



# Badlands Head Start:

## PRENATAL TO FIVE



### July – August 2021 Newsletter

#### Upcoming Dates

July 4	Independence Day
July 21	Policy Council Meeting
July 22	TREC Board Meeting
August 18	Policy Council Meeting
August 19	TREC Board Meeting



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BF Center: 605-892-3303

Bison Office: 605-244-5500

Newell Office: 605-456-1370

Buffalo Office: 605-375-3179

Lemmon Office: 605-374-3134

#### **Recruitment Time is Here!**

**Badlands Head Start: Prenatal to Five is currently taking applications for the 2021-2022 School Year.**

Referrals from current and past Head Start families are one of the best resources we have for reaching out to new families. Please help us get the word out by informing anyone you may know that would qualify for our experiences and benefits of the Head Start Program and how they can contact us to obtain more information or to fill out an application.

#### Centers

All centers service children 3-5 who do not turn 5 before September 1, 2021.

Perkins & Corson counties go to centers in either Lemmon or Bison.

Monday—Thursday 8 a.m.— 2 p.m.

Butte County has 2 classrooms at the center in Belle Fourche:

Monday—Thursday 8 a.m.— 2 p.m.

#### Home Based Programs

Home Visitors provide services in the home once a week for a 90 minute visit and provide 2 socializations per month. Home based programs are located in:

**Butte County** and **Harding County** provide services to prenatal moms and children 0-5 (who do not turn 5 before September 1, 2021.

**Perkins County** provide services to prenatal moms and children 0-3 years old (who do not turn 3 before September 1, 2021.

**We work closely with school districts to provide for children with disabilities.**

**Reminder:** When applying, please provide proof of income. We encourage families of all incomes to apply. Please give interested families the phone number to call the local offices or the Belle Fourche office to fill out an application.

**Thank you!**

This institution is an equal opportunity provider.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [http://www.ascr.usda.gov/compliant\\_filing\\_cust.html](http://www.ascr.usda.gov/compliant_filing_cust.html) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866)632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, (2) fax: (202)690-7442, or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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## *Hello Summer!*

Typically, summer means parents and children are anticipating a slower schedule! A summer filled with sun, sleeping in, outdoor activities and spending extra family time together. Although we all have similar thoughts about summer and eagerly anticipate its arrival, summer can also be a difficult time for children and families. The lack of schedule and routine can throw some children and families into a state of chaos even sometimes affecting a child's emotional well being. The simple truth for most of us, in particularly children, we still need some routine and schedule to help us feel emotionally healthy. The school year seems to help parents and children stay more on track with daily schedules, bedtime routines and positive socialization. School keeps our children cognitively and emotionally stimulated. Summer time may mean for some children, less socialization, lack of routine for children and families and even boredom. Children often increase their video and T.V. time and have limited social interactions. A few suggestions to consider to help with the summer months:

- Have a discussion with your child and family about summer. Let them know ahead of time what expectations you have for them and what a typical summer day may look like.
- Although bedtimes are typically extended in the summer, give them an idea of when their summer bedtime will be and try to stay relatively consistent. Lack of sleep has a huge impact on moods and significantly contributes to behavioral problems.
- Limit electronic time. It's so easy to lose track of how much time our children are watching T.V., or playing video games. Consider setting a timer or alarm clock to help both you and your child keep track of this. When the alarm goes off, your child knows it's time to stop playing. This is much easier than arguing with your child to get off the Wii or Xbox.
- Encourage physical activity. Have getting outside and doing some physical activity as part of their day.
- Encourage positive socialization. If your child is becoming easily irritable or finding trouble, consider the possibility of boredom. Children are social beings and need play time with other children their age.

Don't forget to stop and smell the roses and enjoy your summer but remember a little routine is still good for all of us!

**Rebecka Funk MA., LPC-MH**  
**TREC Badlands Mental Health Consultant**



## The Importance of Routine

Routines are repeated, predictable activities that happen on a regular basis. Having consistent routines helps your child know what to expect, learn self-control and actually helps aid in brain development. Routines help your child to feel safe, provide a sense of comfort and assist your child in learning important self-help skills such as feeding self, toileting, tooth brushing, etc.

Routines are created from your family's daily habits. These often include bedtime and morning routines, mealtimes, bath time, leaving the home, etc. Through consistency and repetition, your child will learn what comes next. By making an activity a routine, you can reduce power struggles. For example, a bedtime routine may include taking a bath, putting pajamas on, brushing teeth, reading two books together and then going to bed. If you do this routine daily, your child will know what comes after each step of the routine, reducing the chance that you will need to correct your child's behaviors or experience a power struggle with your child. In addition, through repetition you can aid your young child in becoming more independent in carrying out these routines. For example, an older infant can begin to learn to feed himself with a spoon at mealtimes or to put his arm through the armhole on a shirt when getting dressed.

Below are some ideas for establishing routines with your child. It will take time for a routine to be established so expect it to take several weeks to a month before a routine is set. Consistency is key. Try to stick to routines even when you have visitors or are on vacation. Establishing a routine can take some work in the beginning, but in the long run it will make your family life run so much more easily and save you time.

### *Morning Routine:*

Get up at the same time each morning and greet your child with a smile and a hug to start the day off on a positive note.

Personal hygiene activities: Brush teeth, comb hair and get dressed.

Eat breakfast.

Play together for a set period of time.

### *Mealtimes:*

Wash hands first.

Set the table together.

Talk about your day as you eat.

Put dirty plates away.

Consider set food days like taco Tuesdays.

### *Bedtime:*

Start the bedtime routine at a consistent time every night

Take a bath

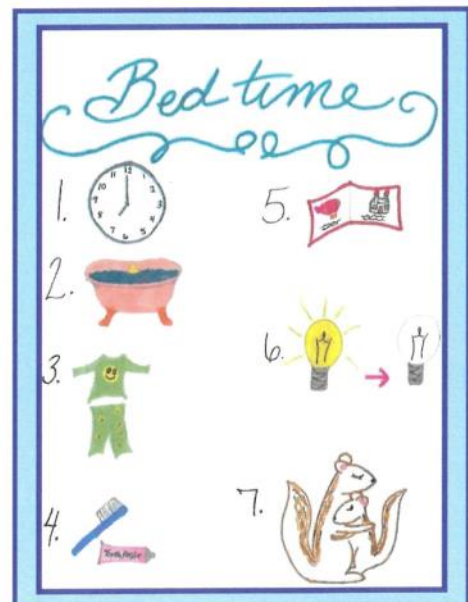
Put on pajamas

Brush teeth

Story time (have your child pick out a predetermined number of books to read)

Turn off lights

Give a hug and say goodnight



# SCREENTIME RULES

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HAVE YOU?

- ☐ BRUSHED YOUR TEETH
- ☐ BRUSHED YOUR HAIR
- ☐ GOTTEN DRESSED
- ☐ MADE YOUR BED
- ☐ PICKED UP YOUR ROOM
- ☐ FINISHED YOUR CHORES
- ☐ READ FOR 20 MINUTES
- ☐ COLORED/WRITING FOR 20 MINUTES
- ☐ PLAYED OUTSIDE FOR 30 MINUTES
- ☐ CLEANED UP ALL YOUR TOYS
- ☐ DONE SOMETHING NICE FOR SOMEONE ELSE



**NOW YOU CAN  
USE ELECTRONICS**

# 31 Outdoor Activities for Kids

**Organize an outdoor playdate.** It is always more fun when your kids have friends to play with and they are most likely to want to stay outside longer.

**Let your kids plant a mini-garden.** If they are in charge of it, then they will have to go outside to water, weed and watch over it.

**Help your kids build a fort outside with a rope and an old sheet.** Suggest other items that might be fun for them to use on their fort.

**Go for regular walks, bike rides or runs as a family.** Many urban communities have trails and bike paths through parks, riverways or lakefronts.

**Have a picnic lunch at the playground or park.**

**Create an outdoor scavenger hunt where your kids collect items from nature.**

**Try geocaching.** If you have never heard of it, geocaching is a real outdoor treasure hunting game using GPS-enabled devices. You navigate to a specific set of GPS coordinates and then attempt to find the geocache hidden at that location.

**Make a bucket list of different parks you want to try and visit.**

**Go on a bug hunt!** Give your kids a container and have them collect different kinds of bugs.

**Turn your yard into an obstacle course.** Use cones, sticks, a hula hoop, and other items from your garage or backyard to create fun obstacles.

**Blow gigantic bubbles.** Fill up a sheet pan with a bubble mixture and dip an over-sized wand to see who can blow the biggest bubble.

**Play with water.** Kids will jump at the chance to go outside and splash in water. There are lots of creative ways to do it: wash the car, water the garden, run through sprinklers, go down slip-n-slide, jump in blow up pool, or build a water table.

**Try a new sport.** Sometimes a friendly game of dodge ball, whiffle ball, or soccer is a great way to get kids to enjoy playing outside.

**Make Sidewalk Art.** Give your kids a big bucket of sidewalk chalk and let them go to town. Give them some ideas with printed photos, or even stencils to color with.

**Take your kids 'bouldering.'** Kids love to climb on things. Take them somewhere that has rocks available to climb.

**Eat dinner on your porch, deck or in your backyard.**

**Make a boat to float down a stream.** Your kids will be eager to test it out, but you will probably have to go on a hike to get to a stream!



**Make up challenges for your kids to do outside,** like in the TV show ‘Survivor’. This is even more fun if there is a prize at the end (one on one time with Mom or Dad, a night off of helping clean the kitchen, etc.)

**Use an outdoor toy rotation strategy.** Kids are lot more excited to play with toys they haven’t seen in a while or can’t access. Divide your outdoor toys into 3 bins, and have one big bucket of toys out at a time. This might include bubbles, balls, kites, jump ropes, skateboards, sports equipment, and water squirters.

**Make an outdoor activity jar.** This helps with kids who have a hard time thinking of things to do, or making decisions. Write different activities on popsicle sticks. Let your kids choose an activity and then head outside. Make the activities easy to act on – go to the park for 15 minutes, water the plants, set up a water shooting range, pick a dandelion bouquet, draw something with sidewalk chalk. There are so many fun ideas!

**Do your normal everyday activities outside.** Do homework, eat meals, craft, read books, or play games all outside! Even if you don’t have a formal outdoor living space, find some shade and throw down a blanket!

**Outside art projects.** If you are tired of your kids projects making a mess in your house, then bring them outside! A few fun ideas: a playdough picnic, where you let your kids make pretend food out of playdough. Nature art – collect leaves, flower, sticks, seeds, and pine cones to make natural artwork. Outdoor painting – bring an easel and paint out to your backyard so your kids can enjoy painting nature scenes.

**Star gaze, or look for shapes in clouds.** Set up a blanket, binoculars or a telescope and enjoy the sky!

**Have a bonfire.** Make sure you practice good fire safety habits and supervise all campfire activities. But this is a great way to bond with your family, create memories and enjoy the outdoors.

**Clean up Litter.** Kids can be surprisingly passionate about caring for mother nature (and proud of their efforts!) You can also make it a game: a mission to save the planet!

**Find a local race to participate in.** Push a jogging stroller if needed for younger kids and run together as a family.

**Ride scooters, bikes or tricycles.** Set up a mini race and compete on wheels.

**Have your kids pull weeds.** We pay our kids one penny per weed and it definitely gets them outside in the yard

**Find a local ‘pick your own’ and let your kids pick produce straight from the plant.**

**Play Bug or Leaf Bingo.** Find 10 different bugs or leaves and identify them.

**Photograph nature.** Let our kids borrow your phone camera and see how many different types of wildlife they can find and photograph.



# Message from Human Resources

**Judy Petera - Human Resource Specialist**

**WE'RE  
HIRING!!**

*Available Job Opportunities with*

## **TREC - BADLANDS HEAD START**

101 5<sup>th</sup> Ave., Belle Fourche, SD 57717  
Telephone 605-723-8837 \* Fax 605-723-8834



### **EDUCATION AND DISABILITIES SPECIALIST – Belle Fourche Admin Office / Management Position**

- Coordinate Early Childhood Education Services to Staff and Families
- Curriculum Specialist for pre-school centers, staff, and home visitor staff
- Experience required as supervisor, working with families, and teaching preschool children
- Minimum of a BA/BS in Early Childhood, or a related degree with coursework equivalent to a major in EC
- Full time – 12 month/year position

### **EARLY HEAD START HOME VISITOR – HARDING COUNTY - Home-Based / Home Visiting environment**

- Working with 10-12 children (ages 0-3) and their families in their homes in Harding County, SD
- Travel required with company vehicle provided – Office located in Buffalo, SD
- Minimum requirement of CDA (Child Development Associate) certification within 1-2 years of hire (in-house training provided), or
- AA degree in Early Childhood or related degree
- Full Time - 40 hours per week year around

### **BISON (SD) CENTER – ASSISTANT TEACHER (or long term substitute) – Center-Based / Preschool environment**

- Teaching children ages 3-5 in a classroom setting
- Providing and linking families to comprehensive services
- Early Childhood experience and Education preferred
- Minimum of completion of Childhood Development Associate (CDA)
  - within 1-2 years of hire – in-house training
- 40 hours per week for 38 weeks per year

### **BISON (SD) CENTER – Nutrition Services Support– Center-Based and socials**

- Prepping, serving and cleanup of meals and snacks
- Completion of paperwork and adhering to health and food safety codes
- Provide nutrition services support for Bison Center and Bison socializations
- May include classroom support to teachers
- 24 hour per week, 38 week per year position
- Preference given to individuals with nutrition services or relevant experience

### **LEMMON (SD) CENTER – LEAD TEACHER – Center-Based / Preschool environment**

- Teaching children ages 3-5 in a classroom setting
- Providing and linking families to comprehensive services
- Early Childhood experience and Education preferred
- Minimum of AA degree in Early Childhood Education or an AA
  - or an AA/BA/BS degree in a related field with Early Childhood coursework and experience teaching preschool-age children is required
- Full-time, nine month position


**Also looking for  
SUBSTITUTE  
Assistant  
Teachers for all  
sites.**

**For more information, Call Judy at 605-723-8837**

or pick up an application and job description at 101 5<sup>th</sup> Avenue, Belle Fourche, SD 57717

*\*Criminal Background checks & Valid Driver's license required for all positions available*

*\*Competitive Wages and Benefits \* Wages dependent upon Education and Experience*

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To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, (2) fax: (202) 690-7442 or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).





## Come join TREC-Badlands Head Start at Hometown Thursday nights.

We would love to talk to parents about our Head Start and Early Head Start programs.

We provide activities for young children from 6-8 during the Hometown Thursday nights. Look for our table located on the deck of the museum!



# Message from Misty West

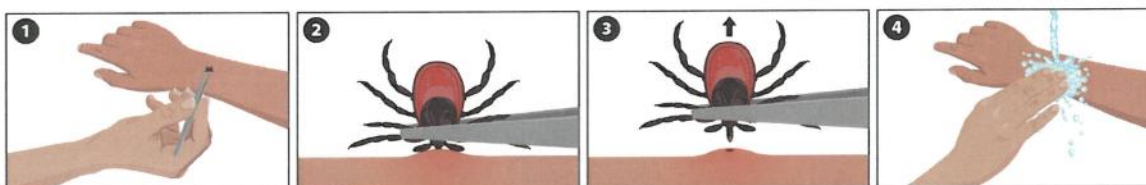
*Misty West- Health, Nutrition and Safety Specialist*

## Tick Bite: What to Do

Ticks bites can make people sick. Below are some steps that you can take after a tick bite to reduce your chances of getting sick and how to get treatment promptly if you do get sick.

### Remove the tick as soon as possible

1. Use fine-tipped tweezers to grasp the tick as close to the skin as you can.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick.
3. After removing the tick, clean the bite area and your hands with rubbing alcohol or soap and water.
4. Dispose of the tick by flushing it down the toilet. If you would like to bring the tick to your healthcare provider for identification, put it in rubbing alcohol or place it in a sealed bag/container.



### Consider calling your healthcare provider

In general, CDC does not recommend taking antibiotics after tick bites to prevent tickborne diseases. However, in certain circumstances, a single dose of doxycycline after a tick bite may lower your risk of Lyme disease. Consider talking to your healthcare provider if you live in an area where Lyme disease is common.

### Watch for symptoms for 30 days

Call your healthcare provider if you get any of the following:

- Rash
- Headache
- Fever
- Muscle pain
- Fatigue
- Joint swelling and pain

Treatment for tickborne diseases should be based on symptoms, history of exposure to ticks, and in some cases, blood test results. Most tickborne diseases can be treated with a short course of antibiotics.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

CS310465-A August 29, 2019



# Message from Misty West

*Misty West- Health, Nutrition and Safety Specialist*

## Common questions after a tick bite

### Should I get my tick tested for germs?

Some companies offer to test ticks for specific germs. CDC strongly discourages using results from these tests when deciding whether to use antibiotics after a tick bite.

- Results may not be reliable. Laboratories that test ticks are not required to meet the same quality standards as laboratories used by clinics or hospitals for patient care.
- Positive results can be misleading. Even if a tick contains a germ, it does not mean that you have been infected by that germ.
- Negative results can also be misleading. You might have been bitten unknowingly by a different infected tick.

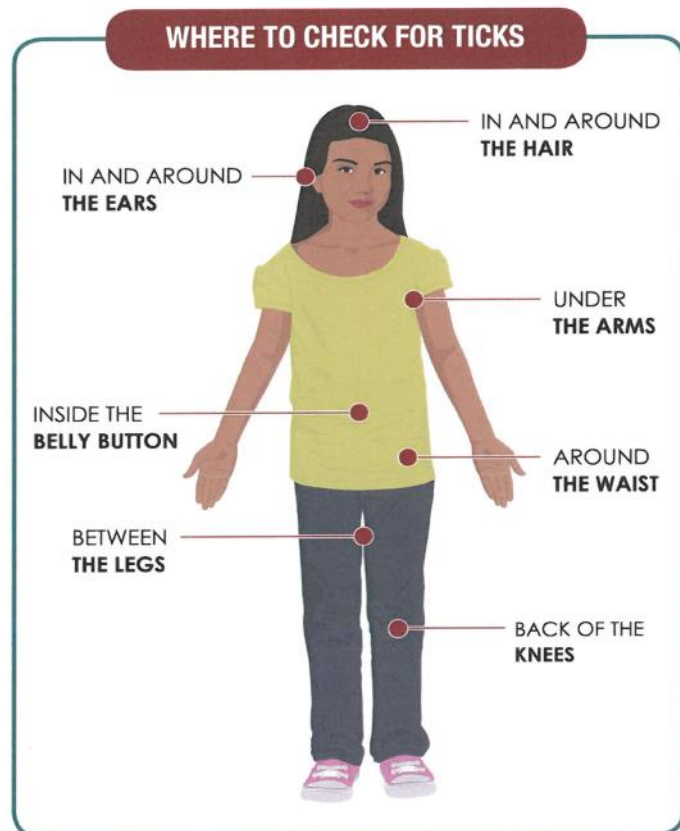
### Can I get sick from a tick that is crawling on me but has not yet attached?

Ticks must bite you to spread their germs. Once they attach to you, they will feed on your blood and can spread germs. A tick that is crawling on you but not attached could not have spread germs. However, if you have found a tick crawling on you, it's a sign there may be others: do a careful tick check.

### How long does a tick need to be attached before it can spread infection?

Depending on the type of tick and germ, a tick needs to be attached to you for different amounts of time (minutes to days) to infect you with that germ.

Your risk for Lyme disease is very low if a tick has been attached for fewer than 36 hours. Check for ticks daily and remove them as soon as possible.



..... [www.cdc.gov/ticks/](http://www.cdc.gov/ticks/) .....



## WHY NATIONAL BREASTFEEDING MONTH IS IMPORTANT

### August is National Breastfeeding Month

August is a time of year that the medical community takes to examine and point out the positive effect breastfeeding can have on both mothers and children. While roughly 75% of mothers start out breastfeeding (according to the CDC), that number falls dramatically as babies approach their first birthday – much sooner than it should.

Research has shown that being breastfed can lead to a healthier life for babies. The many health benefits include:

Protection against many common infections

Nutritionally balanced meals

Better survival for the first year of life

In addition to these benefits, breast milk has also been found to include many nutrients, vitamins and antibodies which contribute to the development of everything from babies' immune to digestive systems. When talking about breastfeeding, you may hear the word "colostrum" – the first thick milk you make during pregnancy and just after birth. Colostrum is especially rich in these nutrients.

Beginning life with breastfeeding can also include lowered risk for conditions such as:

Allergies

Asthma

Obesity

Type 2 Diabetes

Sudden Infant Death Syndrome

While the benefits toward babies are numerous, the health benefits of breast feeding extend to mothers as well. Breastfeeding has been found to help a mother's healing after the trauma of childbirth, and has also shown to lower the risk of diseases including:

Certain Types of Breast Cancer

Ovarian Cancer

Type 2 Diabetes



# Healthy snacks for kids: 10 child-friendly tips

Healthy snacks for kids don't have to be dull. Consider these 10 tips for quick and nutritious snacks.

[By Mayo Clinic Staff](#)

Snack time is likely a part of your child's daily schedule — and that's not necessarily bad. Nutritious snacking can help curb your child's hunger throughout the day.

Regular healthy snacks also boost energy, and can help your child sneak in more of the nutrients essential for his or her growth and development. Here's how to whip up healthy — and tasty — snacks for kids.

## 1. Keep junk food out of the house

Your child won't clamor as much for cookies, candy bars or chips if they aren't around. Save desserts for special occasions rather than daily treats. Set a good example by eating healthy snacks — your child might follow suit.

## 2. Power up with protein

Protein will help your child feel fuller, longer. Stock your fridge with hard-boiled eggs, deli meat, and cooked chicken tenders or drumsticks. Serve up a steaming bowl of ramen noodles. For kids without nut allergies, offer nuts and nut butters.

## 3. Go for the grain

Whole-grain foods — such as whole-grain pretzels or tortillas and high-fiber, whole-grain cereals — provide energy with some staying power. Pair whole-wheat bread with a slice of cheese, deli meat or hummus for a satisfying snack.

## 4. Broaden the menu

Offer a rainbow of fruits and veggies, such as avocado, pineapple, cranberries, red or yellow peppers, or mangoes. Encourage kids to choose a few pieces of produce and mix them together for a colorful snack. Serve baby carrots or other crunchy veggies with fat-free ranch dressing or hummus. Dip graham cracker sticks or fresh fruit in yogurt. Spread peanut butter on celery, apples or bananas.

## 5. Revisit breakfast

Serve breakfast foods as afternoon snacks. Offer dried cereal mixed with fruit and nuts. Or microwave oatmeal with low-fat milk and mix it with unsweetened applesauce and cinnamon.

## 6. Sweeten it up

Satisfy your child's sweet tooth with low-fat puddings, frozen yogurt or frozen fruit bars. Serve smoothies made with milk, plain yogurt, and fresh or frozen fruit.

## 7. Have fun

Use a cookie cutter to make shapes out of low-fat cheese slices, whole-grain bread or whole-grain tortillas. Skewer fruit kebabs or show your child how to eat diced fruit with chopsticks. Make a tower out of whole-grain crackers, spell words with pretzel sticks, or make funny faces on a plate using fruit.

## 8. Promote independence

Keep a selection of ready-to-eat veggies in the refrigerator. Leave fresh fruit in a bowl on the counter. Store low-sugar, whole-grain cereal, and fruit canned or packaged in its own juice in an easily accessible cabinet.

## 9. Don't be fooled by labeling gimmicks

Foods labeled as low-fat or fat-free can pack plenty of calories and sodium. And foods touted as cholesterol-free can still be high in fat, sodium and sugar. Check nutrition labels to find out the whole story and make a smart snack choice.

## 10. Designate a snacking zone

Only allow snacking in certain areas, such as the kitchen, and avoid serving snacks during screen time. You'll save your child countless calories from mindless munching. For snacks on the go, offer a banana, string cheese, yogurt sticks, cereal bars, carrot sticks or other less messy foods.

Schedule snacks so that they don't interfere with a healthy meal. Skip snacks and juice within two hours of mealtime so that your child is hungry enough to eat with gusto a balanced, nutritious meal.

**Teaching your child to make healthy snack choices now will help set the stage for a lifetime of healthy eating. Start today!**



## Puffy Sidewalk Paint Recipe

Learn how to easily make the best puffy sidewalk paint ever!

### Ingredients

- 3 Cups Flour
- 3 Cups Water
- 6-8 Cups Foam Shaving Cream Such as Barbasol or similar brand
- Food Coloring Red, yellow, and blue
- 6 Squirt Bottles

### Instructions

1. Stir together 1 cup of flour and 1 cup of water until smooth.
2. Add 10 or more drops of food coloring, remembering that the colors will be lighter once the paint is mixed completely. Stir to combine.
3. Fold in 2 cups of shaving cream until the color is even. Mix gently to keep your paint nice and fluffy.
4. Transfer half of the paint to a plastic bag with the corner clipped. Squeeze the bag into a squirt bottle.
5. Have fun!

### Recipe Notes

You can make TWO colors from each batch as follows:

**Red and purple** - Make the red first. Transfer half of the paint to a squirt bottle. With the remaining paint, add blue food coloring until you reach the desired shade of purple. If the paint has gotten flat, add an additional cup of shaving cream before transferring to the squirt bottle.

**Yellow and orange** - Make the yellow first. Transfer half of the paint to a squirt bottle. With the remaining paint, add red food coloring until you reach the desired shade of orange. If the paint has gotten flat, add an additional cup of shaving cream before transferring to the squirt bottle.

**Blue and green** - Make the blue first. Transfer half of the paint to a squirt bottle. With the remaining paint, add yellow food coloring until you reach the desired shade of green. If the paint has gotten flat, add an additional cup of shaving cream before transferring to the squirt bottle.





# Nature Scavenger Hunt

• CAN YOU FIND THEM ALL? •



TREE



BEE



PINECONE



CLOUD



SQUIRREL



NEST



FLOWER



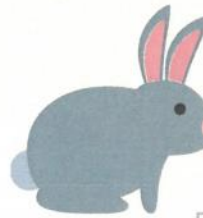
ANT



BUTTERFLY



ANIMAL  
TRACKS



BUNNY



SPIDER WEB



WORM



ACORN



FEATHER



HEART  
SHAPED  
ROCK