

2026 ICAPP CAP Month Order Form

You'll find many free items to order for the counties and communities you serve!

You'll also find some items at reduced cost to what we offer the general public (e.g. pinwheels, card decks, children's books, t-shirts).

We are happy to be able to provide many items at no cost. Our pinwheel supplier provides cost-effective, high-quality pinwheels.

T-Shirts & Yard Sign orders are pre-orders and **must be ordered by March 5th @ 11:59PM** to secure the items.

Shipping:

Pickup at our Des Moines office will be free.

Shipping to Iowa: \$30

Note: Yard Sign Shipping Cost is separate due to the shape/size. \$20 for 5 signs (e.g. \$40 shipping fee for 10 signs)

We will send an invoice via email detailing your order after the order period closes.

Thank you so much for all of your Prevention work!

** Indicates required question*

Skip to question 1 *Skip to question 1*

Mailing Address

Shipped items will be sent to this address

1. **Name ***

2. **Agency ***

3. **Address ***

4. **City ***

5. **State ***

6. **Zip Code ***

7. **Phone # ***

8. **Email ***

2026 Cap Month Items (FREE + shipping)

All items in this section are free in limited quantities. These items can either be picked up at our Des Moines Office for free, or shipped directly to your previously entered address for a minimal fee (\$30).

If you choose to pick-up in Des Moines for free we'll contact you once they're packed and available.

If you intend to ship these items:

- \$30 shipping for **both** (i.e. posters & non-yard sign items)
- **Yard Signs:** \$20 for every 5 yard signs. (Note: Yard sign shipping cost is in addition to the shipping cost for non-yard sign items).

9. FREE - Pens (Up to 100)



10. **FREE - Post It Notes (Up to 25)**



11. **FREE - ENGLISH Coloring Books (Up to 50)**



12. **FREE - SPANISH Coloring Books (Up to 50)**



13. FREE - QUESTIONS MAGNET (Up to 25)

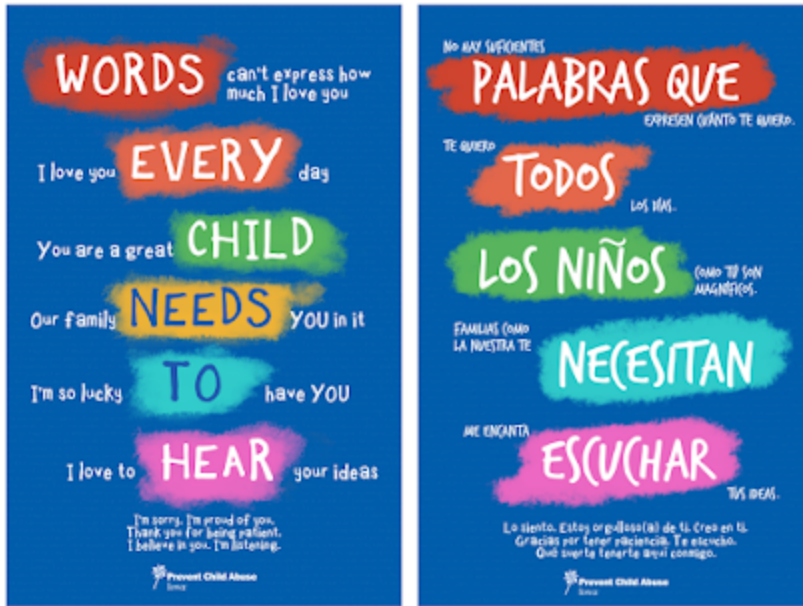


14. FREE - Grooming One-Pager (Up to 30)



15. FREE - WORDS EVERY CHILD - COLOR POSTER ENGLISH/SPANISH (Up to 25)

**2-SIDED: ONE SIDE ENGLISH
ONE SIDE SPANISH**



**11" X 17"
POSTER**

16. **FREE - WORDS EVERY CHILD - COLOR POSTER *FRENCH/ARABIC* (Up to 25)**

Note: Translations/Design Forthcoming.



17. **FREE - 10 Ways to Boost Baby's Development Flier (Up to 100)**



**TO BOOST
YOUR BABY'S
DEVELOPMENT.**

- 1 Sing songs.
- 2 Play peekaboo or other games.
- 3 Read out loud to your baby.
- 4 Have face-to-face time.
- 5 Supervise tummy time.
- 6 Follow a routine.
- 7 Talk to them.
- 8 Give baby safe places to explore.
- 9 Comfort and snuggle your baby.
- 10 Take care of yourself.



Visit pca.iowa.org/imperfectparent for more tips.

18. **FREE - 10 Ways to Keep School Kids Sharp Flier (Up to 50)**



**TO KEEP
SCHOOL KIDS
SHARP.**

- 1 Read together before bedtime.
- 2 Crack silly jokes.
- 3 Have them help with chores.
- 4 Include them in family decisions.
- 5 Look for opportunities to praise them.
- 6 Play interactive (even imaginary) games.
- 7 Give hugs and affection.
- 8 Tell family stories.
- 9 Talk every day.
- 10 Show you care.



Visit pcaiowa.org/imperfectparent for more tips.

19. **FREE - 10 Tips for Bonding with Teens Flier (Up to 100)**



FOR BONDING WITH TEENS.

- 1 Take walks or bike rides.
- 2 Be empathetic.
- 3 Learn a new skill from them.
- 4 Cook and eat meals together.
- 5 Volunteer as a team.
- 6 Show up for their activities.
- 7 Plan a family game night.
- 8 Get to know their peers.
- 9 Remind them you love them. Every day.
- 10 Listen to their words, tone and body language.




Visit prcaia.org/imperfectparent for more tips.

20. **FREE - SPANISH - 10 Ways to Boost Baby's Development Flier (Up to 25)**

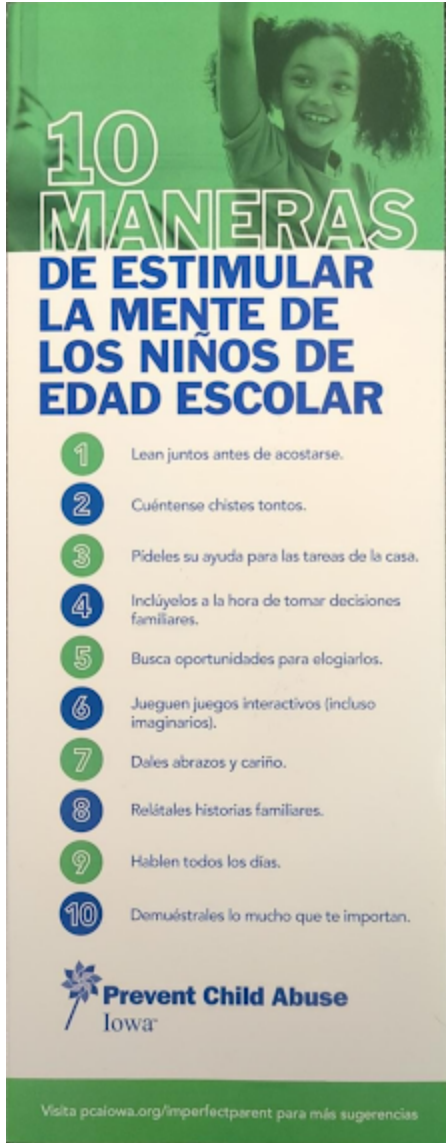
10 MANERAS DE ESTIMULAR EL DESARROLLO DE TU BEBÉ

- 1 Cántale canciones.
- 2 Jueguen a esconderse la cara ("cucú") y otros juegos.
- 3 Léele en voz alta.
- 4 Pasen ratos interactuando cara a cara.
- 5 Ponlo a pasar ratos en posición bocabajo, pero acompáñalo.
- 6 Siguen una rutina.
- 7 Háblale.
- 8 Dale espacios seguros para explorar.
- 9 Cálmallo y abrázalo.
- 10 No te olvides de ti: ¡cuidate!

 **Prevent Child Abuse Iowa**

Visita pcaiowa.org/imperfectparent para más sugerencias

21. **FREE - SPANISH - 10 Ways to Keep School Kids Sharp Flier (Up to 25)**



22. **FREE - SPANISH - 10 Tips for Bonding with Teens Flier (Up to 25)**

10 SUGERENCIAS PARA RELACIONARSE CON ADOLESCENTES

- 1 Salgan juntos a caminar o a montar bicicleta.
- 2 Demuéstrales comprensión.
- 3 Aprende nuevas destrezas de ellos.
- 4 Cocinen y siéntense a comer juntos.
- 5 Hagan trabajo voluntario en equipo.
- 6 Asiste a sus actividades.
- 7 Planea noches de juegos familiares.
- 8 Conoce a sus amistades.
- 9 Recuérdales que los quieres. Todos los días.
- 10 Presta atención a sus palabras, su tono de voz y su lenguaje corporal.

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23. **FREE - PARENTING IS HARD • WORDS EVERY CHILD - COLOR POSTCARD ENGLISH (Limit 100 per county)**

ENGLISH



**5" X 8"
POSTCARD
FRONT & BACK**

24. **FREE - PARENTING IS HARD • WORDS EVERY CHILD - COLOR POSTCARD SPANISH (Up to 100)**



25. **FREE - PARENTING IS HARD • Table Tent (Up to 60)**



26. **FREE - New Parry Protect Deck of Cards (Up to 50)**

FULL DECK OF CARDS

UP TO 50 DECKS FOR FREE

NOTE: OPPORTUNITY TO PURCHASE ADDITIONAL DECKS LATER

27. FREE - Gameplan for Grooming Bookmark (Up to 25)



A Gameplan for Grooming

If you spot the signs of grooming:

- **Be direct and set limits:** Call out problem behaviors. "I'm not okay with that." "We don't allow that language around the kids."
- **Rethink relationships:** Someone who does not respect a caregiver's limits will not respect a child's either.
- **Check in with your child:** Be sure to keep open lines of communication. You never know when a child who trusts you will be ready to share something important.

REMEMBER:
Children are never responsible for stopping or preventing abuse. It's the adult's responsibility to protect children.

Prevent Child Abuse
TOWNSHIP

For more prevention resources, visit pcatawa.org or call 515-244-2200.

28. **FREE - Online Safety Bookmark (Up to 25)**

Keep Your Child Safe Online

Children born in the digital millennium have always known a connected world. But some digital dangers can be hard to spot without all the information.

Beware of Digital Grooming

Grooming occurs when an adult builds a trusting relationship with a child and family, which becomes abusive over time.

Online grooming:

- **Is more likely to involve a stranger.**
Online predators can reach out to thousands of children, and even one response is a success.
- **Often starts as a new friend.**
An adult may pose as a child's friend or a "secret admirer." This may cause the victim to lower their guard and share private information.
- **Doesn't always include a goal to meet.**
The goal is often to get sexual photos or videos from the child.

How can I Protect my Child Online?

Be active in your child's digital life.
Learn about popular websites and apps, and check in often about what they're seeing and doing.

continued on next page »

29. **FREE - Things Every Child Needs to Hear (Up to 10)**

THINGS EVERY CHILD NEEDS TO HEAR:

- I love you.
- Our family wouldn't be the same without you.
- You are important.
- I trust you.
- You are a great kid.
- I'm sorry.
- You are so smart.
- I'm so glad you are in my life.
- You can do it.
- You are special to me.
- You can always talk to me about anything.

 **Prevent Child Abuse**
Iowa

30. **FREE - Things Parents & Caregivers Need to Hear (Up to 30)**

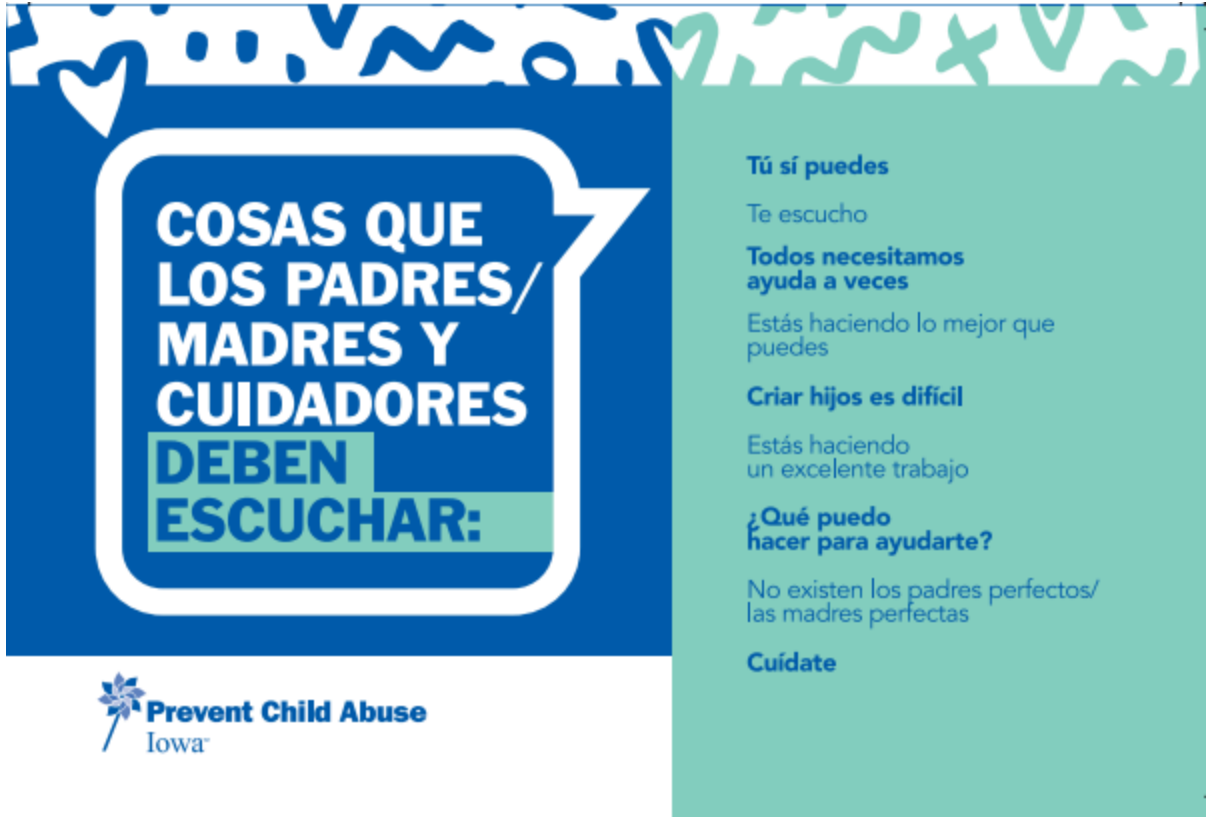
**THINGS PARENTS
& CAREGIVERS
NEED TO HEAR:**

You can do it.
I'm listening.
We all need help sometimes.
You're doing your best.
Parenting is hard.
You're doing a great job.

What can I do to help?
There are no perfect parents.
Take care of yourself.

 **Prevent Child Abuse**
Iowa

31. **FREE - SPANISH Things Parents & Caregivers Need to Hear (Up to 15)**



32. **FREE - *What About You?* Children's Board Book (English) (Up to 10)**



33. **FREE - ¿Y tú? Children's Board Book (Spanish) (Up to 10)**34. **How would you like to receive these free items? ***

Mark only one oval.

- FREE - Pick up in Des Moines
- SHIP to my address in this form (\$30)

Purchasable Items

The below items are for purchase.

1. **Pinwheels** already include all shipping costs and will ship directly to the address you've submitted earlier in this form.
2. **Children's Books, Card Decks, and T-Shirts** will be shipped (or picked up) with your free items in the manner you indicated previously with no additional shipping cost (as everything will be shipped together).
3. **Yard signs** can either be picked up at our Des Moines Office (free) or delivered to you for \$20 for every 5 signs (i.e. up to 5 for \$20; up to 10 for \$40, etc.)

PLEASE NOTE:

Des Moines Office pickups must be pre-arranged Monday-Friday during business hours **after** hearing from us directly about the items being in office. Target date is March 23th - 27th.

35. **BOX OF PINWHEELS (240 Pinwheels/box) [\$190/box = approx. \$0.79/pinwheel].**

Please enter the # of BOXES of pinwheels you want (1 box = 240 pinwheels)

Shipped directly to you (at no additional shipping cost) at the address you provided above in this form.



36. **New Parry Protect Deck of Cards (\$7.50/deck)**



37. **What About You? Children's Board Book (English)**

1 - 5 @ \$8/book

5-10 @ \$6/book

11+ @ \$5.50/book

Note: Books will be shipped (or picked up) with other free items as you indicated in the previous section.

How many books would you like?



38. **ENGLISH Coloring Books (\$1.50/Book)**



39. **SPANISH Coloring Books (\$1.50/Book)**



- 40. **Yard Sign - BLUE (\$15/sign) - May be picked up in Des Moines (Free), or shipped at +\$20 / 5 signs (e.g. 10 for \$40)**

Note: Must have orders for YARD SIGNS in by March 5th @ 11:59PM



- 41. **Yard Sign - White (\$15/sign) - May be picked up in Des Moines (Free), or shipped at +\$20 / 5 signs (e.g. 10 for \$40)**

Note: Must have orders for YARD SIGNS in by March 5th @ 11:59PM



- 42. **If you ordered YARD SIGNS above, do you want to have them shipped or arrange a time for pickup?**

Mark only one oval.

- Ship (at an additional cost of \$20 / 5 signs)
- Arrange Pickup (Free)

2026 Wear Blue Day T-Shirts

All Adult Sizes are **\$15/t-shirt**

Note: T-Shirts will be shipped (or picked up) with other free items as you indicated in that section.

2026 Wear Blue Day T-Shirt Design

Note: Must have orders for T-Shirts in by March 5th @ 11:59PM



43. **ADULTS**

44. **ADULT M**

45. **ADULT L**

46. **ADULT XL**

47. **ADULT 2XL**

48. **ADULT 3XL**

49. **Comments: Anything else to let us know!**

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