

Fall 2024

CYCLONE PARENTING STUDENT NETWORK NEWSLETTER



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 and includes information, insights, and resources tailored to the needs and interests of parenting students.

Our goal is simple: to make your experience as a parenting student as smooth and enriching as possible. We believe in fostering a strong community, sharing resources and experiences, offering support, and celebrating the unique journey of being an Iowa State University student and a parent!

Thank you for allowing us to share this journey with you. We look forward to supporting you every step of the way!

Cris and Keri

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CONTACT



ccfamily@iastate.edu



515-294-3149 or 515-294-8827

RESOURCES



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



childcare.hr.iastate.edu

PARENTING STUDENT RESOURCE PANTRY

The office of Child Care and Family Services is excited to announce our Parenting Student Resource Pantry located at the Family Resource Center at 2623 Bruner Drive just north of campus is NOW OPEN!!

We know that material items are essential to being a caregiver and impact the success of parenting students and additionally, can be a large household expense. While we may not have all items needed, our hope is to ease a small financial burden with the items we provide so families can use their funds for other academic and parenting necessities.

Our Parenting Student Resource Pantry is available to all currently enrolled ISU students who are pregnant and/or parenting young children and offers a variety of free items parents typically need on a regular basis. Items available vary based on availability but may include: diapers, wipes, hand soap, paper goods, children's books, toddler snacks, and more!

Our Fall 2024 semester (August 26 - December 17) hours will be Mondays 9 am - 1 pm and Tuesdays 10 am - 3 pm. We will be closed Monday September 2, Tuesday November 26, and December 18, 2024 - January 3, 2025) If these times do not work, please email ccfamily@iastate.edu and we will work to schedule an appointment for you!



Fall Virtual Parenting Workshops and Community Events

The Science of Parenting: Understanding Temperament

When:

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

[Register Now](#)

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

Parent Café: Parental Resilience- Being a Strong Parent

When:

Wednesday, November 20 from 6:00 - 7:15 p.m.

[Register Now](#)

Parent Café is a nationally recognized peer-to-peer learning process where parents and caregivers talk about challenges, strategies, and successes. Parent Cafés are led by a facilitator and focus on "5 Protective Factors": building parental resilience, increasing knowledge of parenting and child development, making positive social connections, developing concrete support in times of need, and using communication tools to build social and emotional competence in children. We are partnering with Lutheran Services in Iowa (LSI) to host this event.



Reiman Gardens is hosting Spirits in the Gardens October 11 through October 13. With over 1,000 hand carved jack-o-lanterns, this event is a Ames tradition. Come in costume and join the fun! There are reserved entry time slots so get your tickets early as popular times sell out quickly. Tickets go on sale September 9th.

[Reiman Gardens Spirits in the Garden Information Here](#)

CAMPUS RESOURCES FOR PARENTING STUDENTS

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.

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.



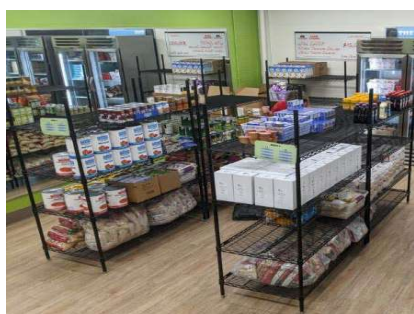
Outside of the Family-Friendly Room

Reserve the Library Space

Lactation Support

For students who wish to carry out their breastfeeding goals after returning to work or study, Iowa State University seeks to provide an accommodating and supportive environment. Through partnerships with college and department leadership, family-friendly resources have been developed, following best practices - in accordance with national health care laws and standards. Parenting a child while completing your degree can be a rewarding, albeit challenging, endeavor and our office is here to support you on your journey. One of the first choices you make as a new parent is how to feed your baby. Visit the lactation website below for more including a map of lactation spaces in and around campus.

Lactation Support Website



SHOP Food Pantry

Students Helping Our Peers (SHOP) is a student-run, on-campus food pantry. SHOP is confidential and open to all students. SHOP is located at 1306 Beyer Hall. For more information including hours of operation visit their website.

SHOP Website



ISU Family Resource Guide

The ISU family resource guide is the place to find information on resources at ISU and in the Ames community. With information on topics from child care to food and nutrition assistance, the guide has filters to easily find the resources you may be looking for.

Find the ISU Family Resource Guide Here



Childcare Assistance (CAP) Scholarships

2024-2025 ACADEMIC YEAR

The CAP (Childcare Assistance Program) Scholarship is administered by the ISU Office of Child Care and Family Services. Scholarships are awarded for Fall and Spring semesters to assist in reimbursement for out-of-pocket costs for child care services.

The CAP-U scholarship is awarded to U.S. citizens or permanent residents currently enrolled in degree seeking coursework as an undergraduate student. Applications demonstrating highest financial need receive priority. CAP-U scholarship applications are accepted through May 1, 2025

The CAP-G scholarship is awarded to graduate or professional students or international undergraduate students currently enrolled in degree seeking coursework. Applications demonstrating highest financial need receive priority. CAP-G scholarship applications are **due by September 30, 2024**

Evaluation criteria includes credit load, tuition costs, family size, age of child, and other child care financial assistance being received.

Apply for a CAP Scholarship Now

CYCLONE FAMILY WEEKEND KID POWER

Hosted by the ISU Office of Childcare and Family Services, ISU Student Wellness, ISSO, Dean of Students Parent and Family Programs, GPSS, Sloss Center for Women & Gender Equity

**SATURDAY,
SEPT 14TH**

9 AM - 11 AM

**NORTHEAST CAMPANILE
LAWN**

****Indoor Rain Location
Multicultural Center**

Yard games, child-friendly crafts, story time/book giveaway from Raising Readers, and more!

IOWA STATE UNIVERSITY

DATES TO KNOW

Fall Semester 2024

ClubFest | September 11

Engineering Career Fair | September 18 & 24

People to People Career Fair | September 20

Business Career Fair | September 25

Design Career Events | October 3

Last Day to Drop Course | November 1

University Holiday | November 28 & 29

Fall Semester Ends | December 20

Graduate Commencement | December 20

Undergraduate Commencement | December 21

Final Grades Due | December 23

We invite you to join us
Saturday September 14th
from 9 am-11 am for a Cyclone
Family Weekend Event for the
kids! We will have games,
crafts, stories, snacks and
more. We can't wait to see you
there!



Want to make Sidewalk Chalk Paint at home? Add 3 cups water to 3 cups cornstarch and mix until lumps are gone. Divide into separate bowls or muffin tins. Add 2-4 drops of food coloring to each bowl. Get some brushes and create away!

