



Badlands Head Start: PRENATAL TO FIVE



November/December 2024 **Newsletter**

Upcoming Dates

- Nov 3rd** Daylight Savings Time Ends
- Nov 5th** Election Day
- Nov 5th** Policy Council Kick-off Meeting
- Nov 21st** TREC Board Meeting
- Nov 11th** Veterans Day— **NO CENTERS**
- Nov 27th-28th**
HOLIDAY—**NO CENTERS**
- Dec 19th** TREC Board Meeting
- Dec 21st** First Day of Winter
- Dec 23, 2024-Jan 6, 2025**
NO CENTERS
- January 6, 2025** **CENTERS RESUME**



crunching
crinkling
autumn leaves
Spiraling
swirling
in the
breeze

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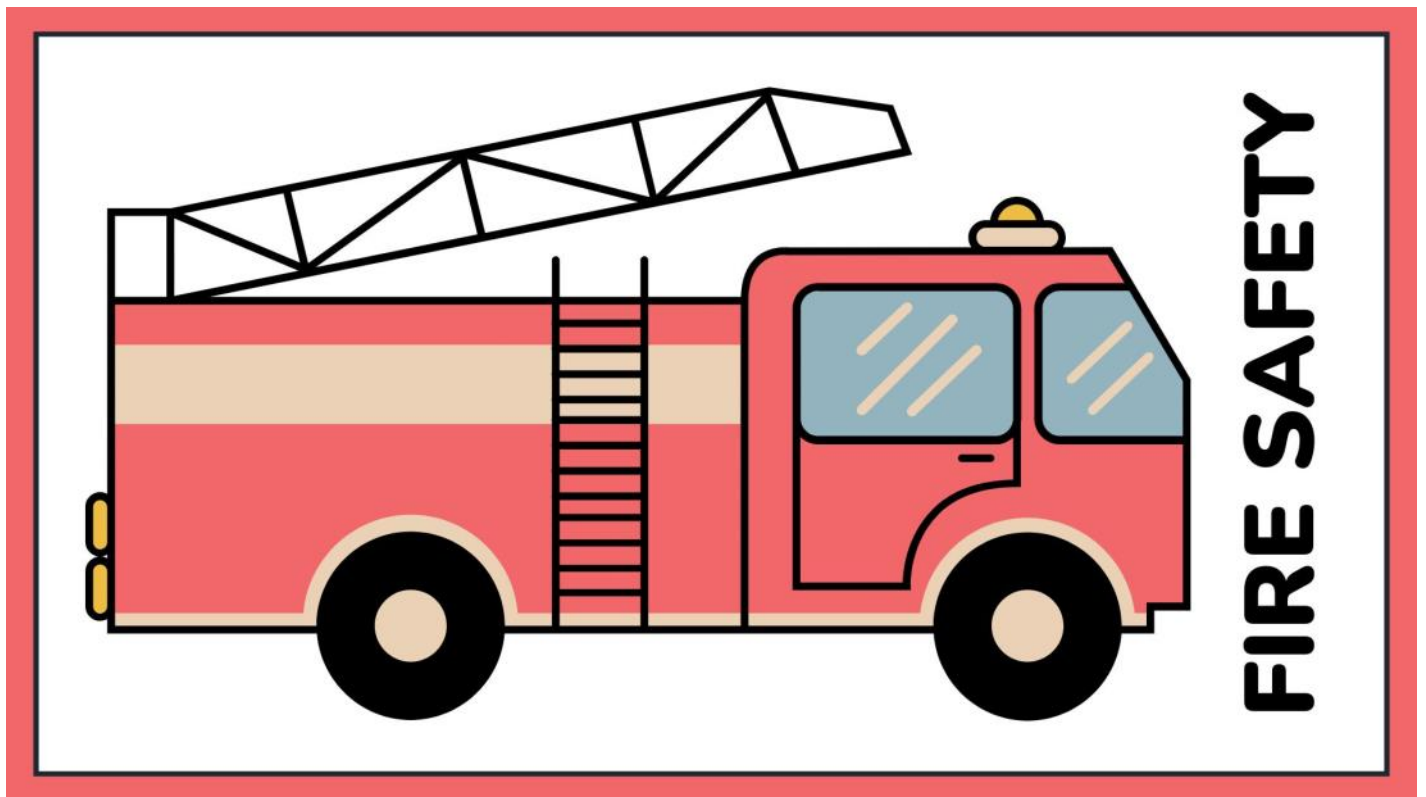
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Newell Fire Safety Week

From Miss Kristi:

During the week of October 7th, the Newell Center celebrated fire safety week. We studied and talked about firefighters and how they are members of our community. We played with firetrucks, built stations with the blocks and even created our own firefighter vests to go with the hats that were donated by the Belle Fourche Volunteer Fire Department. We used our big set of fort builders and made a fire truck. One kiddo even built a ladder and another built a siren that Ms. Kenzie put on top. We had a hose made from a pool noodle and the kids practiced putting out fires on our playground. Ms. Kenzie dressed up in a special uniform that her husband wore when he put out fires in the Air Force. We had a parent do the fire drill with us.

Doing the fire drill meant we had to cross the alley, so we also practiced pedestrian safety too! During the week before we did our drill, we used our toy road, vehicles and people to practice inside. Then we used our skills during our drill. It was an exciting and very creative week! Thanks to all that helped!!



10 tips for KEEPING CHILDREN SAFE IN A HOME FIRE

1 Teach Children Fire Safety

Teach children how to prevent and survive a fire. Explain why fire safety is important and demonstrate safe behaviors when using fire, fire tools, and other heat sources. Explain that fire is a tool, not a toy.

4 Keep Matches and lighters out of reach

Store matches and lighters out of children's reach and sight, preferably in a locked cabinet. If a child finds matches or lighters, instruct them not to handle them and to tell an adult. Use lighters with child-lock features.

2 Install Smoke Alarms

Install a smoke alarm near your kitchen, on each home level, near sleeping areas, and in each bedroom. Use the test button to check the smoke alarms every month and replace all the batteries at least once a year. Teach children what smoke alarms sound like and what to do if they hear them.

5 Keep children away from flames and heat sources.

Never leave children unattended near stoves or burning candles, even for a short time.

3 Teach Children about Firefighters

The sight of a firefighter wearing a fire suit and mask can be scary to children. Teach children what firefighters look like and sound like with their oxygen masks on. Take them to your local fire department to meet firefighters and learn about fire safety.

6 Teach children 9-1-1 (or local emergency number).

Help children understand how and when to call 9-1-1 for help. If there is a home fire, children should evacuate before calling 9-1-1. Children only need to call 9-1-1 if an adult is not able to do so.

7 Practice Fire Drills

Include children in planning and practicing home fire drills. Have fire drills at least twice a year so children can practice their primary and secondary escape routes. Plan a fire drill at night when the children are sleeping, but warn them ahead of time so they don't panic.

8 Demonstrate how to escape.

Show children how they would evacuate from a room filled with smoke by crawling along the floor to the nearest exit.

9 Get out and Stay Out

If there's a fire, get everybody out of the building, stay out, and call for help. Don't go back into the home to get belongings.

10 Teach STOP-DROP-and-ROLL

Teach children to STOP-DROP-and-ROLL if their clothes catch on fire. Stop (don't run), drop to the ground and cover your face with your hands. Then roll over and over or back and forth until the fire is out.





Fall is a favorite time of the year. The days are getting cooler, the air feels crisper, and everywhere you look is nearly bursting with color! I hope you take advantage of these changes in the weather to take your child outdoors and to explore all of the learning opportunities that nature has to offer. Here are just a few ideas to make the most of your time with your child outdoors.

Leaf Art: Go for a walk with your child to collect leaves of varying sizes, shapes and colors to create a collage. Talk with your child about how the leaves are similar and different from one another, if they feel different from each other, what colors the leaves are, how they are shaped differently, what types of trees they come from, etc. You can use construction paper and glue to create the collages or simply place the leaves on clear contact paper. This activity helps to build your child's vocabulary, to increase your child's understanding of the property of leaves, and encourages your child's creativity.

Color Walk: Take advantage of the weather by going on a color walk with your child. Pick a color, such as red, and have your child point out all of the things he or she sees in that color. You can talk about all of the different shades of the color during your walk as well as all of the different animals, plants, and items that come in the color too. This activity will not only help your child learn about colors, but also increase his or her ability to observe the world.

Raking Leaves: You can turn the chore of raking leaves into a fun activity for you and your child. Have your child help you rake leaves into various piles. If you don't have a child sized rake, have your child use his or her hands to pick up the leaves and carry them to a pile. Talk with your child about the types of leaves being picked up, their colors, sizes, etc. You can also count how many piles of leaves there are and discuss the sizes of each pile, pointing out which ones are bigger and which ones are smaller. Finally, let your child jump into a big pile of leaves! By doing this activity, you are helping your child to develop his or her large muscles, get much needed exercise and to increase his or her vocabulary.



Singing songs with your child is a great way to help build your child's language skills, whether your child is a newborn infant or is getting ready to transition into kindergarten. Here are a couple of fun songs to sing with your child for this time of year.

All The Leaves Are Falling Down (By Diane Chancy)

Tune: "London Bridges Falling Down"

All the leaves are falling down, falling down, falling down (Imitate leaves falling down)

All the leaves are falling down, it is fall.

Take the rake and rake them up, rake them up, rake them up (Imitate raking leaves)

Take the rake and rake them up, it is fall.

Make a pile and jump right in, jump right in, jump right in, (Children jump forward)

Make a pile and jump right in, it is fall.

The Leaves on the Trees (By Jean Warren)

Tune: "The Wheels On The Bus"

The Leaves on the trees are yellow and brown,
Yellow and brown, yellow and brown.

The leaves on the trees are yellow and brown,
All through the town.

The leaves on the trees are falling down,
Falling down, falling down.

The leaves on the trees are falling down,
All through the town.

The leaves on the trees make a crunching sound,
Crunching sound, crunching sound.

The leaves on the trees make a crunching sound
All through the town.

Let's rake all the leaves into a mound,
Into a mound, into a mound.

Let's rake all the leaves into a mound
All through the town.

The children in the town jump up and down,
Up and down, up and down.

The children in the town jump up and down
On the leaves on the ground.



Cold Weather Information



It's COLD out

Children absolutely love snowy weather. If it were up to them, they'd wake up and race out the front door of your home wearing nothing but pajamas at the first sight of snowfall. While this free-spirited nature can be innocent and inspiring, it also means that you as a parent need to help guide your child so they are dressed properly for any adverse weather conditions. When it comes to winter weather, this is an absolute necessity as cold weather can really take a toll on your child's health. Younger children are more susceptible to cold for a simple reason: their smaller bodies lose heat rapidly. Younger children are also less likely to actually realize they're getting cold, which means the job of keeping them warm (and knowing the signs it's time to go inside) falls to us parents.



**A warm hat
that covers the ears**



**A scarf or neck
warmer**

**Gloves or
mittens**



**A warm
coat and
snow pants**

Warm socks and winter boots