

# 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

**CLASS  
SCHEDULE**

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

For more information call Tama County Public Health & Home Care at 641-484-4788