

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.

Housing in Rural Iowa

Currently a great deal is being done to increase available housing for families in rural Iowa. Although P4F did not set it as a goal in our new Early Childhood Community Plan we don't want to ignore the need and we would like to hear from you.

We want to hear what situations families are encountering that is making housing a barrier to them.

Is it that there is nothing available? Is the rent too high? Do they not know how to find the local landlords?

Once we have information we will reach out to the housing experts in our area to try to address the needs of the families.

Send your examples and comments to: p4fchildren@gmail.com

Upcoming Meetings

**Partnerships 4 Families
Thursday January 16, 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....

Sunshine in the winter is very important for young children. 8-10 minutes in the winter will give you the amount of vitamin D a persons needs.

Taking children outside for natural sunlight and a breath of fresh air will do wonders for their life. Don't let the cold hold them back.

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

2025 is on our doorsteps, what are you going to do to make it memorable?

Why is it some years stick out in our mind more than others, was it a life event that made it memorable, was it an illness, a move, a special present?

Do you have something you plan to do in 2025 that will make it memorable. If Early Childhood Iowa was awarded an increase in funding that would make it very memorable.

My goal this year is to talk to legislators about the importance of increased funding for Early Childhood Iowa. I have talked before but this year we have examples of what status quo funding for 18 years has done to services for young children.

Talk to your legislators and ask them to support children 0-5 in your community

Cindy

Favorite Book

This is Cindy again; I have a request. I am looking for copies of "We Eat Dinner in the Bathtub" for a project I want to do. It is a Hello Reader Level 2 book written by Angela Shelf Medearis and printed by Scholastic. If you have one you are willing to part with or have a good idea how I could get ahold of some copies please let me know.

Thank you!

Welcome New P4F Board Members

Keri Charles is our new representative from Health and Human Services.

TJ Pauley is our newest Business Representative and became a first time dad in December.

Linda Muhlbauer has been an advocate of P4F as the Library Director in Manning and is now an advocate on our board.

Amy McGinn is representing early care and is from Greene County, another long time advocate of P4F.

Jewel Proctor was recruited by outgoing board member Ann Semprini. Jewel is a retired elementary teacher and lives in Carroll.

10 New Years Resolutions for Parents and Young Children

- 1. Eat healthier**
- 2. Try new foods**
- 3. Eat meals together**
- 4. Be active**
- 5. Get sunshine**
- 6. Practice kindness**
- 7. Read daily**
- 8. Brush your teeth**
- 9. Wash hands more often**
- 10. Love each other!!**

New years resolutions don't have to be hard they can be as easy as a hug a day.

Welcome to 2025

**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 January 8, 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>