

Partnerships 4 Families Early Childhood Iowa Area for Audubon, Carroll, Greene and Guthrie Counties

## Early Childhood Iowa

An initiative to empower individuals and their communities to achieve desired results to improve the quality of life for children ages birth-5 years of age and their families.

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## Thirty Million Words October 18

*Thirty Million Words- Building a Child's Brain*, by Dana Suskind will be the focus of our October 18<sup>th</sup> Early Childhood Task Force meeting/training in Coon Rapids from 1-3 PM. We will be meeting in the lower level of the Coon Rapids Municipal Building/Library.

This opportunity will be a jammed packed two hours

of networking and learning together as an Early Childhood Iowa Area. We will focus the training on-Care Givers Language in the Social Emotional Development of Children. We will learn about the 3 "Ts" approach and reflect on how everyone who comes in contact with little ones during their day could benefit from

learning about this approach. Any one is invited: teachers, associates, home visitors, child care providers anyone you who works with children or their families is invited.

No RSVP is needed unless you are bringing more than 3 people from your agency.

[p4fchildren@gmail.com](mailto:p4fchildren@gmail.com)

## Empowerment/Early Childhood Iowa is 19

Yep you read that right! What was Empowerment and became Early Childhood Iowa is 19 this year. That means that the itty bitty babies we started to serve in 1998 are in college, starting careers or may be parents themselves.

The Early Childhood Iowa state office has a planning

committee working on a big celebration when we all turn 20 next year.

P4F will also be doing some celebrating and would like your help. We are looking for families that received service at any point that may be willing to visit with us on how the early childhood service influenced

their children. We are also interested to know how you think we should celebrate. If you have ideas or people P4F should talk to please send information to: [p4fchildren@gmail.com](mailto:p4fchildren@gmail.com)



## Community Human Resource Coalitions

Community coalition meetings are intentional meetings of human service providers and community members 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 2<sup>nd</sup> Wednesday of the month in January, April, June & October at the ISU Extension meeting room in Audubon. Their next meeting is: **Wednesday October 11<sup>th</sup> at 11:30.**

**Carroll County** meets at noon on the third Wednesday of the month at ISU Extensions Meeting Room in Carroll. Their next meeting is: **Wednesday October 18<sup>th</sup> at Noon**

**Greene County** meets on the first Tuesday of the month at noon at ISU Extension in Jefferson. They do take July & August off. Their next meeting is: **Tuesday October 3<sup>rd</sup> at Noon.** No July or August Meetings

**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 December 14<sup>th</sup> at noon.**

The successes of the meetings are driven by the people attending and the connections that are developed.



*"Every child beginning at birth will be healthy and successful."*

## BREATHE

In our over stimulated world sometimes we just need to take time to breathe. Well even young children can benefit from breathing exercises and what better way for children to learn how to self-regulate.

There are many posters or You Tube video's to show children in fun ways how to take deep breaths and let their bodies relax.

A blog on [PBS.org/Parents](http://www.pbs.org/parents) is only one example.

<http://www.pbs.org/parents/adventures-in-learning/2015/09/calming-breathing-exercise-for-kids/>

But what about us adults? Is this something we should be doing more of too? Take a break from reading this article and take a deep breathe.....

See how much better you feel, did you relax? Now imagine if you did that throughout your day and the children in your care did too. How do you think that would help you and the children?

Think of how you could incorporate breathing for relaxation into your day with children or the families you serve.

## P4F Board Update

The P4F Board met on September 15<sup>th</sup> to finalize their approval of the annual report, update the bylaws and continued their support of the P4F areas three priorities for Fy18.

The change to the bylaws will allow the board to have membership of 7-11 people. Currently the board has eight and would entertain more members.

The next P4F Board meeting is scheduled for:

November 17, 2017

At 10:30 in Carroll at New Opportunities

All meetings are open to the public. Board minutes can be found on the P4F Website.

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## Person in the Spot Lite- Terry Clark

If you live in Jefferson and have visited the library with your children you probably know the person in the Spot Lite-Terry Clark, Assistant Director & Children's Librarian at the Jefferson Library. Terry has been the Children's

Librarian since the current toddler parents where toddlers. She is also one of the main organizers for Toddler Fest that has taken place in Greene County the past 11 years. Terry has

gone above and beyond the call of duty to instill the love of books in countless children in Greene County.

Thank you Terry for your dedication!

## Iowa Fall Colors and Festivals

Fall is a great time to get little ones out to discover the outdoors. Travel Iowa has great resources for day trips in Iowa for fall festivals or information about

where to find great fall colors.

Take a peak for inspiration on things to do this fall or anytime of the year.

Travel Iowa

<http://www.traveliowa.com/asp/getinspiredetail.aspx?id=13&flid=161>

## Team Nutrition

You may have heard that there were changes to CACFP, school lunches or WIC this fall. If you would like to learn more and get the updates straight from the source check out Team Nutrition website at:

<https://www.fns.usda.gov/tn/about-team-nutrition>

From their website:

"Team Nutrition, an initiative of the United States Department of Agriculture's Food and Nutrition Service, supports national efforts to promote lifelong healthy food choices and physical activity by improving the nutrition practices of the Child Nutrition Programs. We provide resources to schools, child care settings, and summer meal sites that participate in these programs."

Many of their resources you can download and use if you are not part of one of the programs but choose to follow the recommendations made by USDA.

**We're on the Web!**  
See us at:  
[www.partnerships4families.org](http://www.partnerships4families.org)