

CYCLONE PARENTING STUDENT NETWORK NEWSLETTER



ISU Family Resource Center

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

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SUMMER SPOTLIGHT: FAMILY-FRIENDLY ACTIVITIES

Reiman Gardens is a great place to spend a summer day!

Summer 2025 brings a new themed exhibit to Reiman gardens: "Picture Perfect: Celebrating 30 Years of Beauty at Reiman Gardens," featuring enchanting Instagrammable scenes and backdrops. The exhibit runs May 31 through September 30.

Also new in Summer 2025 is an outdoor concert series! The Iowa Songwriters Showcase will feature five outdoor concerts (May 27, June 24, July 15, and August 12). June also welcomes Pollinator Fest on June 21, a popular family-friendly event focusing on the importance of pollinators, complete with hands-on activities and educational exhibits. Then on July 13th, check out The Garden Art Fair with its lively marketplace featuring talented local artists and garden-inspired crafts.

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](#)



Summer adventures with Ames Public Library

Looking for engaging activities this summer? Ames Public Library has something for everyone! Families can check out "Park Packs", which are backpacks filled with all you need for an outdoor adventure - guidebooks, tools, and activities. Summer reading programs and story times are also sure to engage young minds in exploring the world of books all summer long! Keep up to date on all the library's fun activities with the link below.

➤ [Ames Public Library Family Event Calendar](#)

KIDS TRAVEL TIPS

Are you planning any trips this summer? Traveling with children can be an exciting adventure! Check out the following resources for tips and ideas to help ensure your summer adventures stay safe and enjoyable!

[Road Trip Play Ideas for Backseat Fun](#)

[24 Tips for Traveling with Children](#)

[What Parents Need to Know for Safe Summer Travel](#)

[20+ Day Trip Adventures in Iowa](#)



OUTDOOR & SUN SAFETY

More time to play for kids to be outdoors is one of the best parts of summer but sun protection is a summer must-have. Using sunscreen along with hats, sunglasses, and shade, when possible, makes for an even safer and more comfortable experience. Hydration's another key player—plenty of water keeps energy up and helps beat the heat. Check out this article from Healthy Children.org on [sunburn & sunscreen](#).

Summer also means swimming. Whether it's a trip to the beach, a trip to a local pool, or backyard water fun, being safe in and around water is also essential. Check out these tips for [swimming safety](#).

CAMPUS & COMMUNITY RESOURCES

ISU Family Resource Guide

The ISU Family Resource Guide makes it easier to connect with essential support services—whether you're looking for child care options, nutrition assistance, or other helpful programs on campus or in the Ames community. With user-friendly filters, finding the right resources is more convenient than ever.

➤ [ISU Family Resource Guide](#)

Scholarships for Ames Parks and Recreation Programs

Scholarships for programs offered by Ames Parks and Recreation are available for children aged 4-13 years. Children must be residents of the City of Ames and families must meet income eligibility criteria. The scholarship will pay 50% of the cost of the registration fees, up to \$60 per calendar year. Scholarships are also available for season swimming passes. Click the link below for more information about how to apply!

➤ [Ames Parks and Recreation Department Scholarship Program](#)

Ames and Story County Food Assistance Programs

Students Helping Our Peers (SHOP) is a student-run, on-campus food pantry with a mission to serve the student population and the Ames community by increasing hunger awareness and food security. The SHOP pantry is open to all students and confidential. There is no requirement to disclose income or document need.

Other local organizations such as Food at First, the Bethesda Community Food Pantry, and Mid-Iowa Community Action, also offer essential food support. For a comprehensive list of local food programs, check out the Story County Hunger Guide from United Way of Story County linked below!

➤ [The SHOP Website](#)

➤ [Story County Hunger Guide](#)

Free Mental Health Webinars from Mindspring

Mindspring is a nonprofit organization dedicated to providing mental health education and support to individuals, families, and communities. They offer free mental health webinars that are taught by licensed therapists and include plenty of time to ask questions on topics including emotional intelligence, self-care, setting boundaries, anxiety in kids, bullying, depression, women's mental health, and more. For information on upcoming webinars and events, check out the link below!

➤ [Mindspring Webinars & Events](#)

SAVE THE DATE! Fall Welcome Breakfast

Saturday, August 16 | 9:00-11:00 a.m.

[Register Now](#)

Celebrate the end of summer and 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. Register now and we will send you a reminder in early August!