



Badlands Head Start:

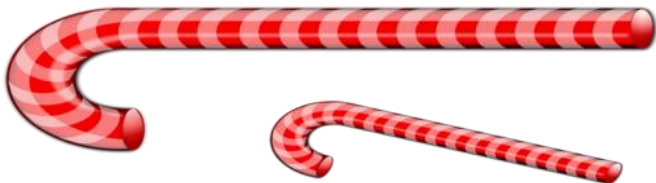
PRENATAL TO FIVE



January-February 2020 **Newsletter**

Upcoming Dates

January 1 through 5 **No Centers**
January 6th, 2020 **CENTERS RESUME**
January 15 **Policy Council Meeting**
January 16 **TREC Board Meeting**
January 20 **No Centers** (Martin Luther King Day)
February 17 **No Centers** (Presidents' Day)
February 19 **Policy Council Meeting**
February 20 **TREC Board Meeting**



101 5th Ave Belle Fourche, SD 57717

Phone: 605-723-8837

Fax: 605-723-8834

<http://www.badlandshs.org/>

Executive Director: mbevier@badlandshs.org

Education/Disabilities Specialist: mpickle@badlandshs.org

Family Community Specialist: wdunn@badlandshs.org

Health, Nutrition, Safety Specialist: mwilbur@badlandshs.org

Mental Health Specialist: rfunk@badlandshs.org

Belle Fourche Office: 605-723-8837
or 800-598-5859

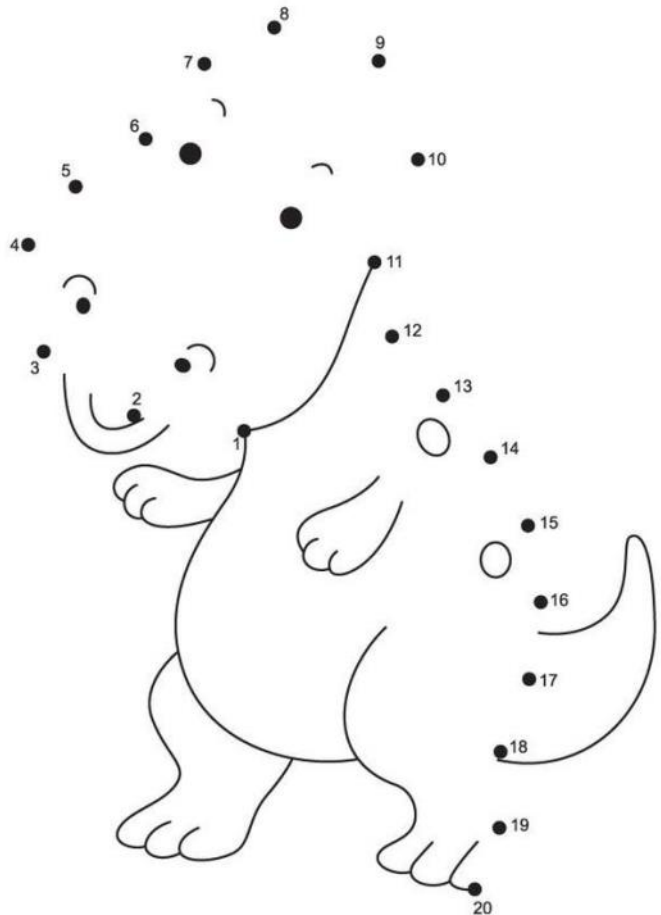
Bison Office: 605-244-5500

Newell Office: 605-456-1370

Buffalo Office: 605-375-3179

Lemmon Office: 605-374-3134

Connect the dots in order to see the picture! Can you guess what the picture is?



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Tax Season is Approaching Soon

Submitted by: Wanda Dunn, Family and Community Partnership Specialist

Tax Season Is Approaching Soon -Tips To Help You Be Ready

Submitted by Wanda Dunn

Whether you go to a volunteer return preparation site or a professional tax return preparer, you should bring certain documents to show all your income and expenses and support all your credits, deductions and dependents or qualifying children.

Bring the following to make sure your return is correct:

- Valid driver's license or photo identification for both you and your spouse (if married).
- Social security cards, a social security number verification letter for all persons listed on the return.
- Birth dates for all persons listed on return.
- Copies of last year's state and federal tax returns, if you have them.
- All income statements: Forms W-2 and 1099, Social Security, unemployment and other statements, such as pensions, stocks, interest and any documents showing taxes withheld. If you own or run a business or farm, collect records of all your income.
- All records of expenses, such as tuition, mortgage interest, or real estate taxes. If you own or run a business or farm, collect records of all your expenses.
- Bank routing numbers and account numbers to direct deposit any refund.
- Dependent child care information: name and address of paid caretakers and either their Social Security number or other tax identification number.
- If you purchased coverage through the [Health Insurance Marketplace, Form 1095-A](#), Health Insurance Marketplace Statement.

**Deadline for filing
income tax is
Wednesday, April 15,
2020.**

Prepare ahead of time!

Earned Income Tax Credit

What is Earned Income Tax Credit?

Earned Income Tax Credit or EITC, also called EIC, is an important benefit providing a financial boost to working individuals and families. To claim EITC, you need to meet certain qualifications and file a return even if you have no other filing requirements or owe no tax. Find more EITC information on www.irs.gov/eitc.

Are You Eligible for EITC?

Find out if you are eligible by answering questions and providing basic income information using the EITC Assistant on irs.gov. It helps determine your filing status, the number of qualifying children you have, if any, and estimates the amount of your EITC. You can also print out a summary of your results.

About one-third of the EITC eligible population turns over each year, so check your EITC eligibility today at www.irs.gov/eitc.



Harding & Perkins County Happenings

Submitted by: Ruth Adams, Area Services Manager

Greetings from Harding County!

This has been a busy Fall for our home visitors and center teachers, and it is hard to imagine that in a few short weeks we will be on Winter break already.

Lemmon Center has been quite busy with happenings in the classroom, especially by exploring fun sensory activities. They have played with slime, finger paint, dirt, and snow. They have also been climbing their snow mountains and creating slides down. They are also working on publishing a classroom book. The book is titled "If I Could Be Anything, I Would Be..." and the children are writing and illustrating a page each.

In the **Bison center**, big changes came the First of November when they went to a longer day (8-2pm) in that center. The transition has been a smooth one with both kids and teachers adapting to the longer day with ease.

Socials for the month of January and February are as follows:

Lemmon Center- January 10th, 2020
9:30-11:30 am and February 6th, 5:30-7:30pm

Bison Center-No Social in January.
February 20th from 5-7pm

HC 1 and EHS-January 14th, 9-11am and the 28th 1-3pm and February 11th 9-11am and the 25th 1-3pm

Perkins EHS-January 16th and 30 from 5:30-7:30pm

And now a little about our Lemmon Center teachers:

Hello! I am Saydee Corcoran and I am the lead teacher at the Lemmon Center. I grew up in the little town of Isabel and graduated from there in 2003. I moved to Lemmon in 2007 with my husband Wayne and daughter Belle. My son John came along shortly after that in 2008. I have always loved working with children and have worked in daycare as a care provider and also a director. I came to work at Badlands Head Start in 2013 after volunteering in the center while both of my children attended Head Start here in Lemmon. I spend the little spare time I have attending sporting and school events for my children, enjoying Shadehill Lake in the summer, and spending as much time as possible as my family.

My name is Tami Briscoe & I started working at the Lemmon Center in Sept. 2018. I grew up in Lemmon and I am now raising my daughter, Haylee, in the same home I grew up in. I graduated from NSU in May of 2015 with a degree in Elementary Education. I always planned to get my early childhood endorsement & I am now currently working towards it. I absolutely love working with all the littles. I love coming to work & watching our kiddos grow & learn.



Linda Mohagen, was a recent guest at a HC social where she brought her puppets and talked to the kids about how to be a puppeteer themselves. Her use of imagination and creativity were thoroughly enjoyed by the kiddos.

Harding & Perkins County Happenings

Submitted by: Ruth Adams, Area Services Manager



Lemmon
Center
having fun
with **PAINT**
and **SLIME!**



Harding County Social Fun!



*Wishing you all a relaxed and
enjoyable Holiday Season!*

Ruth Adams - Area Services Manager

Update from Butte County

Winter is here!! So let me share with you some more activities that you can do with your little ones on a cold and snowy day.

Have fun exploring

Michele Kreuzer-Ranken A&M Butte County

Snow Scape

Materials:

Clean snow

Tray

Towel

Food color

What to do: Collect some clean snow or make it by crushing ice cubes. Place a cup of snow on the tray and let your child explore the snow. You can use a few drops of food coloring to tint the snow. Add a few favorite toys and let your child explore! The towel is for clean up as the snow melts.

This activity addresses fine motor development, cognitive skills and for science the properties of snow.



Candle Smells

This activity you can do at home or while at a store. Have your child smell all the different aromas and see how many they can identify. Make a list of the different smells. Try to find other items that have the same smell. Cinnamon for example is found in foods, candles and candies. Check out your spice cabinets!

This activity addresses Language skills, Classification skills and exploration.



Taste and Tell

This is for all those picky eaters out there, try this taste test game.

Materials:

Variety of your child's favorite foods and some new ones to try. Keep the foods similar in texture. Don't use foods that you know your child hates.

Bowls

Spoons

Blindfold

Place the food in individual bowls, and set the bowls in a row on the table. Give your child a spoon. Then point out all the foods and tell them you are going to play a game. Have them close their eyes or use the blindfold. Then fill the spoon with one of the foods have them taste it and guess which one they tried. Do this until they have tasted all the foods. Then you can talk about the different foods.

This activities addresses Language skills, Classification skills, exploration and risk taking.

Message from Melissa

December 2019 Newsletter – Melissa Pickle, Program Services Director/Education & Disabilities Specialist

Engaging in movement activities daily is extremely important for young children. Infants, toddlers and preschoolers are still working on developing their large muscle coordination skills so they need a lot of practice to master these activities. These include tummy time for infants, learning to sit up, crawl, walk and later to run, jump, skip, throw, etc. for older toddlers and preschoolers.

Doing these activities is not only good for physical development, they are also important for children's brain development. Every movement requires synapses in the brain to fire and for connections to form. These strengthen a child's brain development. Physical activity is like miracle grow for a child's brain.

During the long winter months, children as well as adults, still need a lot of opportunities for movement. Here are some activities that will help children practice newly gained skills and to work out some of their energy.

Infants:

Tummy Time

Having your baby engage in tummy time every day allows your child to strengthen his or her core muscles that are needed for future activities such as sitting up, standing, etc. Please see Essential Tummy Time Moves page in this newsletter.

Kicking

Put your baby on her back. Hold her legs at the ankles and bend them at her knees. Gently straighten her legs one at a time. Repeat this kicking motion several times. Next, bring the two legs together and make the kicking motion together. You can sing a song while you do this exercise as it will make it more fun and engaging for your child. By doing this activity, you are helping to strengthen your baby's muscles and increase her coordination skills.

Toddlers and Preschoolers:

Freeze Dance

Let your child know you are going to play the freeze game. When the music plays, you and your child can dance around and move anyway you would like. When the music stops, you both must "freeze" in your position until the music starts up again. Put on some of your favorite music and start dancing! Periodically pause the music in the middle of the song so that you both freeze. This activity is great for motor development, learning to follow directions and for helping your child develop control over his or her body.

Monkey See, Monkey Do

This is a classic game you can play anytime, anywhere. Take turns with your child to be the lead monkey. The lead monkey gets to show the other monkeys which movements to do such as jumping, hopping, making silly faces, etc. The other monkeys then copy the lead monkey.

Move Like An Animal

This is another fun game that will get you and your child moving. Take turns coming up with different animals to move like. This activity will also help build your child's vocabulary. Here are some suggestions below.

Slither like a snake (*lay on floor on stomach and try to slither around*)

Fly like a bird (*move with arms outstretched and flapping*)

Hop like a frog (*squat down on floor and hop up*)

Waddle like a penguin (*waddle with ankles close together with hands at sides*)

Move like a bear (*walk on all fours*)

Bean Bag Fun

Bean bags can be used to help children develop throwing skills, both over and underhand. You can make bean bags by putting two cups of beans or rice into a tube sock and then tying off the end of the sock tightly. You can cut off any extra material. You can have your child throw a bean bag into a box or laundry basket or a target on the wall. You can change the level of difficulty simply by having your child stand closer or further away.



Songs that Encourage Movement

The following songs encourage your child to get up and move. They also help your child to learn the names of various body parts and about directional words such as left and right.



Words

A great big elephant
Went out one day,
Down came the rain
And then he couldn't stay.
But up came the sun
And dried up all the rain.
And the great big elephant
Went out to play again.

A Great Big Elephant

(Tune: Itsy Bitsy Spider)

Movement

(Bend over walking and swing arms for the elephants trunk)

(Fingers flutter, representing rain falling to the ground)

(Shake head and shrug)

(Arms above head forming a circle for the sun)

(Bend over walking and swing arms for the elephant's trunk)

Head, Shoulders, Knees and Toes

Words

Head, shoulders, knees and toes,
Knees and toes,
Head, shoulders, knees and toes,
Knees and toes

Movement

(Touch each body part as named)

Eyes and ears and a mouth and a nose,
Head, shoulders, knees and toes,
Knees and toes.

(Touch each body part as named)

Note: May repeat song 3 times, getting faster each time. May also choose to repeat song making it slower and then faster.

The Hokey Pokey

Words

You put your right hand in,
You put your right hand out,
You put your right hand in,
And you shake it all about.
You do the hokey pokey
And you turn yourself around.
That's what it's all about!

Movement

(Put right hand in front of body)

(Bring right hand back towards body)

(Put right hand in front of body)

(Shake right hand)

(Point index fingers upwards and dance about)

(Turn around in a circle)

(Clap as say each syllable)

Note: Repeat with left hand, each leg, each hip, head, and whole body moving body as indicated by lyrics.

Teddy Bear, Teddy Bear

Words

Teddy bear, teddy bear turn around.
Teddy bear, teddy bear touch the ground.
Teddy bear, teddy bear reach up high,
Teddy bear, teddy bear touch the sky.
Teddy bear, teddy bear bend down low,
Teddy bear, teddy bear touch your toe.
Teddy bear, teddy bear turn off the light.
Teddy bear, teddy bear say goodnight!

Movement

(Turn around)

(Bend down to touch floor)

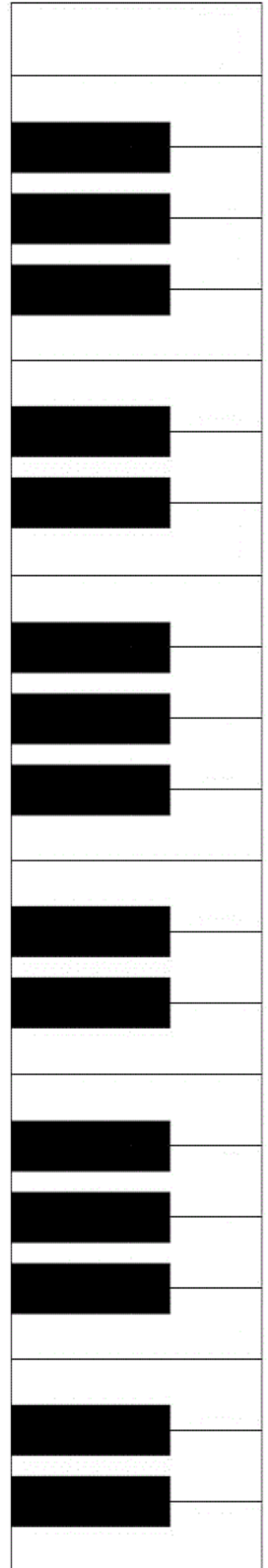
(Stand up, raise hands above head)

(Kneel down low)

(Touch toes)

(Pretend to turn off light)

(Pretend to sleep)





Essential Tummy Time Moves

To Develop Your Baby's Core

.....

The American Academy of Pediatrics recommends placing babies on their backs to sleep and their tummies to play as part of a daily routine. Just a few minutes a day, a few times a day, can help your baby get used to Tummy Time and help prevent early motor delays. If you begin early (even from just a few days old) and maintain a consistent schedule, your baby will learn to love Tummy Time. This helps develop the muscles in their back, neck, and trunk on their way to meeting developmental milestones.

.....

Here are the top five moves you can begin as soon as your baby is born:



Tummy to Tummy

Lie down on the floor or a bed, flat or propped up on pillows. Place your baby on your chest or tummy so that you're face-to-face. Always hold firmly for safety.



Eye-Level Smile

Get down level with your baby to encourage eye contact. Roll up and place a blanket under the chest and upper arms for added support.



Lap Soothe

Place your baby face-down across your lap to burp or soothe him. A hand on your baby's bottom will help him feel steady and calm.



Tummy-Down Carry

Slide one hand under the tummy and between the legs when carrying baby tummy down. Nestle your baby close to your body.



Tummy Minute

Place your baby on her tummy for one or two minutes every time you change her. Start a few minutes at a time and try to work up to an hour a day in short intervals by the end of three months. Don't get discouraged. Every bit of Tummy Time makes a difference!

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Misty Wilbur
Health, Nutrition and Safety Specialist



Dental Tips for Kids

Tip #1: KIDS SHOULD SEE THE DENTIST FOR THE FIRST TIME BY AGE 1.

The American Academy of Pediatric Dentistry, American Dental Association, and American Academy of Pediatrics ALL recommend that every child see a dentist by age 1. When does $1+1=0$? One tooth + One visit to the dentist = No cavities. It's never too early to take your child in and let them begin getting comfortable. The more they come with you and see what you're doing the more comfortable they will be! There is no such thing as a child too young to deserve good oral health.

Tip #2: A CHILD'S FIRST DENTAL VISIT SHOULD BE FOR FUN AND EDUCATION.

Make a child's first dental appointment fun and educational. It's all about a positive experience to develop comfort and trust, as well as learn from the parents what habits/behaviors are exercised at home. Regular appointments scheduled beginning at age 1 are fun and help your child grow and become comfortable with the dentist.

Tip #3: SEALANTS FOR KIDS HELP PREVENT CAVITIES IN THE PITS OF MOLARS.

Frequently seals are placed on first (6-year) and second (12-year) molars to prevent the often-deep pits and fissures from harboring cavity-causing bacteria. Typically they roughen the surface of the pits and grooves and paint a thin layer of sealer into the groove to protect the tooth. This won't stop a cavity, but it does a lot to prevent one from forming! This is a quick and easy procedure and kids won't even know the sealant is there!

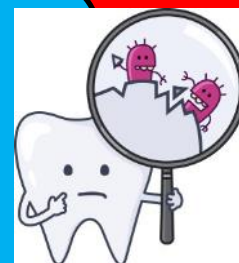
Tip #4: YOUR CHILD'S DIET CAN DETERMINE THE HEALTH OF HIS/HER TEETH.

Calcium is very important in the formation of strong teeth. Some children don't get enough of it in their diet! Milk and cheeses are the easy way, but if your young ones don't consume dairy, consider almonds, white/red beans or even oranges. A daily multivitamin, which you choose with the help of your child's pediatrician, may also be beneficial. In addition to creating a strong foundation for your children's teeth, it's also important to avoid food and drinks that are acidic or full of sugar.

Remember, your kids will learn their eating habits from you! Set a good example by eating a healthy, varied diet and always brush and floss your own teeth. It's good for your kids and good for your own journey toward whole body wellness!

CAVITIES ARE PREVENTABLE

Tooth Decay— Each time the bacteria in your mouth comes in contact with sugar, acid is produced causing cavities and tooth decay. Limit sugar intake. Drink water or milk instead of soda or juice.



February is National Dental Health Month

Brush—Floss—Visit your DDS Regularly—Monitor

Baby teeth do matter!

Steps to Healthy Teeth



Steps to Healthy Teeth

Infant up to 1 year



- Tooth decay can be spread, don't share things from your mouth with baby.
- Wipe out baby's mouth with a clean, soft cloth after each feeding.
- If a bottle must be used at bed or nap time, use water only.
- Begin using a cup at mealtimes when baby is about six months old.
- Clean baby's teeth 2 times a day with a small soft toothbrush.
- Take your child to the dentist at age 1.

Steps to Healthy Teeth

Toddler 1 to 3 years



- Brush your child's teeth with a soft brush 2 times a day.
- No more bottles or sippy cups by 14 months.
- Avoid sweet drinks, candy, and soda pop.
- Take your child to the dentist each year.

Steps to Healthy Teeth

Child 3 to 8 years



- Help your child to brush at least twice a day.
- Floss your child's teeth daily.
- Avoid sticky foods, candy, sweet drinks, and soda pop.
- Take your child to the dentist each year.



Other fun things to know . . .

SUGAR SHOCKERS™

Drink Water
instead of Sugary Drinks

WATER
16 oz.
0 calories
0 grams sugar

Why drink water?

Water plays an important role in your body's functions. Every system in your body depends on water.

- Regulates body temperature
- Lubricates joints
- Carries nutrients to cells
- Moistens tissues
- Helps flush out waste
- Protects organs

100% JUICE SMOOTHIE

15.2 oz. bottle ▲ 300 calories

60
grams sugar

LEMON-LIME SODA

20 oz. bottle ▲ 95 calories

77
grams sugar

ORANGE SODA

20 oz. bottle ▲ 325 calories

85
grams sugar

COLA WITH ICE

44 oz. cup ▲ 510 calories

38 oz. cola, 6 oz. ice

128
grams sugar

ICED COFFEE MOCHA FLAVOR

9.5 oz. bottle ▲ 180 calories

31
grams sugar

SPORTS DRINK

20 oz. bottle ▲ 125 calories

35
grams sugar

SWEETENED ICED TEA

16 oz. bottle ▲ 140 calories

36
grams sugar

ENERGY DRINK

15 oz. can ▲ 200 calories

54
grams sugar

100% ORANGE JUICE

8 oz. glass ▲ 110 calories

21
grams sugar

CHOCOLATE SKIM MILK

8 oz. glass ▲ 145 calories

23
grams sugar

100% APPLE JUICE

8 oz. glass ▲ 115 calories

27
grams sugar

CRANBERRY JUICE COCKTAIL

8 oz. glass ▲ 120 calories

30
grams sugar

COFFEE

8 oz. cup ▲ 0 calories

0
grams sugar

VEGETABLE JUICE

8 oz. glass ▲ 60 calories

8
grams sugar

PLAIN SOY MILK

8 oz. glass ▲ 120 calories

8
grams sugar

SKIM MILK

8 oz. glass ▲ 90 calories

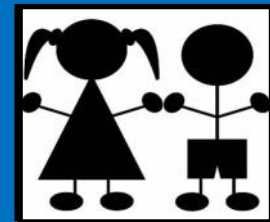
12
grams sugar

One sugar cube = 2.5 grams of sugar
NOTE: Nutrition information is based on typical values for drinks shown and may vary by brand or manufacturer. The number of sugar cubes pictured are rounded to the nearest whole cube.

Choose Water

Cut the inside of this box out, and put your picture in the frame!

Change out when you want to update your picture!



Free Vitamins for a Head Start on Nutrition



Lynn's Dakotamart Pharmacy - Belle Fourche
600 National Street
Belle Fourche SD 57717

The Healthy Kids Free Vitamin Program

This program offers each child in your family, ages 2 to 12, a FREE 30-day supply of Good Neighbor Pharmacy Children's Chewables Complete Multivitamins each month.

*Ask your pharmacist for more information today!

Mental Health

Submitted by: Rebecka Funk, MA LPC-MH-Mental Health Consultant

A New Year!

I thought a lot about what to write for the first newsletter of the New Year. When it comes to mental health, children, parents and families, there's so much we could always talk about! I thought it might be a good time to visit about New Year's resolutions. Sometimes we think of New Year's Resolutions in such big ways! It's understandable, as it's the time of year we reevaluate our lives and take inventory. We think about what we like about the past year and what we want to be different. Yet, thinking too big can often be a set up for a lot of us. Let's face it, change is difficult. It takes a lot of commitment and hard work. Starting small is sometimes the key to doing something differently and can often trigger and jump start the process of change.

I think as parents we can be overly critical of ourselves and often think of what we'd like to change in our families in often too big of ways. Sometimes this can seem overwhelming and hopeless. As parents we are the leaders and role models of our families. It's easier to focus on our children's behaviors, anger and negativity without looking at ourselves. It's wise to look at ourselves when our family is struggling. Often it takes only one person in a family to change and do something differently to start a chain of reaction in our children and those we live with.

How about a New Year's resolution to do something small but significant as a parent or family? Something small that would help us to build a closer relationship with our children? What can we accept responsibility for and commit to changing over the course of the New Year? What if we make a decision to yell less, eat supper together at least once a week, one evening with no electronics and television? Perhaps it's making a conscious effort to be a better listener or simply playing with them for 10 minutes each night. Oh the ideas are endless...

The truth of the matter is, we cannot ask our children to work on changing certain behaviors if we ourselves are stuck in negative and unhelpful habits. Having an open and honest look at our own parenting and identifying what we've been doing well and what we can work on is great role modeling for our children! I urge all of us as parents to take an honest look. Come on, let's commit to making our family just a little bit stronger this year!

Ideas for New Year's Family Resolutions

Introducing one new healthy food to yourself and family 1x a week. Praise them and yourself for the courage to try something different and new! Have everyone clap for each other as they take their first bite.

Exercising one night a week as a family. Go to the local gym and play ball, play hide and seek in your house, put some music on and dance and just get silly together!



Eating dinner one evening during the week together. Give your children jobs to set the table, let them make it fancy with a candle or tablecloth if they'd like. Let them serve you and pretend they're your waitress or waiter. Make it fun!

Less yelling. Are you yelling from room to room at each other? Look at the overall climate of your house. Is the television too loud? Too many electronics on at once? Look at the overall climate of your house.

Less negativity. Post a bulletin board in your house and write positive quotes or happy pictures on it that your child draws.

One night with no electronics. This includes parents too! Play a game of hide and seek, draw or read a book with your child.

More playtime with your children. Ten minutes a night can make a big difference! Let them take the lead and pick whatever they like.

Increased socialization. Getting together with friends and other families once a month. Have a potluck dinner where friends visit and children play.



Can you spot the differences?

Point to, or circle the differences in the second picture.

