
April Newsletter



Website: iafamilysupportnetwork.org

Phone: 1-888-IAKIDS1

The Iowa Family Support Network serves as a central point of contact to help parents and providers connect to Early ACCESS, Family Support, and Group Based Parent Education Services for 0-5 year olds and their families across the state of Iowa.

The IFSN Newsletter is intended to keep you connected and provide information that may be informative and beneficial to the families and clients that you serve.

Benefits of Physical Activity for Young Children

Integrating physical activities into children's lives is essential for creating a foundation for a healthy and active lifestyle. Physical activity as a child increases the long term benefits for growth and development.

- Stronger lungs and heart, which increase energy and endurance
- Strengthens and stretches muscles
- Increases reflexes and coordination
- Boosts immune system

As a child, perhaps you have memories of playing catch or taking walks with your parents. This is all the more reason to promote physical activities for the family to do as a whole.

- Nature walks
- Riding bikes
- A trip to the park
- Playing catch

Not only will these activities benefit the child's growth but also the child's social development. Interaction with their parents improve attachment and social skills. –Source KidsHealth.org

Providing Care and Support to Iowa's Families and Children



Upcoming Events

April 2, 2016

Toddler Fests

Carlisle, Iowa

April 11, 2016

Nest class

Ottumwa, IA

April 27, 2016

Why Infant Mental Health Experts Say Sensitive Care & Play Trump Early Academics

Webinar

To find more upcoming events in your area, visit the IFSN events tab on the IFSN website!

Announcements

If you are a provider and would like to have your agency's events listed to the website, please contact IFSN at iafamilysupportnetwork@vnsia.org

Please know, these can be parent classes, conferences and activities that both providers and/or families of children 0-5 may be interested in.

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April is Stress Awareness Month

What is one of the best ways to relieve stress? Take a deep breath! Relaxation techniques and deep breathing help to decrease heart rate, blood pressure, and promote calmness. Deep breathing for 20 to 30 minutes each day can reduce stress and anxiety.

<http://www.health.harvard.edu/mind-and-mood/relaxation-techniques-breath-control-helps-quell-errant-stress-response>

Gardening with Kids

Gardening can be a great tool to encourage healthy eating. Not only that but it can positively affect your child's brain and body. You don't need a lot of outdoor space, grow some vegetables in a few plastic containers and soil or plant in your yard.

How gardening can affect the brain:

- As you make your garden and as it grows, you can discuss with your child different concepts, such as "how does the plant drink water", "why is the sun important to plants?"
- The other benefit is the vitamins and minerals from those veggies that are essential for development. They may be more open to tasting a food they grew!

How gardening can affect the body:

- Kids love to get their hands and feet in the dirt. While this is fun for them, research suggests exposing children to germs may offer them more protection from allergies and asthma later in life.
- Physical activity! Moving the soil, carrying the veggies, digging dirt, all promote healthy activity and promote gross motor skills!

How gardening can affect the soul:

- Planting seeds and watching them grow into vegetables, gives kids a sense of purpose and responsibility. Making sure they get water and sun fosters mindfulness.
- Gardening is also a time for family connections. It allows team building and promotes communication skills.
- The self-esteem a child can get from growing and then eating that vegetable they grew is priceless! -Source pbs.org



FREE Resource Materials!

Keeping you connected

IFSN offers helpful resources for learning about your child's development including:

- Informational inserts on Early ACCESS, Group Based Parent Education and Family Support Services.
- IFSN brochures as well as Tummy Time brochures.
- Developmental Magnets
- Early ACCESS Flyers

Visit the link below for direct access to our IFSN materials.



To view and order IFSN materials visit: <https://www.iafamilysupportnetwork.org/forms/materials-order-form>

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For more information on resources across the state, call us at 1-888-IKIDS