

The NEST operates through community support including donations through local individuals, clubs and churches and the Iowa Department of Human Services.

Funded in part by:

Prevent Child Abuse Iowa
4 Counties 4 Kids

ECI

Community Support

Lucas County NEST Vision Statements:

- *To improve/maintain healthy family functioning, problem solving, and communication.
- *Increase/maintain social supports.
- *Connect families to additional concrete supports.
- *Increase knowledge about child development and parenting.
- *Improve nurturing and attachment between parents and children.

**Children are born learners.
Parents are their first
teachers.**

Lucas County NEST

South Central Iowa Community Action Program
1711 Osceola Avenue Suite 103
Chariton, IA 50049
641-774-8133 ext 222
641-203-2562



Lucas County NEST

A free service for families with children under 5 years old and pregnant women.

“Every child, beginning at birth, will be healthy and successful.”

Shelley Sadler
Program Coordinator

What is the NEST?

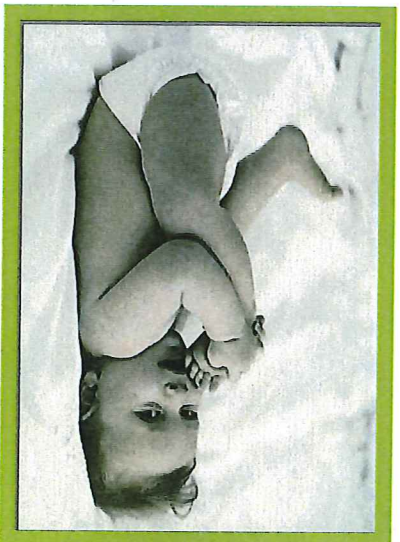
The NEST is a free program that helps you prepare for the arrival of your baby. It is a program aimed at promoting physical, social, and emotional development for children. We encourage early entry into the healthcare system, education and awareness. By enrolling in the NEST you are doing something wonderful or yourself and your child. The NEST allows you to earn points that you "spend" like money at the NEST store.

You can earn points by:

- Going to prenatal appointments
- Going to postpartum appointments
- Attending educational and nutrition classes offered weekly through the NEST
- Parents As Teachers
- Well Being Visits

You can "buy" brand new:

- Diapers
- Wipes
- Misc. baby and children's items



How Do I Join?

There is a registration packet that you must complete to enroll in the NEST program and then you can begin attending classes and earning points. If you are interested in enrolling for the NEST program, please call Shelley Sadler at 641-774-8133 Ext 248 to schedule an appointment to complete your registration.

NEST provides a support system for parents. Physical, social, and emotional development of children are promoted by attending weekly classes, and learning how to access resources. Parents will also learn realistic expectations, and positive ways to manage their child's behavior.

Classes focus on ages and stages, nutrition, child care and management, shaken baby syndrome, fetal alcohol syndrome, the effect of drugs, discipline, emotional well being, and stress management.

Monthly calendars are provided with class dates and topics!

Classes are held at the First Baptist Church located at Grand and Linden-across from the Public Health Office.

Thursdays

Support Sharing 1:00pm-1:30pm.

Class 1:30pm-2:30pm.

The NEST store is located at Lucas County Public Health Office and is open:

Thursday

2:30pm-3:00pm.-after NEST Class