

News 4 You from P4F

April 2019
Issue 1967

Partnerships 4 Families Early Childhood Iowa Area for Audubon, Carroll, Greene and Guthrie Counties

Early Childhood Iowa

An initiative to empower individuals and their communities to achieve desired results to improve the quality of life for children ages birth-5 years of age and their families.



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Week of the Young Child

Join NAEYC April 8–12, 2019 for five fun-filled, themed days to celebrate of our youngest learners! The Week of the Young Child™ is an annual celebration hosted by NAEYC to spotlight early learning, young children, their teachers, families, and communities. The five days are:

Music Monday

Tasty Tuesday

Work Together Wednesday (wear your P4F t-shirt)

Artsy Thursday

Family Friday

Have fun all week!!

P4F Releases FY20 Application & Renewal

P4F will release their FY20 application for funding for new programs and their renewal application for currently funded programs on March 18, 2019. Renewals will be emailed to current programs and new applicants can request a form at:
p4fchildren@gmail.com

The application and renewal are similar to those in the past. P4F does not anticipate an increase in funding and depending on the legislators could see a decrease due to state cuts.





"Every child beginning at birth will be healthy and successful."

Community Human Resource Coalitions

Community coalition meetings are intentional meetings of human service providers and community members gathering to network for the benefit of the people they serve. Anyone is welcome to attend.

Audubon County meets at 11:30 AM on the 2nd Wednesday of the month in January, April, June & October at the ISU Extension meeting room in Audubon. Their next meeting is: **Wednesday April 10th at 11:30**.

Carroll County meets at noon on the third Wednesday of the month at ISU Extensions Meeting Room in Carroll. Their next meeting is: **Wednesday at Noon April 17th**

Greene County meets on the first Tuesday of the month at noon at ISU Extension in Jefferson. They do take July & August off. Their next meeting is: **Tuesday April 2nd at Noon**. No July or August Meetings A week later due to the holiday.

Guthrie County meets at noon four times a year in March, June, September and December on the second Thursday of the month at the ISU Extension meeting room in Guthrie Center. Their next meeting is: **Thursday June 13th at noon**.

The successes of the meetings are driven by the people attending and the connections that are developed.

P4F Early Childhood Task Force

Our ECTF meetings are done for the year. But we still need more input.

Watch for a group summer meeting or fall meeting.

Those that were able to attend gave great input and we thank you for making the effort.

Audubon

TBA
ISU Extension Audubon

Carroll

TBA

Greene

TBA
ISU Extension Jefferson

Guthrie

TBA
ISU Extension Guthrie Center

Please extend this invitation to at least one other early childhood provider whose voice would be valuable to the conversation.

P4F Board Update

The P4F Board met in March and had an update on the preschool opportunities in our four county area. They also welcomed two new members Todd Nelsen and Alisa Olson. But said goodbye to Dr David Brown who has taken a new position at ISU.

All meetings are open to the public. Board minutes can be found on the P4F Website.

The next P4F Board meeting is scheduled for:

May 17, 2019
At 10:30 AM

in Carroll at New Opportunities

Partnerships 4 Families
PO Box 672
Carroll, Iowa 51401

Phone
(712) 790-7437

E-mail
P4fchildren@gmail.com

We're on the Web!
See us at:
www.partnerships4families.org

Persons in the Spot Lite-PCA Advocates

April is Prevent Child Abuse Month and we would recognize anyone that is an advocate in the prevention of child abuse. Rather than name all of you we would like you to reach out to someone in your community who is not directly involved with early childhood but is an advocate and thank them.

It might be a pastor, a mentor, nurse, law enforcement, rec center employee, etc. They might not see themselves as child abuse advocates but you can see the things they do for children and families that might be keeping a child safe.

So go find that person and say "Thank You".

Taken from the Words on Wellness from ISU Extension and Outreach.

Benefits of Family Mealtime

Families who eat together are healthier and happier. Making family meals a habit will create a safe and stable environment for your family to connect and talk about their day. Family mealtime allows children to learn and practice social skills, table manners, and conversation skills. Studies have also shown that children benefit academically from family mealtime. They have increased focus on homework and reading for pleasure, and they develop better language skills and vocabulary.

Typically, meals prepared at home are healthier and save the family money. Meals eaten away from home consistently contain more fat, sodium, and calories. Several studies support that regular family meals are linked to increased consumption of fruits, vegetables, grains, and other healthy food choices. These choices are also associated with a decreased risk of obesity in children. Our busy lifestyles make it a challenge to get the family together. Family meals can include quick and easy options using the crock pot or pairing carryout (pizza or chicken) with a salad or other side dish at home. The more frequently family meals occur, the greater the benefit.