

CYCLONE PARENTING STUDENT NETWORK NEWSLETTER



ISU Family Resource Center

IN THIS ISSUE

What to do in Ames this Summer

Campus Resources for Parenting Students

CAP Scholarships

Workshops & Events

Dates to Know

ABOUT US

The office of Child Care and Family Services empowers parenting students to achieve their academic and professional goals by administering child care tuition assistance, providing family support programs, and building access to high-quality early childhood education.

The Cyclone Parenting Student Network (CPSN) newsletter is sent quarterly. Each issue includes a wealth of information, insights, and resources tailored to the needs and interests of parenting students.


Balancing the demands of college life while raising a family can be both rewarding and challenging. That's why we've created this newsletter— to serve as an aid for seamlessly integrating the worlds of academia and parenthood. Our goal is simple: to make your experience as a parenting college student as smooth and enriching as possible. We believe that by fostering a strong community, we can share experiences, offer support, and celebrate the unique journey of being a college student and a parent!

Thank you for embarking on this journey with us. We look forward to accompanying you every step of the way!

Cris and Keri

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RESOURCES

 [@ Office of Child Care & Family Services at Iowa State University](#)

 childcare.hr.iastate.edu

WHAT TO DO IN AMES THIS SUMMER

Garden Playhouses and more at Reiman Gardens

Reiman Gardens in Ames will host a trip down memory lane this summer with their Garden Playhouses exhibit. Featuring a variety of custom-built, fully accessible playhouses, parents and children alike are sure to enjoy exploring this the exhibit. The exhibit will be open June 1 through September 30.

Reiman Gardens also hosts Caterpillar Club every Thursday at 10:15 am. Geared toward children 2-5 years and their parents, Caterpillar Club features stories followed by nature exploration and activities.

ISU students and children under 2 years receive free admission, children aged 2-12 years are \$6/child, and adults are \$12/person.

➤ [Visit the Reiman Gardens website](#)



Parks to Explore

Ames is home to several wonderful parks, woodlands, and trails. Why not make a plan to explore all of the different parks Ames has to offer this summer? To pick where to begin your first adventure, see the full list of parks and facilities using the link below.

➤ [Ames Park and Facilities Listing](#)

Ames Main Street Farmers' Market

The Ames Main Street Farmers' Market is a community event offering locally grown produce, delicious baked goods, and beautifully hand crafted items every May through October. In addition to the variety of vendors, the market also provides live local entertainment and free children's activities each week, including educational programming throughout the market area. Check out the special events planned for families and children on the calendar below.

➤ [Ames Main Street Farmers' Market Calendar](#)

TIPS FOR SUMMER FUN

Plan ahead to make the most of the upcoming summer with your child with [these 10 tips](#) from Peaceful Parent, Happy Kids.

Hydration is important - even more so in the summer months! Check out [these tips](#) to get kids to drink more water.

Spending more time outdoors during the summer months has many benefits for children and families, aside from just being fun! Keep your family safe this summer by following [these tips for outdoor safety](#) from the American Academy of Pediatrics (AAP).

Want to keep kids reading over the summer? Our friends at PBS have some [creative ways to help kids enjoy reading](#) all summer long.



CAMPUS RESOURCES FOR PARENTING STUDENTS

ISU Family Resource Guide

Whether you are looking for information about community service providers, food assistance, or resources for parenting support, the ISU Family Resource Guide is your directory for what is available on the ISU campus and in the greater Ames and Story County community. Search or filter by keyword or resource type at the link below.

➤ [ISU Family Resource Guide](#)

SHOP Food Pantry

Students Helping our Peers (SHOP) is a student-run, on-campus food pantry. Confidential and open to all students, SHOP is located in 1306 Beyer Hall. For hours of operation and other information, visit the SHOP website.

➤ [The SHOP Website](#)

Spend Smart. Eat Smart. from ISU Extension and Outreach

The ISU Extension and Outreach Spend Smart. Eat Smart program aims to share information and resources to help families eat healthy and stick to a grocery budget. The program provides resources on:

- Meal planning
- Tracking food expenses
- Recipes
- Avoiding food waste
- And much, much more!

A variety of tools, videos, blogs, and tips to help you navigate feeding your family await! Explore how Spend Smart. Eat Smart. can help you and your family eat healthy while sticking to a tight grocery budget by using the link below.

➤ [Get started with Spend Smart. Eat Smart.](#)

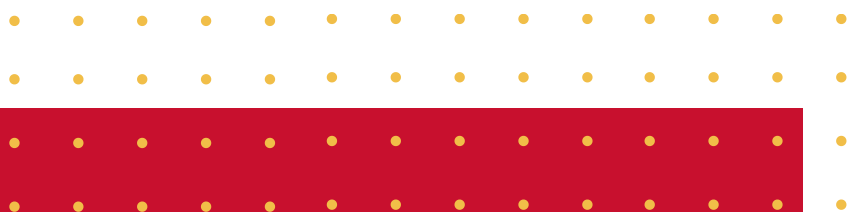


Family Friendly Library Space

The Family Friendly Library Space is a private, child-friendly space located on the lower level of the library. You can reserve the room for up to four hours a day even during the summer semester.

Parenting students can utilize the two adult workstations (includes two monitors, a black and white printer, a whiteboard, and markers) while their children learn and play nearby with toys and computers equipped with educational software.

➤ [Reserve the Library Space](#)



CAP SCHOLARSHIPS

2024-2025 ACADEMIC YEAR

The [CAP \(Childcare Assistance Program\) Scholarship](#) reimburses eligible parenting students for a portion of their child care expenses while attending Iowa State University. Administered by Child Care and Family Services, there are two types of CAP scholarship: CAP-U is for undergraduate students who are U.S. citizens or permanent residents, and CAP-G is for international undergraduate students and graduate or professional students. Funding for the program is made available through the ISU Office of Student Financial Aid and general university funds.

Applications demonstrating highest financial need receive priority. Additional evaluation criteria includes credit load, tuition costs, family size, age of child, and other child care financial assistance being received.

Applications for the 2024-2025 academic year will be available August 1 on the Child Care and Family Services website. For more information about scholarship eligibility and the application process, visit the link below.

➤ [CAP Scholarships for Parenting Students](#)

DATES TO KNOW

Academic Calendar

Summer Semester 2024

Session 1 courses begin | May 13

University holiday | May 27

Session 2 courses begin | Jun 10

University holiday | Jul 4

Session 1 courses end | Jul 5

Session 2 courses end | Aug 2

Final grades due | Aug 6

Fall semester begins Aug 26



UPCOMING WORKSHOPS & EVENTS

Save the Date: Fall Welcome Breakfast

When:

Saturday, August 24 | 9:00-11:00 a.m.

[Get Notified](#)

Celebrate the start of Fall semester with a FREE breakfast at the Ames Miracle Playground at Inis Grove Park. This event is open to all current parenting ISU students and their families. Click the link to get notified when registration opens in early August.

The Science of Parenting: Children's Ages and Parenting Stages (Webinar)

When:

Tuesday, October 22 | 6:00-7:15 p.m.

[Register Now](#)

As kids grow through different ages, parents also go through stages! Join The Science of Parenting team for this virtual workshop and learn about those stages, development, and tips for adapting your parenting to your child's age and abilities.