

Did you know?

LENA
START[®]

★ Talk builds
babies' brains! ★



Parents and caregivers of
children aged 0-3:

FREE LENA Start classes can
help you make a difference in
your baby's life **just through**
early talk and interaction!

LENA Start families receive:

★ 10 **FREE** children's books

Class dates: Thursday, February 5-April 9 (8:00 pm)

Class location: Zoom

To register: <https://go.iastate.edu/7X1UYP>

*Participants must live in Polk County to qualify.



For more information, contact Cassie Odland at

LENA[®]

Building brains through early talk

515-414-9865

Or at odlandc@iastate.edu

IOWA STATE UNIVERSITY
Extension and Outreach

ISU Extension and Outreach gratefully acknowledges the financial support of Polk County Early Childhood Iowa.

SMALL TALK



Virtual Class for Parents/Caregivers of Children Ages 0-30 months

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 Classes

Thursdays, February 5-April 9 8:00-9:00 pm via Zoom

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

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.

- 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.

Please register by January 26, 2026:

<https://go.iastate.edu/7X1UYP>

Questions? Want more information?

Contact Cassie Odland, Extension Educator in Family Life ISU Extension and Outreach, at 515-414-9865 or odlandc@iastate.edu



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