make tracking them for your child easy and fun!

Features:

- **Add a Child** – add a photo and enter personalized information about your child or multiple children
- **Milestone Tracker** – track your child's developmental progress by looking for important milestones using an interactive, illustrated checklist
- **Checklists Adjust for Prematurity** – uses corrected age for babies born prematurely
- **Milestone Photos and Videos** – know what each milestone looks like so that you can better identify them in your own child
- **Tips and Activities** – support your child's development at every age
- **When to Act Early** – know when it's time to “act early” and talk with your child's doctor about developmental concerns
- **Milestone Summary** – get a summary of your child's milestones to view, and share with or email to your child's doctor and other important care providers
- **Well Visit Snapshot** – keep track of information received during your child's doctor visits with this helpful tool
- **Helpful Resources for Families** – learn about local programs that can help support your child's development
- **Appointments** – keep track of your child's doctors' appointments and get reminders about recommended developmental screenings

**Partnerships 4 Families is the Early Childhood Iowa Area
Designated to serve Audubon, Carroll, Greene, and Guthrie Counties**

PO Box 672 Carroll, Iowa 51040

www.partnerships4families.org Email: p4fchildren@gmail.com

Community Coalition Meetings

Community coalition meetings are intentional meetings of community members and service providers gathering to network for the benefit of the people they serve. Anyone is welcome to attend.

Audubon County meets at 11:30 AM on the 2nd Wednesday of the month in January, April, July & October at the ISU Extension meeting room in Audubon. Their next meeting is **Wednesday April 9, 2025 at 11:30 AM**, Offered in person and via Zoom

Carroll County meets at noon on the third Wednesday of five times a year in Feb, April, June, Sept, Nov. Their next meeting is **Wednesday at Noon on February 19, 2025 @ noon at ISU Extension Meeting Room in Carroll** Offered in person and maybe via Zoom There is no December meeting as the website said.

Greene County meets on the first Tuesday of the month five times a year at noon at ISU Extension in Jefferson. The five months are Feb, April, June, Sept & Nov. Their next meeting is **Tuesday February 4, 2025 at noon**. Offered in person and via Zoom

Guthrie County meets at noon four times a year in March, June, September and December on the second Thursday of the month at the ISU Extension meeting room in Guthrie Center. Their next meeting is **Thursday March 13, 2025 at noon**. Offered in person and via Zoom

The meetings are offered in person and via Zoom. The Zoom link for all the above-mentioned meetings can be found on New Opportunities website at: <https://www.newopp.org/county-resources/coalitions>