

# Badlands Head Start:

## PRENATAL TO FIVE



March/April 2019 **Newsletter**

### Upcoming Dates

<b>March 20th</b>	Policy Council Meeting
<b>March 21st</b>	TREC Board Meeting
<b>April 17th</b>	Policy Council Meeting
<b>April 19th</b>	TREC Board Meeting
<b>April 8th</b>	<b>No center in Belle Fourche</b>
<b>April 22</b>	<b>No Centers</b>
<b>April 23</b>	Belle Fourche Kindergarten Screening

### Spring Word Search



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

GRASS

BUMBLEBEES

DANDELIONS

DAFFODIL

WARM

RAIN

CLOUD

BIRD

PUDDLES

WORM

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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)



# Week of the Young Child

Wanda Dunn, Family and Community Partnership Specialist

## Please Join Us April 8-12, 2019

The *Week of the Young Child™* is an annual celebration hosted by *NAEYC* to spotlight early learning, *young children*, their teachers, families, and communities. Get ready for five fun-filled, themed days to celebrate the youngest learners!

### April 8 – Music Monday

Not only does music develop creativity, but children can learn literacy, language, and math skills through music. Learn a new song or invite a musician to perform a sing-along for your class.

### April 9 – Tasty Tuesday

Create healthy snacks and learn how to follow recipes. This day focuses on teaching young children about healthy eating and fitness. Have children try making an easy recipe. You can even bring in parents to cook a recipe with their child.

### April 10 – Work Together Wednesday

Help young children develop social skills and learn to work together by building together. Children can make a fort or build a block city in the classroom.

### April 11 – Artsy Thursday

Art is very important for developing creativity and fine motor skills. Have children explore their senses through creating shapes with playdough, or teach children about drawing different patterns.

### April 12 – Family Friday

Celebrate those who support young learners. Family stories and pictures are shared on this day to acknowledge the role families play in a child's learning. Parents can read a favorite children's book to their early learner or take their child on a picnic.

Resources for each day of this week-long event are available on [NAEYC's Activity page](#).

Just click on the down arrow by the day and activity and continue to scroll down until you come to family activities to give you many different activities to choose from.

# Update from Butte County

It is almost *SPRING!!!* We have had a very cold and biting winter. Most of it has been inside wishing for Spring. We need some beautiful days in order to get outside and play. The nice spring days will come and it would be nice to have something fun to do. So, I am going to give you two activities for outside and one for inside that you can do with your children. We all know we are good for a least one more snow before May.

Michele Kreuzer-Ranken—Butte County Area Services Manager

## Crayon rubbing

Take a walk with your child and collect different shape and textured objects. It can be leaves, twigs, rocks etc.

Bring them home and then take thin white paper and place over one or two of the objects. Then rubbing the paper with the side of the crayon help your child make an imprint of the objects.

When you are done you can talk about the different textures and designs that were made.

This activity can be adapted for indoor fun by gathering different materials within your home.

This is a fun way to increase fine and gross motor skills.



## Finger puppets

You will need old cotton or rubber gloves, scissor and markers.

Cut off the fingers of an old glove to make finger puppets. Use marking pen to draw on faces. You can also add other details with fabric scraps and glue.

Then have a puppet show.

## Wash Em Up

You will need a bucket, large clean paint brush, some water other cleaning supplies like clean rags or sponges. (You can also include child safe toys or objects to clean).

Fill the bucket with water.

Take your child outside and teach them how to paint using the water and brush.

Then let them explore the other cleaning items and watch them use them the way your child sees you use them. They can even have fun cleaning their toys.

This increases language skills, gross motor as well as eye hand coordination.



# Belle Fourche Center Updates

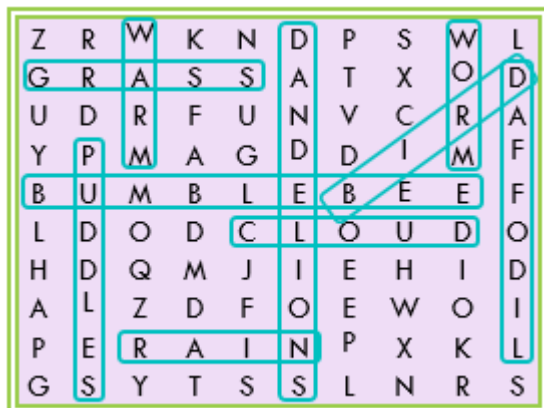
The Belle Fourche Head Start Center is getting along pretty well despite the cold and windy weather we have had. The center children love going outside to build snowmen or to just play their games in the snow. We know that Spring is not far off so we all are trying to enjoy this time of year before it goes by.

**Center One** has been developing a career unit which the children have enjoyed so much. Careers in the medical field and the business field seem to have really grabbed the interest of the children. There are many more careers yet to explore in this unit in hopes of interesting everyone.

**Center Two** has been involved with several fun hands-on activities also. The teachers and parents collected boxes of all sizes and shapes for this unit. The children have learned that boxes can be round, huge, flat, tall, or tiny. The boxes have been imaginary boats, airplanes, caves, and homes, to name a few. Center Two has also enjoyed a unit on The Fun of Winter that the children have loved.

Hope this finds everyone healthy, happy, and staying warm!

Judee Wilson — Belle Fourche Center Area Services Manager





# Harding and Perkins Happenings

## Greetings from Harding and Perkins Counties!

The temperature has stayed pretty cold this way, and we have received a lot of snow, but Spring and warmer temps are right around the corner! The cold has prevented outside play from happening at centers, so teachers have been creative in incorporating gross motor games and movement into their school days.

Lemmon center students have been getting warmed up by being race cars, doing Yoga stories, dancing, and practicing ABC movements.

Bison center students have been doing a lot of dancing, bowling, color races, and even brought winter indoors with snow in the sensory table. The kids loved mixing colors with eye droppers and making new creations in the snow while avoiding the harsh weather outside.

At the Harding County socials, the children also enjoyed playing with snow inside, exploring the new light table, building creations with blocks and dressing up in the dramatic play area.

During EHS socials for Perkins CO., the children and parents had fun with coffee filter/fine motor art projects, and on home visits have been doing the shape hop, dance parties, yoga, and copy-cat body movements.

Upcoming social dates are the following:

Perkins EHS Lemmon-March 14th and 28<sup>th</sup> from 5:30-7:30

Lemmon Center-March 21 from 5:30-7:30

Bison Center-March 11 from 5-7 pm

HC-March 5<sup>th</sup> from 9-11am and the 14<sup>th</sup> from 1-3 pm

Think Spring!



# Message from Melissa

## Early Literacy Tips for Babies



Ohio | Department of Education

### At Home

- **Talking.** Talk to your baby as you go about your day even if he can't respond with words yet (e.g. "We are making spaghetti for dinner! Yum!"). Encourage, listen and respond to your baby's chatters and babbles as much as possible to boost language development.
- **Singing.** Sing your baby a lullaby when you tuck him in for the night or make up a song to greet him in the morning. Hearing music and songs helps your baby develop awareness of different sounds and exposes him to new vocabulary.
- **Reading.** Set aside time during your day to read with your baby. Point to pictures and talk about what you are seeing and reading. This will help your child learn how books work, understand that pictures represent real things and encourage a love of books and reading.
- **Writing.** As you play or eat meals together, help your baby develop the muscles in her hands by encouraging her to pick up crackers and cheerios, touch her nose and toes or grab and pick up toys. This will help her little hands get ready to turn pages and hold pencils and crayons.
- **Playing.** When you're playing with your baby, have fun using different noises for toys, like trucks, baby dolls or animals. Hearing different noises and experiencing various pitches, tones and volumes helps your baby develop the basics of language.

Early literacy is what kids know about reading and writing before they can actually read and write.

You are your child's first teacher and preparing him or her to read can be easy and fun - whether you're at home or on the go!

Five of the best ways to prepare your child to read are talking, singing, reading, writing and playing.

### On the Go

- **Talking.** Talk about what your child is doing wherever you are and describe what she is looking at, touching or playing with: "Do you see the kitty? She looks soft." When you talk with your baby, she is hearing the sounds of the languages you speak and learning what words mean as you point to and label things. Babies babble using the sounds they have heard!
- **Singing.** Sing to your baby as you drive around town. Put your own spin on classic favorites like "The Wheels on the Bus" or "Itsy Bitsy Spider" to help introduce new vocabulary and word sounds.
- **Reading.** Forget to put a book in the diaper bag? No problem! Read whatever you see during your day to your child (street signs, grocery store labels or even posters at the doctor's office!) to improve your child's vocabulary when he starts talking.
- **Writing.** Let your child draw in soft substances, such as sandboxes at the park or yogurt at mealtime! Even this simple activity will help strengthen eye-hand coordination, which will help with writing later on.
- **Playing.** A simple game of peek-a-boo while grocery shopping can have a big impact. Playing helps babies become aware of their bodies, increases curiosity, develops a sense of humor and creates brain connections for future learning.

[worthingtonlibraries.org/kids/earlyliteracy](http://worthingtonlibraries.org/kids/earlyliteracy)





# Message from Melissa

## Early Literacy Tips for Toddlers

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### At Home

- **Talking.** Expand on the things your child says. For example, if your child points out a flower, respond with: "Yes, that is a flower. That kind of flower is called a rose. Roses can be red, yellow, white or pink."
- **Singing.** Clap along to rhythms when you sing or listen to a song. This helps children hear the syllables in words and helps develop motor skills.
- **Reading.** Stop before a predictable word or line in a book and ask the child to chime in (this works especially well with rhyming books or those with repetitive text) to help them make new words from words they already know.
- **Writing.** Fine motor skill activities, such as doing puzzles or crumpling paper, help strengthen the muscles in your child's hand which prepares him to properly hold pencils, crayons and markers.
- **Playing.** Play a game of pretend with your child – the sillier, the better! Pretend play helps your child understand the power of language.

### On the Go

- **Talking.** Point out signs, labels and logos as you and your toddler drive or go about your day. Talk about what different signs represent to help make your child aware of words and symbols all around them.
- **Singing.** Change the words in a familiar song to make something new. Instead of "Twinkle, Twinkle Little Star," sing about a quiet star or a great big star. Use your voice to help illustrate the new adjective: sing about the quiet star in a quiet voice or the great big star in a very loud voice.
- **Reading.** Relate the things that you are doing as you spend the day together to things that happen in your child's favorite books. "We're going to the zoo just like Maisy did in the book you like. What did Maisy do at the zoo? Should we do that, too?"
- **Writing.** See if you can find the first letter of your child's name on a street sign or at the store ("This is broccoli. It starts with the letter B, just like your name: Brittany! What else can we find that starts with the letter B?")
- **Playing.** Play a game of "Can you...?" by asking a series of questions like, "Can you jump really high?" or "Can you find something red?" Playing games like this is fun and easy when you're on the go – and helps improve concentration, attention span and memory.

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Five of the best ways to prepare your child to read are talking, singing, reading, writing and playing.



# Message from Melissa

# Early Literacy Tips for Preschoolers

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## At Home

- **Talking.** As you are preparing a meal, invite your child to help. Talk about what you are doing, how you are doing it or the food you are preparing (name, color, texture, taste or where it comes from).
- **Singing.** Singing is a great way to learn new vocabulary and help children understand sentence structure by slowing the language down. Try to sing songs about everyday routines such as getting dressed, washing hands or making breakfast.
- **Reading.** Encourage your child to choose books she is interested in, even if you feel that the story is too long for her attention span or bedtime. Try going on a "picture walk" through the story where you discuss what you see going on in the illustrations; you can even make up your own story about what is happening in the pictures you see.
- **Writing.** When coloring or scribbling, encourage your child to write as much as he can about what he is drawing. This will help him understand that written words stand for spoken language.
- **Playing.** Dress-up is a fun and inexpensive way to introduce your child to storytelling. Provide her with old clothes and other household props to help her act out favorite stories – or make up her own! Encourage her to think about how a story progresses through the beginning, middle and end.

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## On the Go

- **Talking.** Engage your child in conversation while in the car. Talk about where you are headed, what you did last time you were there if it's a familiar place, or what new and exciting things you will do if it's somewhere your child has never been.
- **Singing.** Keep a CD or playlist of your child's favorite songs in the car. Sing along with them (or sing made-up songs!) to help your child hear syllables, word sounds and new vocabulary.
- **Reading.** Words are all around us! Point out letters or simple words that your child may recognize, such as ones that start with the same letter as his name or easy rhyming words.
- **Writing.** While waiting in line or at the doctor's office, do a simple finger play or rhyme that gets her hands moving, like "Itsy, Bitsy Spider" or "Open Them, Shut Them." Moving and stretching her fingers will help her build the fine motor skills she'll need to write and draw.
- **Playing.** Play a game of "I Spy" while in the car. Take this opportunity to work on building your child's vocabulary by picking things he may be unfamiliar with or by using very descriptive language to help him guess the item you see.

[worthingtonlibraries.org/kids/earlyliteracy](http://worthingtonlibraries.org/kids/earlyliteracy)







**Misty Wilbur**  
Health, Nutrition and  
Safety  
Specialist



Achieve optimal physical and cognitive development, maintain a healthy weight, enjoy food and reduce the risk of chronic disease through appropriate eating habits and regular physical activity.

As with any part of raising children, no one does a perfect job with nutrition. As a parent, grandparent or caregiver, you can help to raise healthy eaters during these critical years by doing your best to:

- Serve regular, balanced meals and snacks with a variety of nutrient-rich foods.
- Provide calm, pleasant meal times where adults and children can talk together.
- Remove distractions such as television, phones and tablets so that your attention is on each other.



# Your Child's Mental Health

## HELP!! I Need Boundaries!

As human beings, we all have and need boundaries! Love can't exist without boundaries, even with your children. Boundaries are invisible lines of what is and what is not acceptable to us. We have boundaries in every important part of life such as emotional, physical, spiritual and more.

The problem is many of us do not know what our boundaries are. I'm convinced boundaries are the single most important thing we can do for ourselves. Think about your boundaries with your children, your co-workers, in laws, spouse and friends? If you have difficulty saying no or are bothered by someone who is demanding, controlling, criticizing, pushy, abusive or even smothering you with kindness, it's your responsibility to speak up!



### Types of Boundaries

**Material boundaries-** This can determine whether you give or lend things. What's your thoughts or rules on loaning money, your car or other household items? What about sharing your toothbrush?

**Physical boundaries-** This is all about your personal space, privacy, and body. Do you like hugs? With whom and when? How do you feel about loud music in your space? What are your rules in your home about nudity and doors (locked or unlocked) surrounding bathroom time?



**Mental boundaries-** Mental boundaries apply to your thoughts, values, and opinions. Are you easily led? Do you know what you believe? Can you express your opinions when it matters and to those it matters? Can you listen with an open mind to someone else's opinion? If you become highly reactive and upset, argumentative and defensive you may have weak emotional boundaries.

**Emotional boundaries-** How do you separate your emotions from someone else's? It's like an imaginary line that separates you and others. Healthy boundaries prevent you from giving advice, blaming or accepting blame when you've done nothing wrong. They protect you from feeling guilty for someone else's feelings or problems and taking others' comments personally. If you react to others easily, you may have weak emotional boundaries.

**Sexual boundaries-** How do you protect yourself with sexual touch? Do you know your comfort level and do you assert this with your partner? What are you o.k. with? What is not acceptable in this area?

**Spiritual boundaries-** This is related to your beliefs and experiences in connection with God or a higher power. Do you know what you believe? Do you allow others to demean your beliefs?

I encourage you to take an honest look at your life. Where are you struggling? Which personal boundaries do you continue to allow others to cross and break? How would your life be different if these boundaries were respected? We all struggle in relationships from time to time. Often the culprit, is weak boundaries. Take charge of your own happiness and start teaching those close to you how to treat you!

**Rebecka Funk MA. LPC-MH - Mental Health Consultant**