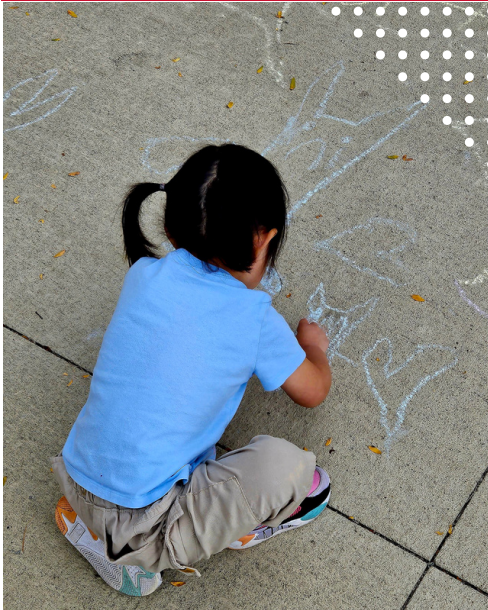


# CYCLONE PARENTING STUDENT NETWORK NEWSLETTER



University Community Childcare Office

## 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

## CONTACT

 [ccfamily@iastate.edu](mailto:ccfamily@iastate.edu)

 515-294-3149

## RESOURCES

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

 [childcare.hr.iastate.edu](http://childcare.hr.iastate.edu)

## IN THIS ISSUE

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# FAMILY WINTER ACTIVITIES



Running out of things to do indoors with your family? It can be hard to keep kids entertained when it's too cold to be outside. Here are a few fun, kid-friendly activities we recommend!

## Ames Public Library

The Ames Public Library is a great place for kids to enjoy indoor activities. The library always has free events that are open to anyone, including storytimes for babies, toddlers, and families.

- [Library Event Calendar](#)

## University Museums

This winter, explore what University Museums has to offer! Our campus is full of interesting art, and many of it is indoors. Schedule a tour or attend a free program/event.

- [University Museums Website](#)

# TRAVELING AND WINTER SAFETY TIPS

Will you be traveling this holiday season? Traveling with kids is tricky to begin with, but when you factor in winter weather, things get even trickier! Check out these articles for tips on long car rides with kids, winter weather safety, keeping routines over the holidays, and more.

- [Planning a Trip? Let your Child Help \(pbs.org\)](#)
- [10 Tips for Vacation Car Ride Survival \(campfirefw.org\)](#)
- [How to Navigate Winter Travel with Toddlers \(goodbuygear.com\)](#)
- [Winter Safety Tips \(ehs.iastate.edu\)](#)
- [Why Sticking to Your Child's Routine is a Good Idea During The Holidays \(entirelykidspediatrics.com\)](#)

# WORKSHOPS AND EVENTS

## Spring Semester Welcome Event for Parenting Students

### When:

Monday, January 8, 2024 | 10:30 a.m.-12 p.m. | Sloss House on campus

Please join CCFS, Sloss Center, and ISSO for a kid friendly craft station, read-aloud station, international snacks, and parent resources. All Iowa State students are welcome!

[Register Now](#)

## The Science of Parenting: Understanding Temperament

### When:

Wednesday, April 3, 2024 | 6-7:15 p.m.

Every child is unique, and their individual temperament is one of the biggest reasons why! This workshop will introduce you to the individual temperament traits and offer an opportunity to explore how your child's temperament can impact their feelings and behaviors.

[Register Now](#)

# CHILDCARE ASSISTANCE PROGRAM (CAP) SCHOLARSHIPS

## 2023-2024 ACADEMIC YEAR

The [CAP \(Childcare Assistance Program\) Scholarship](#) is funded by the Office of Student Financial Aid and administered by Child Care and Family Services. Scholarships are awarded by semester to reimburse the out-of-pocket costs for child care services. Applications are still being accepted for undergraduate students (CAP-U). Applications are no longer being accepted for graduate students (CAP-G).

### CAP-U Application

The CAP-U scholarship is awarded to U.S. citizens or permanent residents currently enrolled in degree seeking coursework as an undergraduate student. The application window for the 2023-2024 academic year is open until May 1, 2024. Applications demonstrating highest financial need receive priority. Evaluation criteria includes credit load, tuition costs, family size, age of child, and other child care financial assistance being received. Please note that CAP is a reimbursement scholarship and individuals must pay for child care services before claiming their scholarship.

## CCAMPIS PROGRAM

The Child Care Access Means Parents in School (CCAMPIS) program provides a discount on the monthly tuition fees at [eligible child care centers](#). Undergraduate, graduate, and professional parenting students are eligible to apply.

Applications are currently being taken on a waitlist. Additional information, including an application for funding, can be found using the links below.

- [Eligibility Criteria and Program Details](#)
- [Application](#)



## CAMPUS RESOURCES FOR PARENTING STUDENTS

### Lactation Rooms on Campus

Iowa State University has more than 30 designated lactation rooms on campus. These rooms are available for use by all staff, faculty, students, and visitors to our campus. Individuals are responsible for providing personal breast pumps and accessories. These rooms are viewable in the MyState app.

- [Map of Lactation Spaces](#)



## Family Friendly Library Space

Did you know there is a private, child-friendly space in Parks Library where you can study, research, and use library resources? The room is located on the lower level of the library and can be reserved for up to four hours each 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. Restrooms with baby changing stations are located on each floor and a lactation room is located on the first floor.

- [Reserve the Library Space](#)



## DATES TO KNOW

### Academic Calendar

#### Fall Semester 2023

Final exams | December 11-14  
Fall semester ends | December 15  
Final grades due | December 19

#### Winter Session 2023-2024

Coursework begins | December 18  
University holiday | December 25-27  
University holiday | January 1  
Winter session ends | January 12  
Final grades due | January 17

#### Spring Semester 2024

University holiday | January 15  
Last day to drop | January 15  
Coursework begins | January 16  
Spring break | March 11-15

### Career Fairs

CAREER FAIR	DATES	CONTACT
<a href="#">Engineering</a>	February 6, 2024	Kate Cossa   <a href="mailto:ecs@iastate.edu">ecs@iastate.edu</a>
<a href="#">Business, Industry, and Technology</a>	February 7, 2024	Colby Clark   <a href="mailto:isucareerfairs@iastate.edu">isucareerfairs@iastate.edu</a>
<a href="#">People to People</a>	February 16, 2024	Amanda Schickel   <a href="mailto:p2pcareerfair@iastate.edu">p2pcareerfair@iastate.edu</a>
<a href="#">Design</a>	February 22, 2024	Tiffany Atilano   <a href="mailto:designcareers@iastate.edu">designcareers@iastate.edu</a>
<a href="#">Teacher Education</a>	March 4, 2024	Amanda Schickel   <a href="mailto:p2pcareerfair@iastate.edu">p2pcareerfair@iastate.edu</a>