



***“It’s awesome how my baby’s learning and to know how much I matter.”***

**Enjoy being a parent more, and build a better future for your child!**

If your baby is 30 months or younger, Small Talk can help you learn to help baby be:

- Happier.
- Smarter.
- School Ready.
- *And Have Fun!*

---

# SMALL TALK

---

**It’s easy, rewarding, and free for parents!**

You attend ten 60-minute virtual sessions with a small group of other parents of young children.

Together, you learn how to improve your children’s early language, and then between sessions, you measure progress with the digital LENA System™, which is used in language programs all over the world.

**Virtual Class for Parents/Caregivers of Children Ages 2-30 months**

**FREE board book each week + graduation gift!**

**2024 Class Schedule listed below**

Thursdays, February 8-April 11

8:00 pm-9:00 pm via Zoom

***\*This program is available to families who live in Polk County.***

Scan the QR code to register!



Scan here to register!

**Questions? Want more information?**

Call, text or E-mail Cassie Odland, Family Wellbeing Educator at: **515-414-9865** or **odlandc@iastate.edu**

In Partnership with  
Early Childhood Iowa

## Talk builds babies' brains!

To your baby's brain, the most important time in life is before the third birthday. Those first 36 months, while baby's brain is growing the most, are a once-in-a-lifetime chance to do something wonderful with your child.

## Science proves babies' brains...

- Grow to 80% of their adult size in the first three years.
- Form 700 new connections a second.
- Respond to our talk right from birth.

# SMALL TALK



Research shows that the most important part of raising smarter, happier babies is talking more with them. It works right from birth, even before the baby understands a single word.

Most parents don't know how much they're talking with their babies.

*And, almost all parents can do it more!*

## The LENA® System - like a pedometer for talk!

LENA System technology records speech at home for a day after each class. Then, you get reports on how much you're talking, when you could talk more, and how much you are growing with your baby.

# LENA START®

**Important Note** - The LENA System only tracks words, conversations and other data, not the actual meaning of words. No one can listen to what was said. Recordings are deleted after processing.

## Easy to learn. Easy to use. Easy to grow!

With Small Talk, you get:

- Use of LENA System™ during the program.
- Take-home parent materials.
- Sharing with other parents of young children.
- Free "shared reading" books.
- Clear, entertaining lessons featuring videos and hands-on activities.
- Recognition for achievement.
- Easy-to-use Talking Tips to build conversations with your child every day.

