

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.

Spring 2009

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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- April 6, 20, 27, May 4

9:30-10:45 a.m.

Evening Sessions:

At Bertha Godfrey Preschool room

Thursday evenings- April 9, 16, 23, 30

(park & enter on south side gym door)

6:00-7:15 p.m.

At Little Lambs Preschool

Monday evenings- April 6, 13, 20, 27.

6:00-7:15 p.m.

In Graettinger

Love & Logic class

Held in Ruthven

April 19 & 26

1:00-6:30 p.m.

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Love & Logic class

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In Emmetsburg

Morning Sessions:

At Smith Wellness Center

Wednesdays- April 8, 15, 22, 29

9:30-10:45 a.m.

Evening Sessions:

At West Elementary -

Developmental Preschool Room

Tuesday evenings-

April 7, 14, 21, 28

5:30-6:45 p.m.

In Titonka

Evening Sessions:

At Titonka Preschool room

The 2nd Tuesday of each month

6:00-7:15 p.m.

In West Bend

At the Wolverine Den

Saturdays - April 4, 11 25

9:00 - 10:15 a.m.

In Whittemore

Evening Sessions:

Thursday evenings-

April 23, 30, May 7, 14

6:30-7:15 p.m.

**Playing &
learning
together!!**

Becoming a Love and Logic Parent

Would you like to feel more confident as a parent? Would you like to have more fun parenting? Would you like to prepare your children for the real world? This parenting program is designed to give you practical skills that can be used immediately!

Classes held in Ruthven - Zion Lost Island Lutheran Parish
Sundays - April 19 & 26 (attend both dates.) 1:00-6:30 p.m.

Cost: \$9 total per household

Light meal served following each class

Marvelous Messes

Bring your 0-5 year old for a morning of fun “messy hands-on” activities. You and your young children are invited to come explore lots of science stations. Learn, experiment, and play! Come join in the fun and let us clean up the mess!! Children ages 0-5 will receive a take-home activity and a free book!

Free!



- **Algona:** Saturday, April 18 at 2:00 - 3:00 p.m. in the gymnasium at Bertha Godfrey Elementary.
- **Emmetsburg:** Saturday, April 18 at 9:00 - 10:00 a.m. at Emmetsburg High School gym.

Places to Go, Things to Do

Lost Island Nature Center

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

Water's Edge Nature Center

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

The Grotto of the Redemption

West Bend – 515-887-2371

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



Get out and enjoy Spring together! Help children notice the changes out doors.

Library Story Time



Algona Public Library

Story times:

Tot Time (ages 0-3):

Mondays, 10:00am & 5:30 p.m.

March 30-May 11

Storytime (ages 3-5):

Mondays, 10:30am & 6:00 p.m.

March 30-May 11

Call (515) 295-5476 for more info.

Bancroft Public Library

Story and Craft Time

For 3 years and older.

Tuesdays, 9:30 – 10:30 a.m.

April 7, 14, 21, 28

June 9, 16, 23, 30

Call (515) 885-2753 to register

Burt Public Library

Story time – To be announced

Call (515) 924-3680 for more information.

Emmetsburg Public Library

Story time for 3-5 years old.

Mondays, March 16-April 20

10:30-11:00 a.m.

Call (712) 852-4009 for more info.

Fenton Public Library

Open M,T,F 1:30-6:00 p.m.

Wed. 9-12, Sat. 8:30-12:00

Call (515)-889-2333 for more info.

Ruthven Public Library

Story time for 3-5yr olds.

Fridays, Feb. 6 – April 24

9:30-10:30 a.m.

June & July - Mondays

10:00-11:00a.m.

Call (712) 837-4820 for more info.

Titonka Public Library

Preschool Story time for

3-5 year olds.

Fridays in April, 10:00-10:45 a.m.

Call (515) 928-2509 for more information.

Swea City Public Library

Open Mon. & Wed. 12-6,

Wed. 12-5, Sat. 9-12:30 p.m.

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

West Bend Public Library

Story time for 3-4 year olds.

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

Through April 8

Story time for 4-5 year olds

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

Through April 7

Call (515) 887-6411 for more information.

Whittemore Public Library

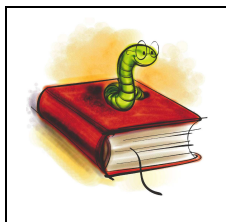
Story time for 3 yrs.- kindergarten

Tuesdays at 6:30 -7:15 p.m.

Through the end March

Check for summer storytime.

Call (515)-884-2680.





Algona Family YMCA

(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 9:30-10:15
Next session: March 11-April 15

Rookie Soccer

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.

Outdoor Soccer – April 13– May 13
4 yr. olds- Kind. 4:30-5:15 p.m.
Registration deadline: April 6

T-Ball

T-Ball is a great way to introduce the fundamentals and skills of baseball. Practices will be lead by a YMCA instructor and volunteer parent coaches. For boys and girls ages 4-5 years.

Next Session: June 8 – July 1
Registration deadline: June 1

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:

(Through Memorial Day)

8:30-11:30a.m. Monday – Saturday

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



Smith Wellness Center

(712) 852-5201

Please call for registration deadlines, dates and fees.

Youth Dance

This class for is designed for 3 year olds and older and will teach a combination of ballet, hip hop and jazz.



Tumbling

Please call the Wellness center for specific dates and time.



Swimming Lessons

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

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.

Healthy Families

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

When you enroll in Healthy Families 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 Healthy Families-Palo Alto County Community Health

(712) 852-5419

Kossuth Healthy Families – 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 – 295-6102.



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 on February 21 & June 19 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 will be 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 May 5th. 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) 679-4068 or (515) 341-0125 to register.



Family Fun Ideas

Raindrop Race

Have a raindrop race with your child. Start by tilting a cookie sheet at an angle and giving each of you a cup of water and an eyedropper or straw. Drop water droplets onto the cookie sheet and see whose raindrop gets to the bottom first.

Time for Flowers

Provide flower pots, or cups, potting soil, spoons, and an assortment of flower seeds for planting. Compare the seeds, talk about what is similar & different. Help them plant the seeds and don't forget to water them.

Spring Tea Time

Provide you child with tea cups and fancy hats or ties. Let them help make "finger sandwiches" by making a sandwich and using small cookie cutters to shape into flowers, shapes, etc. Enjoy "tea", or juice, with just family, or make invitations for friends.



Sunshine Sandwich

¼ C. undiluted frozen orange juice
½ C. peanut butter
8 slices bread
Measuring cups, mixing bowl & spoon,
toaster and knife.
Mix orange juice and peanut butter, spread on toasted bread, cut into pieces.



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.dltk-kids.com

www.noggin.com

www.abhomepreschool.com

www.storyplace.com

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