

NEST Frequently Asked Questions- Expectant Moms

Who can participate in NEST?

Rock Island County women who are pregnant or mothers with babies under 1-year-old may participate.

What does it mean to be a NEST participant?

NEST offers mothers-to-be and new mothers (and their partners) the opportunity to learn about issues related to pregnancy and early childhood health, safety, and development. Class information is described below.

I've heard that I can earn points by attending NEST classes. Is that true?

Yes! An exciting aspect of NEST is our points system. Each time you attend a NEST or other approved class related to pregnancy or early childhood, you can earn points. If you bring a partner with you to NEST classes, you earn extra points. You also can earn points for other activities that are good for you and your baby. For example, you earn points every time you attend a doctor's appointment that relates to your pregnancy or baby. You also can earn points for continuing your education (GED, college classes, etc.) or for WIC pickups. There are many, many ways to earn points and all NEST participants receive a list of activities that receive points.

Who leads NEST classes?

The NEST program is administered by volunteers from the Junior Board of Rock Island, a women's service organization. They are women who are passionate about helping other women and who are concerned about children's causes in the Quad Cities Area. The people who make announcements, fill out your points books, and answer your questions at NEST classes are Junior Board volunteers.

What will I learn in NEST classes?

Whenever possible, we try to have a variety of guest speakers lead our NEST classes. Many of our classes center around the important topic of nutrition. Many topics have been covered recently in our NEST classes, they include the following: early language development, dental care for mom and baby, a pain free delivery, support services in the community for literacy, breastfeeding basics, and tobacco free baby and me! Sometimes we show instructional DVDs when we do not have guest speakers scheduled.

How many points can I earn?

You may earn up to 15,000 points during your pregnancy when you use a NEST pink points book and, if you re-enroll after you give birth, you may earn an additional 15,000 points in your blue NEST blue book.

15,000 points sounds like a lot. What do I do with those points?

Points are exchanged for a baby merchandise certificate that you may redeem at K-Mart in Rock Island. 100 points=\$1 toward this certificate. Thus, the maximum value of a NEST voucher (certificate) is \$150.00. Certificates may be redeemed only for baby items.

Are there any other benefits of participating in NEST?

There are so many benefits to participating in NEST! One exciting program we are thrilled to announce is that beginning in August, 2011, we will be offering our NEST mothers a home visit shortly after the birth of their baby. We also offer special programs such as a training for new dads, a full day prepared childbirth class, and a car seat safety program. Ask NEST volunteers about the schedules for these special events. All special events, including the nurse's home visit are opportunities to earn points for your baby merchandise. Our guest speakers often provide handouts and other resources.

Do I need a special referral to participate in NEST?

No. Many of our mothers who participate in NEST are referred by their doctors, friends, or the Health Department. The only requirement is that you be a resident of Rock Island County. If you are interested, simply come to class and sign up with a NEST volunteer.

Sign me up!

Mothers who are interested in participating in Project NEST may sign up at any NEST class. Evening NEST classes are offered two times per week and morning classes twice a month. Classes are held in the Education Room at the Rock Island Health Department - 2112 25th Avenue in Rock Island, on Tuesdays and Thursdays from 5:00-6:00 PM and the first and third Wednesdays of each month from 10:00-11:00 AM.