

Quick Peek

Upcoming Events

- ◇ November 14, 10:30-11:30 at Tot Town: Seeds to Succeed
- ◇ November 15, 2:30-4:00 at the Public Library: Ouch! The Stereotype Hurts
- ◇ February 24, 2018, 10:00-1:00 at the Marshalltown Mall: Healthy Family Fair

Reminder

CAPS will be closed for Thanksgiving on November 23-24 and for Christmas on December 22 at 12:00 and all day on the 25.

Support CAPS by shopping on Amazon Smile. Simply select Child Abuse

amazonsmile

You shop. Amazon gives.

Prevention Services as your charity of choice!



Keep up to date by liking us on Facebook!

Check out our new website at www.caponline.us

CAPS News

Issue 16

October, 2017

The Nest

The Nest is one of our most prominent and well-known programs, though most might recognize it by its former name: the Stork's Nest. Changing the name enabled the Nest to serve families for a longer period of time. Now we are able to provide necessary baby items to income-eligible families in Marshall County from the beginning of a pregnancy through the child's second birthday. Families earn points by attending prenatal and well-child visits, English as a Second Language classes, home visitation programs, and several other educational opportunities throughout the community. These points can then be spent at the Nest store, located in the CAPS office, for baby items such as diapers, wipes, formula, car seats, cleaning supplies, and other health and safety related baby items.

Last year the 369 families enrolled in the Nest were able to provide their young children with necessary items and use their money to buy other necessities such as groceries or gas. Families also feel the extension of service to two years of age helps relieve some of their financial stress. Child Abuse Prevention Services is able to provide this assistance because of many generous donors. It is invaluable to our agency and our clients when service groups, churches, and others choose to collect donations on behalf of the Nest. The Nest is funded by these private donations along with a grant from Variety—the Children's Charity of Iowa.



Child Abuse Prevention Services

811 E Main Street, Marshalltown, IA

www.caponline.us 641.752.1730

Tips and Tidbits

Parenting Hacks

- ◇ Use puffy paint to put grips on your toddler's slippery socks
- ◇ Create your very own "movie snack pack" using shower caddies from the dollar store
- ◇ Freeze marshmallows in a baggie for an ice pack that is soft and not too cold
- ◇ Create a "kindness jar" with a mason jar and pompoms. Each time a child does something kind, add a pompom. Once the jar is filled, kids get a reward—maybe a new toy or a fun outing of their choice

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Meet the Staff—Kati Dingman



Kati is a Child Development Specialist at Child Abuse Prevention Services. She graduated from the University of Northern Iowa with a degree in Social Work. Kati and her husband are the proud parents of two young girls. In her free time, Kati enjoys spending quality time with her family. Kati began working at CAPS in 2007 and works in the Building Healthy Families and School Readiness programs.

"Doing this job is all about helping families by celebrating the small successes in their life and helping them realize their true potential to be the best parents they can be. I enjoy being there for families and providing support when they are down or life becomes hard and they need it the most." CAPS is lucky to have Kati on staff. She has a contagious passion for helping others that inspires both her coworkers and her clients.

Get Involved—Healthy Homes for the Holidays

Healthy Homes for the Holidays is a donation drive held in November and December. This donation drive strives to collect items such as diapers, wipes, baby feeding supplies, and clothing to create a "reserve" of items that we can offer to clients and to help stock the Nest store. We gift our clients with small incentive items as a way to encourage continued and consistent participation in our family support programs and as a learning tool. For example, by giving a family a few spoons and a baby food sample they'll see what healthy foods are best for their child. New moms also receive a welcome basket using the items collected. You can participate in the Healthy Homes for the Holidays drive by contacting Emma Chase by phone at 641-752-1730 or email at emmac@capsonline.us



Our Programs

Building Healthy Families ~ Refugee Health Connections ~ Strong Foundations ~
Crisis Intervention Program ~ Crisis Child Care ~ Sexual Abuse Prevention ~
Adolescent Pregnancy Prevention ~ The Nest