



# The Crier

Volume 9, Issue 5

February/March 2010

## Using Simple Cooking As Learning—Ages 0-5 Years

This educational opportunity will be held Tuesday, January 26, 2010 from 7:00 p.m. to 9:00 p.m. at the Kirkwood Vinton Center, 111 West Third Street.

Fun learning activities begin with a few ingredients and children who are eager to help cook and bake. Cooking can teach so many lessons. Explore several easy, healthy recipes and tie in activities you can use with children related to baking and cooking. The class is for adults and most of the recipes have been taste tested in classrooms and at home over several years. Bon appetite!

**To register for this class contact the Kirkwood Vinton Center at 319/472-2318.** Meets CDA Competency: Steps to advance children's physical and intellectual development.

---

## Autism Spectrum Disorder

One child in every 166 is now recognized as being in the autism spectrum. Learn why this may be, how to recognize early signs, and how you can help the at risk child. How can you interact positively and get your message across? What are the differences between these children and other children?

How can you help the ASD person feel better?—with Dr. McGuire MD, FAAP, board certified developmental and behavioral pediatrician.

This class will be held Tuesday, February 16, 2010 from 7:00 p.m. to 9:00 p.m. at the Kirkwood Vinton Center, 111

West Third Street. **To register for this class contact Kirkwood at 319/472-2318.**

Meets CDA Competency: To support social and emotional development and to provide positive guidance.

---

## ADHD, Hyperactive Or A Spoiled Brat?

This educational opportunity will be held Tuesday, March 23, 2010 from 7:00 p.m. to 9:00 p.m. at the Kirkwood Vinton Center, 111 West Third Street.

We hear about children being diagnosed with ADHD frequently, but how do we really know if a child has it? Learn

what the needs are of the child in terms of care, education and social skills, as well as the role of medication in the plan of help.

With Dr. McGuire MD, FAAP, board certified developmental and behavioral pediatrician.

**To register for this class contact the Kirkwood Vinton Center at 319/472-2318.**

Meets CDA Competency: To support social and emotional development and to provide positive guidance

---



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

P.O. Box 516  
Vinton, Iowa 52349  
www.bcempowerment.com  
ccc@bcempowerment.com  
319/472-4543  
888/690-3444



*Reminder: Call our office no later than February 15th with any childcare openings you have available. We will list them in our next parent newsletter.*

---

## Worlds Of Wonder: Science Activities For Kids

Children of all ages will love these fun, practical and engaging science activities using nature and physical forces. Help children understand the world around them and how it works., with Janet Andersen-Heller, Parent- Child Educator with Grant Wood Area Education Agency. Meets the requirements for child care provider. Meets CDA Competency: Steps to advance children's physical and intellectual development. This class will be held Tuesday, April 13, 2010 from 7:00 p.m. to 9:00 p.m. at the Kirkwood Vinton Center, 111 West Third Street. **To register for this class contact Kirkwood at 319/472-2318.**

---

## Build Social/Emotional Skills For Children

Learn activities and games for kids to help them improve social skills, get along better in a group and gain social situations practice all the while having fun with Janet Andersen-Heller, Parent- Child Educator with Grant Wood Area Education Agency. Class is for adults. Meets CDA Competency: Positive ways to support children's social and emotional development. This class will be held Tuesday, May 18, 2010 from 7:00 p.m. to 9:00 p.m. at the Kirkwood Vinton Center, 111 West Third Street. **To register for this class contact Kirkwood at 319/472-2318.**

---

## Together, We Can Fight The Flu

Did you know the seasonal flu season lasts until May? It usually peaks in January and February. The 2009 H1N1 flu virus however spread to our country last April, continued over the summer, peaking in late October. A third wave of H1N1 is possibly predicted to strike again and can be curbed if more of our population would take advantage of the available vaccinations. Cases of seasonal influenza will also be on the rise soon.

It's not too late to get vaccinated for the H1N1 and seasonal flu. The Center for Disease Control and Iowa Department of Public Health are urging us all to get vaccinated to curb the spread of influenza. They have named the Week of January 11<sup>th</sup> through the 16<sup>th</sup> National Influenza Vaccination Week. They stress these vaccinations are safe and effective and are currently in ample supply. In Benton County, contact the Virginia Gay Hospital Home Health Agency for influenza vaccination sites and times for seasonal and H1N1 vaccines by calling 319-472-6360. They are located at 309 1<sup>st</sup> Ave. in Vinton. For up to date information about influenza and vaccines go to the Iowa Department of Public Health website: <http://www.idph.state.ia.us> and the CDC site: [www.flu.gov](http://www.flu.gov).