



Badlands Head Start: PRENATAL TO FIVE



March—April 2025 **Newsletter**

Upcoming Dates

March 2	Dr. Suess's Birthday
March 9	Daylight Savings Time Begins
March 20	First Day of Spring
March 13	Policy Council Meeting
March 20	TREC Board Meeting
April 10	Policy Council Meeting
April 17	TREC Board Meeting
April 21	No Centers



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Newell Center Update

In January and February, our Newell classroom used our Creative Curriculum to study pets. We talked about what kinds of pets we had. We talked about if they were helpers, provided food, or if they just gave us comfort and made us happy. We compared how many we had and learned about the different habitats, what they eat and what else they need. We learned new words like habitat, omnivore, carnivore, herbivore, constrict, intimidate, lunge, pounce, domesticated, exotic and many more. We learned what's different about pets compared to other animals. We explored new questions like, "How long are different snakes?" We used our tape measure to see how long each kind would be. Our biggest surprise was that a King Cobra is 10-12 feet long! We also discovered that we would have to open our front door if an anaconda stretched all the way out. We also did a lot of shared writing, and some of our kiddos wrote poems about their pets. Our kids used a lot of skills during our study, and they were inspired to make waterparks and other structures for pets during free play. So much creativity!

Daisy
By Emmett
I like playing with my dog and hugging her
She feels nice.
She's puffy and warm.
I throw a toy to her
And she brings it back.
I take from her and we do it
Over and over again

Tally, Chevelle, Cedar
By: Mylee
Tally, Tally
I love you
I love all my horses,
Including you Chevelle!
I like to ride.
It makes me feel free!
I like that they let us pet them.
They are fuzzy, soft and warm!

Tutu, Thomas & Tootsie
By Emmett

Sometimes my cats come snuggle me.
They feel nice and warm.
Then I feel warm.
I love my cats!

Woody
By Quincie
Cows make me want to rope.
So now I want to ride my horse!
Sometimes I like my mom to help me rope.
Then we go inside for hot chocolate.
Then we go back outside.
I see my horse and yell
YIPPIE!
I ride with my mom and say
Yeewhaw!!

WHY SHOULD I EXERCISE?

**MY STAMINA
IS
INCREASED**



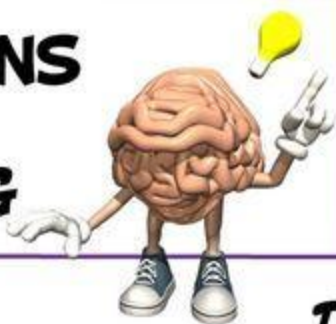
**I SLEEP
BETTER**



**It makes me feel
Fit and Healthy**



**IT SHARPENS
MY
THINKING**



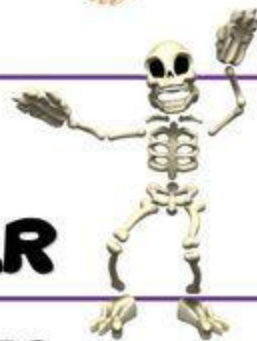
**MY BODY GETS
LEANER**



**IT GIVES
ME MORE ENERGY**



**MY MUSCLES AND BONES
GET STRONGER**



**IT HELPS
ME TO
RELAX**



**IT RELIEVES
STRESS
IN MY LIFE**



MY HEART BECOMES MORE EFFICIENT

For infant, toddlers and preschooler (birth to 5 years)

Being active is important for babies and young children to grow healthy, and sets good habits for life. Read about how much activity small children should do each day, limiting sitting time, avoiding screens and making sure they get enough sleep.

Being active

All babies and young children benefit from a mix of physical activity, inactivity and sleep in each 24-hour period. Physical activity for young children mainly happens through unstructured, active play. At that age, young children love moving around and exploring their world. The more active they are, the better, as it helps:

- achieve and maintain a healthy weight
- build strong bones and muscles
- improve balance, movement and coordination skills
- promote mental, emotional and social wellbeing
- promote better learning and thinking
- reduce injuries.

It's important that parents and caregivers support and encourage children to be active, to help them be healthier, happier, smarter and stronger. As young children grow and develop, they should work towards:

- spending more time in active play
- spending less time sitting
- getting enough sleep each day.

Give your children the freedom to create their own play, and do things that encourage independence and appropriate risk taking while supervised. This could be walking along a low wall, building a cubby house with branches or climbing a low tree.

For infants (birth to 12 months)

Even before they are mobile, babies should be physically active several times a day in various ways. This can be through:

- supervised interactive floor-based play – the more the better
- at least 30 minutes of tummy time over the course of the day while awake, including moving their arms and legs
- reaching and grasping for objects.

Once they are mobile, it can be through:

- crawling – you can create easy obstacle courses for them to navigate
- pulling up to a standing position and moving while holding onto things
- walking—in some cases

For toddlers (1 to 2 years)

Toddlers love to run around, and that's great. The more active play toddlers take part in, the better.

Toddlers should get at least 3 hours of various physical activities each day, including energetic play. This could be through:

- running – playing, ball games or races at the park
- twirling and jumping – at the park or by creating fun obstacle courses at home
- dancing
- skipping

This should take place through the day, not all at once. Physical activity for toddlers should be fun and encourage exploration and discovery.

For preschoolers (3 to 5 years)

The more active play preschoolers take part in, the better. They should be active for at least 3 hours each day. This should include 1 hour of energetic play, like:

- running – playing, ball games or races at the park
- kicking, throwing and jumping – at the park or by creating fun obstacle courses at home
- dancing
- skipping

This should take place through the day, not all at once. Physical activity for preschoolers should be fun and encourage exploration and discovery.

Limiting time sitting or restrained

To help your children grow healthy and develop good habits for life:

- limit the time they spend sitting or lying down, except when sleeping
- avoid sedentary screen-based activities
- spend quiet time with them reading, storytelling, doing puzzles or doing other activities that support their development.

Sedentary screen time during early childhood can have long-term impacts on a child's development. We recommend no screen time for children under 2 years, and no more than 1 hour per day for those aged 2 to 5 years.

Spending long periods sedentary and using screens unsupervised can lead children to:

- develop language skills later
- have shorter attention spans
- be less ready for school, and find it harder to learn to read
- make poorer decisions.

If you do allow screen time, it should be educational. This means watching with your child, talking about the content, and using it as a chance to help your child understand the world around them.

March is National Nutrition Month

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Smart Snacking Tips for Kids

Snacks can play an important role in meeting kids' nutrient needs. Choosing a variety of foods from all of the food groups will give them the energy they need between meals.

It helps to plan and portion out snacks in advance. Kids will usually only need 2 or 3 snacks daily, and these should be provided at least one to two hours before meals.

It is recommended that snacks (and meals) be eaten in an area without distractions. So avoid snacking while watching TV or when using other electronic devices.

Better yet, let the kids help prepare the healthy snacks.



Here are a few easy, tasty (and healthy) snacks to help you get started.

Adults may need to help with some of these.

1. **Parfait:** Layer vanilla or plain low-fat yogurt with fruit and dried cereal.
2. **Toast a whole grain waffle** and top with low-fat yogurt and sliced fruit or smooth nut butter.
3. **Blend low-fat milk**, frozen strawberries and a banana for thirty seconds for a delicious smoothie.
4. **Sandwich cut-outs:** Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat the fun shape and the edges, too!
5. **Mini-pizza:** Toast a whole wheat English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.
6. **Frozen treats:** Mix equal amounts of fat-free plain or flavored yogurt with 100% fruit juice, then pour into paper cups and freeze for a tasty treat.
7. **Quesadilla:** Sprinkle shredded cheese over a corn or whole wheat tortilla; fold in half and microwave for twenty seconds. Top with salsa.
8. **Spread hummus** on a tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up.
9. **Stuff a whole-grain pita pocket** with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.

10. **Microwave a cup** of tomato or vegetable soup and enjoy with whole grain crackers.
11. **Make a mini-sandwich** with tuna or egg salad on a dinner roll.
12. **Microwave a small baked potato.** Top with reduced-fat cheddar cheese and salsa.
13. **Spread celery sticks** with smooth nut butter or low-fat cream cheese. Top with raisins. Enjoy your "ants on a log."
14. **Dip slices of fruit** or whole-grain graham crackers into low-fat vanilla pudding or yogurt.
15. **Inside-out sandwich:** Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.
16. **Rocky road:** Smear low-fat chocolate pudding on a whole grain graham cracker, then top with a marshmallow.
17. **Sprinkle cinnamon** on unsweetened applesauce and enjoy with a whole grain graham cracker for a taste similar to apple pie.
18. **Make your own fruit roll-up** by pureeing fruit and either baking it in the oven or by using a dehydrator.
19. **Bake homemade chewy granola bars** using whole-grain oats and dried fruit.
20. **Whip up mini-muffins** using healthy ingredients, like whole grain flours and pureed fruit.

Portion sizes for kids are smaller than adults. However, certain foods due to their size pose a choking risk, especially for young children.

See below for a list of foods that may cause choking:

- Hot dogs and sausage links
- Meat chunks, unless finely chopped and combined
- Nuts, seeds and peanut butter
- Raw apple and pear slices
- Whole grapes
- Dried fruit
- Raw vegetables
- Whole kernels of corn
- Popcorn and chips
- Small candies and chewing gum

Find more healthy eating tips at:

eatright.org

kidseatright.org

