Growing Strong Families

Sponsors and Funders

Growing Strong Families is sponsored by Iowa State University Extension and Outreach.

Growing Strong Families uses the nationally acclaimed Parents as Teachers curriculum.

Special funding for the program is provided by local Early Childhood Iowa Areas.

The local sponsor for the program is Corner Counties Early Childhood Iowa c/o The Clarinda Foundation, Inc.

In February 2012, the Iowa Department of Management and Public Health announced that the Growing Strong Families program had earned the Iowa Family Support Credential.

The Growing Strong Families program is only the 15th Iowa program to earn this honored distinction. The Iowa Family Support Credential is awarded to family support and parent education programs that are validated through an external evaluation to be in substantial adherence to the Iowa Family Support Standards.

Revised 05/14

You are your child’s first and most important teacher!

A parent education program that helps you make the most of your child’s first years.

Growing Strong Families

IOWA STATE UNIVERSITY
Extension and Outreach

Parents as Teachers™
Affiliate

Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.
Home Visitation

A parent educator will visit you in your home on a regular schedule to offer support and information as you meet the changing needs of your child.

During the visit the parent educator will:
- teach lessons on child development, nutrition, money management, and health and safety.
- encourage you to have fun playing with your child and show you developmentally appropriate materials and activities.
- connect you with other organizations and agencies that can support and enrich your family.

Key Concepts
- Children are born learners.
- Children learn the most from the people they love - their parents.
- Parents are experts on their own children and deserve support in their parenting role.
- All parents want to be good parents.
- Diversity and cultural differences are valued.
- All families have strengths.

Topics
- Prenatal information
- Breastfeeding
- Hearing and vision
- Smoking
- Sudden Infant Death Syndrome
- Shaken Baby Syndrome
- Sleep issues
- Toilet training
- Lead poisoning
- Car seat safety
- Child proofing the home
- Toys for learning
- Routines and schedule
- Positive discipline
- Parent and child stress
- Self-esteem in your child
- Feelings and emotions
- Budgeting for the family
- Eating, feeding, and nutrition
- Family mealtime
- Child development - language, social, emotional, intellectual, motor
- School readiness

Growing Strong Families serves families in Fremont, Page, Taylor, and Wayne counties.

Get answers to these questions and more through home visits or group meetings.

There is no fee for participation or income guidelines for services.

Do you have a young child age birth to 5 and are you …
- Looking for some help in meeting daily parenting challenges?
- Wondering if your child’s development is on target?
- Worrying about your child’s eating habits?
- Feeling like you don’t know where your money goes?

Growing Strong Families
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