

FAMILY FUN FOR LITTLE ONES



A newsletter full of enjoyable activities held in Kossuth and Palo Alto counties for 0-5 year olds and their families.

FALL 2008

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This newsletter is put together for you by
PAK (Palo Alto/Kossuth) Empowerment

Growing Together

Growing Together is sponsored by PAK Empowerment. Growing Together offers fun and interactive parent-child activities that range from painting a glittery picture to playing in modeling sand. A discussion group for parents is held at the end of each class, while the children enjoy a snack and an activity with a teacher. Discussion group topics are aimed at helping parents support their child's development. Classes are open to all parents of 0-5 year olds. If you wish to learn more about Growing Together or about the topics that will be discussed please call Sara Curtis at (515)295-7784 or 1-866-540-3855.

In Algona

Morning Sessions:

At Algona Family YMCA

Mondays- Sept. 29, Oct. 6, 13, 20, 27

9:30-10:45 a.m.

Evening Session:

At Little Lambs Preschool

Monday evenings-

Sept. 29, Oct. 6, 13, 20, 27

6:00-7:15 p.m.

In Emmetsburg

Morning Sessions:

At Smith Wellness Center.

Wednesdays - Oct. 1, 8, 15, 22, 29

9:30-10:45 a.m.

Evening Sessions:

At West Elementary -

Developmental Preschool Room

Monday evenings

Oct. 7, 14, 21, Nov. 4, 11, 18

6:00-7:15 p.m.

In Graettinger

Evening Sessions:

At the preschool room

Tuesdays- Oct. 21, 28,

Nov. 4, 11, 18, 25

6:00-7:15 p.m.

In Ruthven

Evening Sessions:

At Ruthven Preschool

room

Monday evenings

Sept. 29

Oct. 6, 13, 20, 27

6:00-7:15 p.m.

In Swea City/Bancroft:

Evening Sessions:

To be announced

In Titonka

Evening Sessions:

At Titonka Preschool room

The 2nd Tuesday of each month

6:00-7:15 p.m.

In West Bend

Morning Sessions:

Saturdays -

Oct. 3, 10, 17, 24, 31

9:00-10:15 a.m.

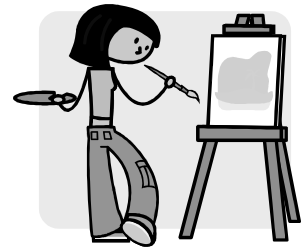
In Whittemore

Evening Sessions:

Thursdays -

Oct. 2, 9, 16, 23

6:00-7:15 p.m.



Growing Together Topics

Physical Well-Being and
Physical development
Approaches to Learning
Social and Emotional Development
Open discussion, ideas, and tips

**Playing and learning
together!!**

To Kick-off our fall fun, Empowerment is sponsoring:

Bubbles and Books in the Park

(For 0 – 5 yr olds and their families)

Lots of different bubble-blowing tools, a cookie snack, and a free book for all 0 -5 year olds!

Come enjoy a fun day with your child!

* September 27th - 10:00 – 11:00 am, Soper Park, Emmetsburg

* September 27th - 1:00 am, - 2:00pm Veteran's Park, Algona

For more information Call Kristin Faber at (515) 295-7784

Places to Go, Things to Do

Lost Island Nature Center

www.paccb.org/

North of Ruthven, 712-837-4866
Wed., Thurs, Friday – 9am-4 pm
Saturday & Sunday – 1-4 pm

Water's Edge Nature Center

www.watersedgenc.com

Smith Lake, North of Algona, 515-295-2138
Open to the public, Tues. 12:00 -3:30pm,
Wed., Thurs., & Fri. 8am-3:30pm, Sun. 1-4pm

Magnificent Multiples

This group is for any family with twins or triplets! If you are interested in getting together with other multiples, contact:
Diane Capesius 515-295-7574
Kay Sifert 515-295-7465
Joy Weier 515-295-9391



The Grotto of the Redemption

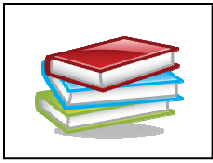
www.westbendgrotto.com

West Bend – 515-887-2371 – Weekend ice skating available. Call 515-887-RINK.

MOPS

Mothers of Preschoolers

Meets every 1st & 3rd Thursday 9–11 am
Call Kris Schonert 395-1018 for more info.



Library Story Time



Algona Public Library

algona.lib.ia.us

Story time for 0-5 year olds will begin in October.

Call (515) 295-5476 for more info.

Bancroft Public Library

bancroft.lib.ia.us

Story and Craft Time

For children 3 years and older.

Tuesdays, 9:30 – 10:30 a.m.

October 7, 14, 21, 28

Call (515) 885-2753 to register

Burt Public Library

Story time – To be announced

Call (515) 924-3680 for more information.

Emmetsburg Public Library

bancroft.lib.ia.us

Storytime for 3-5 year olds

Mondays, 10:30 -11:00 a.m.

September 22-December 15

Call (712) 852-4009 for more info.

Ruthven Public Library

ruthven.lib.ia.us

Story time for 3-5 year olds.

Fridays, 9:00-10:00 a.m.

Oct. 24 – Dec. 19

Call (712) 837-4820 for more info.

Titonka Public Library

titonka.lib.ia.us

Preschool storytime for 3-5 year olds.

Storytime will begin in October.

Call (515) 928-2509 for more information and to register.

Swea City Public Library

Story time – To be announced.

Call (515)-272-4216 for more info.

West Bend Public Library

westbendiowa.com/~library

Story time for 3-4 year olds

Wednesdays, 10:30 -11:30 a.m.

Story time for 4-5 year olds

Tuesdays 10:30-11:30 a.m.

Oct. 21 – April 7

Call (515) 887-6411 for more information or to register.

Whittemore Public Library

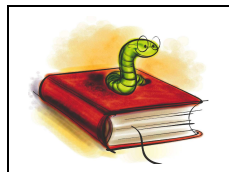
whittemore.lib.ia.us

Story time for 3 yrs.- kindergarten

Tuesdays at 6:30 p.m.

October 7 - Nov. 25

Call (515) 884-2680 to register.



More Story Fun

“Mammals in Pajamas” storytime - Every third Thursday at 6:30-7:15 p.m. at the Water’s Edge Nature Center. Call 295-2138 for more information, pre-registration is appreciated.



Algona Family YMCA

algonaymca.org
(515) 295-7701



Please call for registration deadlines and fees

Kid Fit

This preschool age fitness class gives boys and girls the opportunity to participate in a fun filled exercise class that is designed for children ages 2-6 years old. Qualified instructors will lead children through cardiovascular and strength training session at the beginning of each class. The final 30 minutes, kids are free to do a variety of activities that will help them develop large motor skills.

Wednesday mornings

Next session: Sept. 10 – Oct. 15

Rookie Football

The YMCA offers many rookie sports for young children throughout the year. Rookie Sports are designed to teach fundamentals and basics so the children get a base of knowledge for future experiences. The opportunity to experience a sport in a fun no-pressure atmosphere is very critical and will allow the child to grow and have a great first experience with sports.

Wednesdays – Sept. 10 – Oct. 1

4 yr. olds -4:30–5:00 p.m.

5 yr. olds -5:15–5:45 p.m.



Rookie Tumbling

Rookie tumbling is a great way to introduce the fundamentals and skills of tumbling. Practices will be lead by a YMCA instructor and will include tumbling, balance and character development. For boys and girls ages 4-6 years.

Tuesdays 5:00-5:30 p.m.

Next Session: Begins Nov. 17

Kid's Corner

Free childcare is available to parents with a family YMCA membership while using the YMCA facilities. Fee-based care is available to those without a family membership.

Childcare hours are:

8:30-11:30a.m. Monday – Saturday

4:15-7:30p.m. Monday - Thursday

Smith Wellness Center

iowalakes.edu/smithwellnesscenter

(712) 852-5201

Please call for registration deadlines, dates and fees.



Tumbling

Please call the Wellness center for specific dates and time. Starting in November.

Swimming Lessons

Classes available for: 6-18 months, 18-36 months and 3-5 years old.

Starting in October.



Open Gym & Pool

Enjoy the Gym and Pool at The Smith Wellness Center during regular hours.

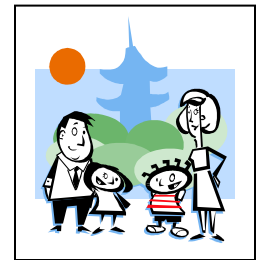
M-Thurs. 5:30am-9pm

Fri.- 5:30am-8pm

Sat. -8:00am-8pm

Sun. -1pm-6pm

Resources



K.I.D.S.

The Prairie Lakes AEA KIDS program offers home visits by trained staff. KIDS supports parents by providing information on their children's development.



Practical tips are offered on ways to encourage learning, manage behavior, and build strong parent-child relationships. Developmental screenings are also available. Visits are scheduled at the family's convenience. KIDS services are voluntary, confidential, and free. To learn more, please call your local AEA office or 1-866-540-3855.

Growing Healthy Kids

Growing Healthy Kids is a program facilitated by Community Health to assist families during pregnancy and after the birth of a baby.

When you enroll in Growing Healthy Kids, a registered nurse will:

- *Make home visits during your pregnancy and/or after the birth of your baby.
- *Offer support, guidance and answer questions on your baby's health, safety, growth and development.

*Provide information on immunizations and inform you of community resources.

Palo Alto County Community Health
(712) 852-5419

Kossuth County Community Health
(515) 295-4430

Car Seat Safety Checks

Free child safety seat inspections are provided by certified child safety seat technicians. For an appointment call:

Palo Alto Community Health Services at (712) 852-5419.

Algona EMS – Allyn Bohlman – (515) 295-6102.

Flu Shots

It is recommended that children 6 mo. and older have an annual flu immunization. Contact your local physician, or community health, for more information.

Sibling Class

This is a fun class that is designed to prepare siblings for the birth of a new brother or sister. The class will be offered October 23rd from 6:30 – 7:30 p.m. in the Health Ed Room at the hospital. The class is for children 3-9 years old. Please register by calling Palo Alto Community Health at (712) 852-5419.

Immunizations and Lead Screenings

Please call your local Community Health Departments for appointments and information. A one time lead screening is required for all children entering kindergarten. Palo Alto – (712) 852-5419. Kossuth – (515) 295-4430

Breastfeeding Class

A breastfeeding class will be offered throughout the year by a certified breastfeeding specialist. The next class is scheduled for October 5. Any questions you may have on breastfeeding, can be referred to Rebecca Lewis, BFE. Call (515)295-4430 for more info. or to register.

Child Find

A free developmental screening is available to all preschool children. If you have questions about your child's development call Prairie Lakes AEA at (515) 295-7784 in Algona or (712) 362-7295 in Estherville or toll free (866) 540-3858.

Child Care Resource and Referral

Child Care Resource and Referral provides families with:

- Information on choosing quality child care
- Information on childcare options, availability and cost factors.
- Support in working with child care providers and referrals to providers with available openings

For more info. call: (800) 245-6151.

Free ChildCare!

In Palo Alto: Palo Alto Childcare Nursery at Trinity Episcopal Church.
Nursery runs Tuesday, Wednesday, and Thursday mornings 8:15-11:15.
Call (712)298-0947 to register.

In Kossuth: Loving Hands Nursery at First United Methodist Church
Nursery runs Monday, Wednesday and Thursday mornings 9:00 - 11:30 a.m.
Call (515) 295-7403 or (515) 341-0125 to register.



Family Fun Ideas

Peanut Butter Dough

Add equal parts of peanut butter and dry milk in a bowl.
Mix them together using your hands.
Add honey, if desired.
Knead and mix the dough until it is stiff.
Model and experiment with the dough.
Eat and enjoy your creation!



Apple Honey Grahams

Apples, Graham crackers, Peanut butter
Optional: honey
Give your child a slice of apple and a table knife for dicing the apple. Spread a graham cracker slice with peanut butter. Add honey, if you like. Sprinkle diced apples on top.

Color Walk

Talk with your child about colors. Choose a color to focus on and have child hold something of that color. Go for a walk around your neighborhood and look for that color. Talk about same and different colors, shades, & hues. Pick another color and start again!

Leaf Match

Use leaves from different types of trees, gather two similar leaves from each type of tree. Cover each leaf with clear contact paper and cut out around the leaf so it remains sealed inside. Have your child match the leaves that are the same. Talk with your child about the leaves, compare them, look at the details of the leaves.

Check out some good web sites

All of these websites have resources and activities for children and parents. They also have many good links to more information.

www.parenthood.com

www.babycenter.com

www.first-school.ws

www.storyplace.org

www.zerotothree.org

About PAK Empowerment: Palo Alto/Kossuth Empowerment is funded by a grant from the state of Iowa. It is a group of community agencies and citizens partnering together to help families. The focus is on families with children ages 0-5 yrs. The main goal is to prepare children with the skills needed so that they will enter kindergarten ready to learn.

www.pakempowerment.com