



# The Crier

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## Priceless Learning—Little Money

We all want to give our children those priceless learning experiences but in today's economy we can't always afford to spend a lot. Explore ways to provide those priceless experiences without the hefty price tag! We will get our hands dirty exposing ourselves to some of those activities. Collect

and gather many ideas to take home. Jacque Montoya has presented many trainings to child care providers through resource and referral and more. **Meets CDA Competency:** Steps to advance children's physical and intellectual development.

This session will take place on Wednesday, December 5, 2012 from 7:00 p.m. to 9:00 p.m. at the Iowa State Extension Office, 203 W. High Street #1, Toledo, 641/484-2703. **To register for this class contact Kirkwood at 319/472-2318.** Maximum enrollment for this class is 25.

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## Social Emotional Literacy for Young Children

Focus on using literacy to develop and support the social emotional development of young children. Discover a variety of children's books that will assist in identifying strategies for supporting the development of friendship skills; building social emotional vocabulary in children and the importance of providing opportunities for

children to begin to understand their own, as well as others' emotions. Your instructor, Melanie Reese is an Early Education Specialist for Grant Wood Area Education Agency. **Meets CDA competency:** Positive ways to support children's social and emotional development.

This session will take place on Wednesday, January 23, 2013 from 7:00 p.m. to 9:00 p.m. at the Kirkwood Vinton Center, Room 101, 111 West Third Street, Vinton, Iowa. **To register for this class contact Kirkwood at 319/472-2318.** Maximum enrollment for this class is 25.

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Helping our children to enter school happy, healthy and ready to learn.

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## Just A Bite: Managing Food Allergies in Child Care

The incidence of food allergies is on the rise, increasing the chances that childcare providers will have a child with food allergies under their care. What are the most common food allergens? What are the current laws/regulations pertaining to the food labeling of potential food allergens? Learn the signs and symptoms of food allergies and common food allergens for children. Practice altering menus to avoid food allergens and reading labels to identify food allergens. Your instructor is a registered dietitian. **Meets CDA competency:** Planning a safe healthy learning environment.

This session will take place on Wednesday, February 20, 2013 from 7:00 p.m. to 9:00 p.m. at the Iowa State Extension Office, 203 W. High Street #1, Toledo, 641/484-2703. For directions, please call 641 484 2703. **To register for this class contact Kirkwood at 319/472-2318.** Maximum enrollment for this class is 25.