

# July 2020

All parents face new and unexpected challenges when it comes to raising children. Nest classes offer an easy way to meet other parents, learn about parenting strategies, and earn free items for your growing family.



Wednesday 11am-12pm and  
Wednesday 6pm-7pm

Points can only be earned for each lesson once. 30 minutes before & after class can be used for clients to meet with me individually if needed.

Classes are held at ISU Extension and Outreach of Davis County at 402 E. North Street in Bloomfield unless otherwise noted.



IOWA STATE UNIVERSITY  
Extension and Outreach



Nest is funded by 4 Counties for Kids Early Childhood Iowa, ICAPP, Decat, and ISU Extension and Outreach of Davis County. ISU Extension and Outreach programs are available to all without regard to race, color, national origin, religion, age, sex or disability.

## July 1st

\*ONLINE CLASS– ZOOM

### Elijah's Story

11am & 6pm

-1,000 points-

## July 8th

\*ONLINE CLASS– ZOOM

### Reinvent Family Mealtime

11am & 6pm

-1,000 points-

## July 15th

\*ONLINE CLASS– ZOOM

### Engaging Kids in the Kitchen

11am & 6pm

-1,000 points-

## July 22nd

\*ONLINE CLASS– ZOOM

### Healthy Nutrition &

### Wellness Habits

11am & 6pm

-1,000 points-

## July 29th

\*ONLINE CLASS– ZOOM

### Guest Speaker– Tarah Kovacevich

### Car Seat Presentation & PAT

11am & 6pm

-1,000 points-