

TAPP

NEWSLETTER

JANUARY
2025

What We Learned

This month in our TAPP Mom's Class, we discussed different mental health topics such as: coping skills, impulse control, circle of control, understanding others perspectives, setting healthy boundaries in relationships, growth vs fixed mindset, and how we can grow in each area.

We also created 2025 Bingo Cards to help us set obtainable goals for our year. Our class learned about and discussed different parenting styles, talked through routines, and did an "All About My Baby" activity.

We learned about health and nutrition for pregnant and postpartum moms as well as nutrition for baby, from the wonderful staff at Public Health.

Speakers Spotlight

Itasca County Public Health
Nurses- Casey Sharp and
Jayme Gabler
1209 SE 2nd Avenue
Grand Rapids, MN 55744
(218) 327-2941

More Info

Dad's class is also available!
If you have participated in
TAPP before, please reach
out! We would love to hear
your feedback to help our
program grow!



Contact Info

Email: emilyp@kootasca.org

Phone: 218-398-1399