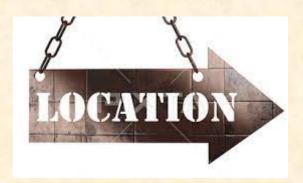
Tama County Nest

The Tama County Nest is open select dates each month.

An Interpreter is available.

Educational Classes are from 4:30 p.m.-5:00 p.m. Shopping Hours are 3:30 p.m.-4:30 p.m.



Tama County Public Health & Home Care 129 W. High Street Toledo, IA 52342

USE NEST ENTRANCE ON WEST SIDE OF BUILDING



FOLLOW
TAMA COUNTY MATERNAL
AND CHILD HEALTH
ON FACEBOOK FOR WEATHER DELAYS,
CANCELLATIONS, AND OTHER NEWS



Date	Class Topic
January 10, 2023	Birth Defects/Testing During Pregnancy
February 7, 2023	Dental Health in Children and During Pregnancy
March 14, 2023	Nutrition in Pregnancy/Introducing Solid Foods
April 11, 2023	Autism Awareness and Screening Tools
May 9, 2023	Mental Health in Children
June 13, 2023	Summer Safety
July 11, 2023	Well Child Exams/Immunizations
August 8, 2023	Breastfeeding
September 12, 2023	School Readiness/Learning and Developmental Milestones
October 10, 2023	Illness in Children
November 14, 2023	Understanding Your Baby's Temperament & Calming Your Crying Baby
December 12, 2023	Gifts that Promote Growth and Development for Your Baby