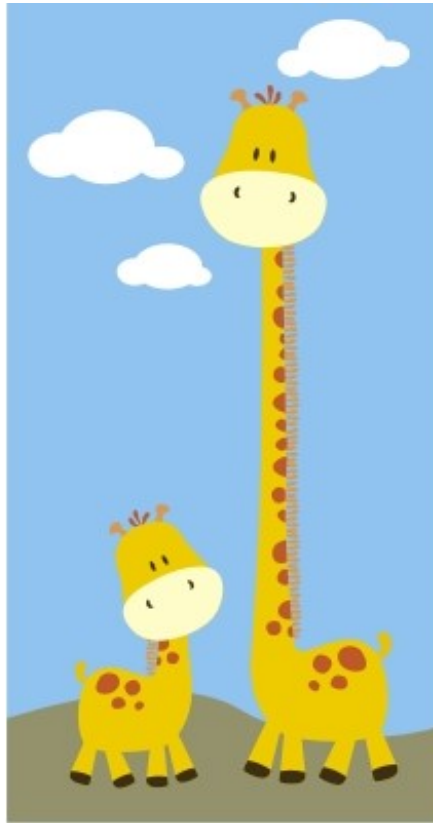


Welcoming a little one?



You're invited to a

Virtual

Community Baby Shower

September 23, 2020: *In your home!*

6:00 pm– 7:30 pm

Sponsored by:



Polk County Iowa

IOWA STATE UNIVERSITY
Extension and Outreach

Are you pregnant? Attend a virtual party given in your honor!



First, you'll receive by mail a packet of timely information: a prenatal nutrition guide, breastfeeding resources, and brochures from local nonprofit organizations that serve young families.

Then you'll receive a link on your laptop or smart phone, inviting you to a live virtual meeting with other expectant parents. At the meeting, you'll discuss the items in your "baby packet" and ask questions of a friendly ISU Extension health educator. You'll learn important things about pregnancy nutrition and supporting your baby's brain development. (Don't worry if you don't have a laptop or smartphone—instead of the meeting you can have an individual chat with the educator over the phone!)

After the virtual meeting, you will have some wonderful baby gifts delivered to your doorstep! You will receive a durable backpack supply bag, a digital baby thermometer, a baby bath kit, a onesie, a dozen disposable diapers, a handmade stuffed doll and a knitted baby hat.

Registration Required: By September 16th
Contact Cassie Odland at odlandc@iastate.edu or
515-446-8477 on weekdays between 9 am and 5 pm.



Sponsored by
www.nutrition4youngchildren.org

Mission: Nutrition 4 Young Children was created in 2018 to

- Build awareness of the crucial importance of adequate and good nutrition for optimal brain development from prebirth through age 5;
- Educate the general population about what it can do to maximize the health and well being of children from prebirth through age 5;
- Motivate the general population, service agencies and faith communities into actions that improve the nutrition and well being of children from prebirth through age 5.