



Badlands Head Start:

PRENATAL TO FIVE



March—April 2021 **Newsletter**

Upcoming Dates

March 2	Dr. Suess's Birthday
March 14	Daylight Savings Time Begins
March 15	Kindergarten Screening
March 17	Policy Council Meeting
March 18	TREC Board Meeting
March 20	First Day of Spring
April 5	No Centers
April 19-23	Dental Bus in Belle Fourche
April 21	Policy Council Meeting
April 21	Earth Day
April 22	TREC Board Meeting



CAN YOU COLOR ME?

101 5th Ave Belle Fourche, SD 57717

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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

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

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Message from Melissa

Melissa Pickle - Program Services Director / Education & Disability / Coaching & Training Specialist

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



Message from Melissa

Melissa Pickle - Program Services Director / Education & Disability / Coaching & Training Specialist

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.

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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.** 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.



Message from Melissa

Melissa Pickle - Program Services Director / Education & Disability / Coaching & Training Specialist

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.

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

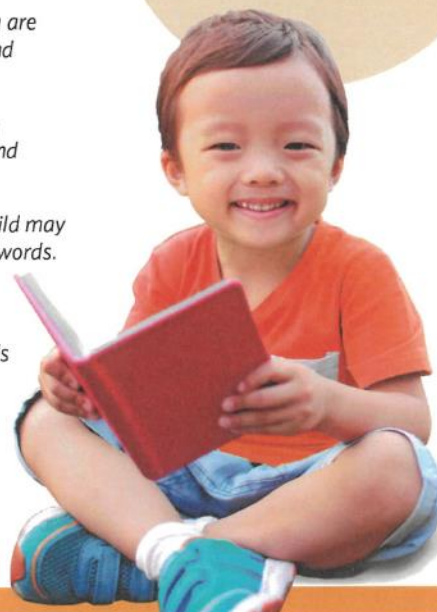
You are your child's first teacher and preparing him or her to read can be easy and fun - whether you're at home or on the go!

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

On the Go

- **Talking.** 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



Message from Wanda Dunn

Wanda Dunn - Program Services Director / Education & Disability Specialist

VITA- Volunteer Income Tax Assistance

Volunteer Prepared Taxes

Location	Address	Phone number	Date Range	Day/Time	Appointment required
Belle Fourche Public Library Ad-Hoc	905 5th Ave Belle Fourche, SD 57717	800-327-1703	Jan 25-Apr 15	Mon-Thurs 10:00-6:00 10:00-2:00 Fri	Yes
Hearst Library Ad-Hoc	315 W Main ST Lead, SD 57754	800-327-1703	Jan 25-Apr 15	Mon-Tues 10:00-7:00 Wed-Fri 10:00-5:00	Yes
Western SD Community Action Agency	1844 Lombardy Drive Rapid City, SD 57703	800-327-1703	Jan 25-Apr 15	Mon-Fri 9:00-4:30	Yes
Black Hills State University	1200 University Jonas Academic Room 205 Spearfish, SD 57783		Feb 9-Apr 8	Tues 4:00-7:00 Feb 9 & 23 Mar 23, Apr 6 Thurs 4:00-7:00 Feb 11 & 25 Mar 25, Apr 8	No
Community Action Partnership Dickinson	202 E Villard St Dickinson, ND 57601			Mon & Wed 9:00-12:00 and 1:00-4:00 Fri 9:00-12:00	No

To qualify household income below \$57,000

The information here, including hours of operations is provided to the IRS and subject to change. Please contact the site to confirm.

Message from Rebecka Funk

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

APRIL- CHILD ABUSE PREVENTION MONTH

April has been recognized nationally as Child Abuse Prevention Month. At Badlands Head Start, we support all our children and our families.

We encourage all parents to reach out to others when you're in need of help and know what resources your community has to offer. Please ask your teacher or home visitor about any resources you may be in need of.

Remember to be available to neighbors and friends whom you know are struggling and may need additional support.

Learn the signs of child abuse and how this impacts children, families and their communities.

Always report possible child abuse by calling 1-877-244-0864.

Contact our mental health consultant for any guidance or assistance you may need. Rebecka Funk MA., LPC-MH 605-722-0795

Message from Rebecca Funk

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

Child Abuse

Did you know that 4 children die every day in the United States due to child abuse and 70 % of these children are under the age of 3! There's certain myths that people sometimes possess about child abuse. It's important for us to challenge these beliefs. Listed below are five common myths about child abuse.

Myths and Facts about child abuse and neglect

MYTH #1: It's only abuse if it's physical.

Fact: Physical abuse is just one type of child abuse. Sexual abuse is very prevalent and has devastating long term effects on those who have endured this. Neglect and emotional abuse can be just as damaging, and because they are more subtle, others are less likely to intervene.

MYTH #2: Only bad people abuse their children.

Fact: While it's easy to say that only "bad people" abuse their children, it's not always this simple. A majority of abusers are not intentionally harming their children. Many have been victims of abuse themselves, and don't know any other way to parent. Others may be struggling with mental health or substance abuse issues. Although this may explain and increase understanding into why abuse occurs, this is never a valid reason to hurt a child.

MYTH #3: Child abuse doesn't happen in "good" families.

Fact: Child abuse doesn't only happen in poor families or certain neighborhoods. It crosses all racial, economic, social and cultural lines. Despite how a family appears or looks on the outside, it can be quite a different story behind closed doors.

MYTH #4: Most child abusers are strangers.

Fact: While abuse by strangers does happen, sadly most abusers are family members or others close to the family. Only 10 percent of abused children do not know their abuser.

MYTH #5: Abused children always grow up to be abusers.

Fact: It is true that abused children are more likely to repeat the cycle as adults and can unconsciously repeat what they experienced as children. On the other hand, many survivors of child abuse have a strong desire and motivation to protect their children and break these patterns.

Children who have been abused suffer long term effects from the abuse they experienced growing up. Abused children are more likely to experience teen pregnancy and more at risk of engaging in sexual risk taking behaviors. Sadly some abused children will later abuse their own children, continuing the cycle of abuse. Abused children are at a significantly higher risk for developing psychological disorders such as substance abuse, depression or anxiety.

Early intervention is vitally important and can change the course of a child's life. Should you recognize any signs that a child is being hurt, please reach out to someone in your community such as your Child Protection Services, local police or call the Child National Hotline at 1-800-4-A-Child.

Information adapted from the American Society for Positive Care of Children and Humanity Against Local Terrorism.

Message from Wanda Dunn

Wanda Dunn - Program Services Director / Education & Disability Specialist

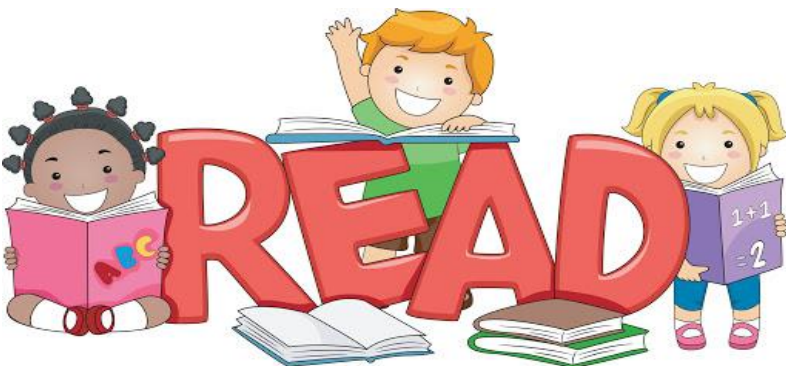


Badlands Head Start along with the United Way of the Black Hills have been enjoying a Race to Read challenge for the months of January and February. The invite went out to all enrolled families and staff of Badlands Head Start. The United Way graciously gave Badlands Head Start \$300 to fund events after the challenge is complete. Due to no socials, we have decided to present each enrolled participant with a book and a bag of fun literacy items. So far our total books read is 5266!

We continue to be reading toward winning the community challenge grand prize.

Happy Reading,

Wanda Dunn



Message from Wanda Dunn

Wanda Dunn - Program Services Director / Education & Disability Specialist



The Week of the Young Child's 50th Anniversary

The Week of the Young Child is an annual celebration sponsored by the National Association for the Education of Young Children (NAEYC).

The NAEYC first established the Week of the Young Child in 1971, recognizing that the early childhood years (birth through age 8) lay the foundation for children's success in school and later life. The Week of the Young Child is a time to plan how we-as citizens of a community, of a state, and of a nation--will better meet the needs of all young children and their families.

Join the NAEYC and Badlands Head Start celebrate the Week of the Young Child April 10-16, 2021.

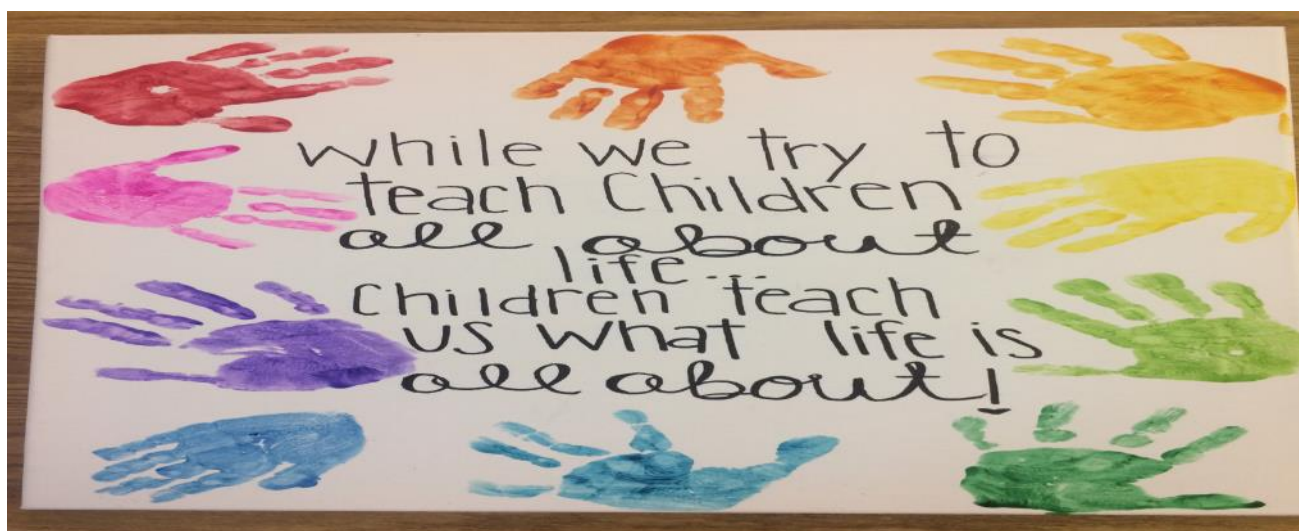
To learn more about Week of the Young Child and to enjoy learning activities each day with your child(ren) go to www.naeyc.org.

Additional Early Learning Resources

Vroom.org
EarlyLearnerSD.org
[cdc.gov/milestones](https://www.cdc.gov/milestones)

Submitted by

Wanda Dunn, Family and Community Partnership Specialist



Belle Fourche Kindergarten Screening

March 15, 2021
8:00 - 3:00

Appointment Required
Call 605-723-3382 to schedule

South Dakota Public Broadcasting will be providing the amazing and free-of-charge resources of [Sesame Street in Communities](#). The Sesame Street in Communities resources help early learners with what matters most in young lives: health and wellness, social-emotional skills, and school readiness. Teachers, families and child care providers can sign up to receive a free Sesame Street in Communities kit in the mail directly from SDPB at [SDPB.org/ELI](#).



in Communities



South Dakota Public Broadcasting • 555 N. Dakota Ave. • Vermillion, SD 57069
[SDPB.org/ELI](#) • [sesamestreetincommunities.org](#)
(605) 677-5861

Hello from the SDPB Early Learning Initiative!

In conjunction with Sesame Street Workshop, SDPB is excited to provide you with the amazing and free-of-charge resources of [Sesame Street in Communities](#). Sesame Street in Communities builds on a 50-year commitment to addressing kids' developmental, physical, and emotional needs.

Each day you make a difference by helping kids and families grow smarter, stronger, and kinder. The Sesame Street in Communities resources, along with resources from SDPB and local partners, help early learners (and parents!) with what matters most in young lives: health and wellness, social-emotional skills, and school readiness. All are critical to children's healthy development, and together they build the foundation for a happy, healthy life.

To get the ball rolling, please sign up to receive a free Sesame Street in Communities kit in the mail directly from SDPB. To get the free kit please sign up at [SDPB.org/ELI](#). There will be training on how to best use the kits coming in March.

SDPB's educational resources are free and available to everyone. Please share this information with colleagues, friends, family members or anyone you know who may like to receive an SDPB Sesame Street in Communities Kit, available by visiting [SDPB.org/ELI](#).

We hope you can join SDPB as we use the power of Sesame Street in the lives of our children! Thank you for your work with South Dakota's early learners, and please contact us at 605-677-5861 or kevin.nelson@sdpb.org with any questions.

Kevin Nelson
Educational Specialist
South Dakota Public Broadcasting

Also sign up of the [SDPB Early Learning Initiative Newsletter](#) and [Bright by Text](#) (text SDKIDS to 274448)! Both are rich and helpful resources for those who work with early learners!

Message from Misty West

Misty West- Health, Nutrition and Safety Specialist



*Delta Dental Bus will be in
Belle Fourche
April 19-23*



Ask your teacher or
home visitor for an
application.

Call Krinda at the
Butte County WIC
office to schedule
605-892-2523.

Appointments fill up fast! Call today to reserve
your child's spot on the dental bus!

Tornado Safety Tips

Practice and Prepare

Know where you'll meet your family during the tornado (and after). Practice a tornado drill annually. Keep a weather radio in your storm shelter, along with safety supplies.

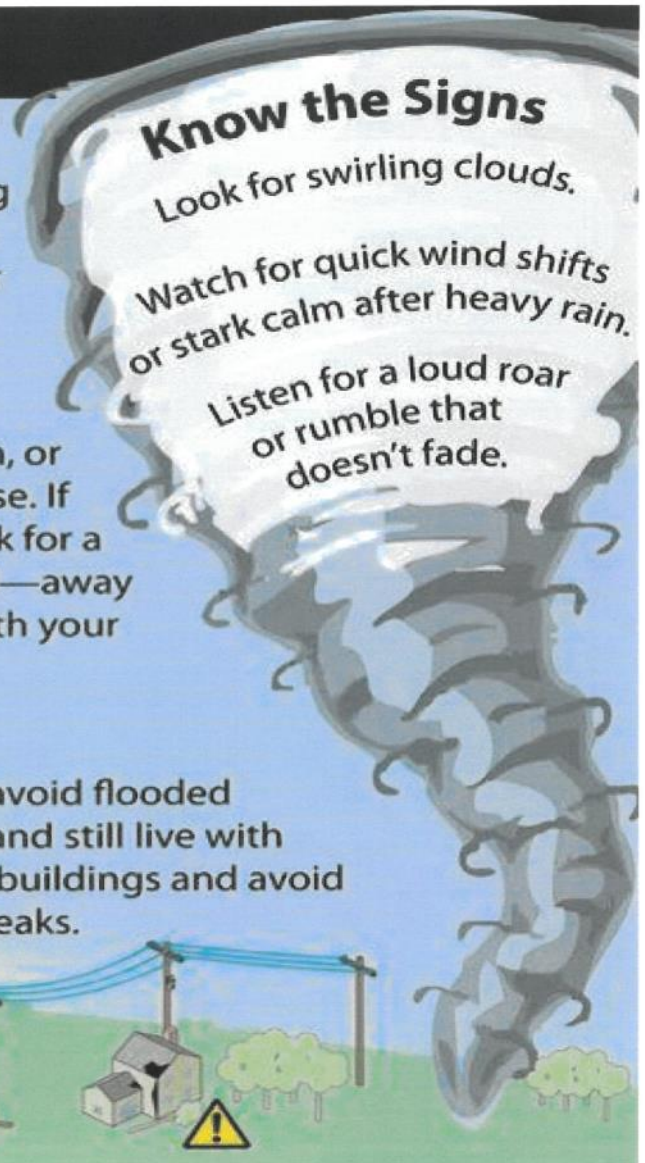
Seek Shelter

Go to your basement, a small interior room, or under stairs on the lowest floor of the house. If you live in a mobile home, get out and look for a stable building. If outside, find low ground—away from trees and cars—and lie face down with your arms protecting your head.

After the Storm

Stay away from downed power lines, and avoid flooded areas—power lines could be submerged and still live with electricity. Don't enter seriously damaged buildings and avoid using matches and lighters in case of gas leaks.

Source: National Oceanic and
Atmospheric Administration
and Funnel, Inc.





FAMILY PREPAREDNESS: THINKING AHEAD

Unfortunately, disasters can strike at any time, and there is usually little warning and time to prepare. To help in the event of a disaster, create a Family Preparedness Plan. Teaching this plan to all members of the family will help increase family effectiveness and reduce stress in an emergency.

Below are steps to help your family be prepared in the event of a disaster or other emergency. These steps include how to educate yourself and your family, create a family emergency plan, create a family communication plan, make an emergency supply kit, be informed during and after an emergency, and practice. A Family Preparedness Wallet Card ([Family Preparedness Card](#)) for parents and caregivers to complete and carry is available on this Website (www.nctsn.org).

EDUCATE YOURSELF AND YOUR FAMILY

- ☐ Learn what disasters may strike your area (e.g., earthquake, hurricane, flood, fire)
- ☐ Learn what hazards are located in your area (e.g., dams, chemical plants, bridges)
- ☐ Learn where your evacuation shelters are located
- ☐ Learn your community's evacuation routes
- ☐ Learn the disaster plan at your place of work
- ☐ Learn the disaster plan at your child's school, including how the school plans to reunite children and families if a disaster strikes during school hours.

CREATE A FAMILY EMERGENCY PLAN

- ☐ Have a family meeting to create an emergency plan
- ☐ Make sure everyone knows the plan
- ☐ Identify two different routes to get out of the house in case you must leave to be safe
- ☐ Identify safe places in your home in case you must stay inside
- ☐ Identify places for your family to meet in case all of you are not in your home at the time of disaster
 - Pick one place in your neighborhood
 - Pick one place outside of your neighborhood
- ☐ Identify a family contact person (neighbor, friend, or relative) who the members of your family can contact in case of separation
- ☐ Identify a contact person outside of your state
- ☐ Write these contact names and phone numbers on your [Family Preparedness Card](#).
- ☐ Make a plan to keep your pets safe
- ☐ Make an emergency supply kit for your home, car, and workplace
- ☐ Know how to turn off electricity, gas, and water

HAVE A FAMILY COMMUNICATION PLAN

- ☐ Fill out and carry the [Family Preparedness Wallet Card](#)
- ☐ Make sure family members know important phone numbers. These can include:
 - School, Afterschool Care, Child's Cell Phone, Family/Work Cell Phone, Relative/Friend, Out of State Emergency Contact, Doctor, Hospital, Insurance, Fire, Police Information (non-emergency numbers – use 911 only in life-threatening emergencies), Pharmacy, Mental Health Agency, Veterinarian, Local Red Cross, Highway Road Conditions



MAKE AN EMERGENCY SUPPLY KIT

Think Ahead. Your family needs supplies to last at least three days. Pack them in containers that are easy to carry. You may need more than one kit if you have a large family. Store your supply kits in a secure place.

Food and Water. Have a gallon of water per person for each day. Pack foodstuffs that will not spoil and do not need to be cooked. For canned products, have a hand-operated can opener. Include baby food if needed, and food and water for any pets.

Blankets. Have one warm blanket for each member of the family.

Tools. Include a flashlight and extra batteries in your kit. Have a portable radio, with extra batteries. Include a wrench to turn off gas, water, and a fire extinguisher.

First-aid Kit. Pack a first-aid kit, including any prescription medications that your family needs. Include an extra pair of glasses for family members with prescription lenses.

Sanitation supplies. Have toilet paper or tissues, feminine products, wipes, and anti-bacterial hand gels. Consider plastic trash bags for used food containers and other items such as dirty diapers.

Personal items. Be sure to have an extra set of car and house keys. Have a credit card and cash. Have copies of important family documents (passports, social security cards, insurance information, etc.) in the kit.

Extras. In the event of an emergency, you may be staying in a shelter for several days, so pack a book, playing cards, or a pad with crayons or pencils.

BE INFORMED

During and after an emergency, keep informed about up-to-the-minute risk and safety information (e.g., hazardous conditions, school closings, updated evacuation plans) on radio, television, and hotline telephone numbers.

PRACTICE

Every six months:

- ☐ Update and refresh your emergency supply kit
- ☐ Review your disaster plan with the whole family

Once a year:

- ☐ Practice your family emergency plan
- ☐ Update your **Family Preparedness Card**
- ☐ Check your fire extinguisher

For more information about emergency kits as well as disaster preparedness in your area, contact your local American Red Cross Chapter or visit their website at: www.redcross.org.

Other useful sites for emergency information are:

www.ready.gov www.NCTSN.org www.ready.gov/kids www.cdc.gov/disasters/index.html

Activity Page

Spring songs and movement activities



Colored Frogs

Tune: Have You Ever Seen a Lassie?

Have you ever seen a (color) frog, a (color) frog, a (color) frog?
Have you ever seen a (color) frog, go hop, hop, hop, hop!

Have children hops like frogs on lily pads.



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Use your imagination with these fun activities for spring!

Pinterest.com



Activity Page

Coffee Filter Earth Day Art

Celebrate Earth Day every day! Combine a Planet Earth craft with a bit of science for the perfect activity this season. This **coffee filter Earth Day art** is great for even non-crafty kiddos. Explore simple science with a colorful take on coffee filter soluble science.

You will need:

Coffee filters	glue
Washable markers	scissors
Metal baking sheet pan	

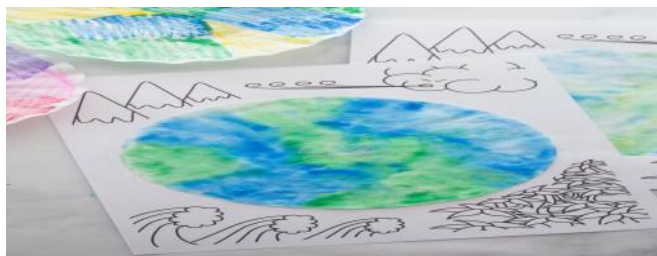
STEP 1. Flatten round coffee filters, and draw your Earth with the ocean and continents.



STEP 2. Place the colored coffee filters on a metal baking sheet pan and then mist with a water spray bottle.



STEP 3. Watch the magic as the colors blend and the Earth comes to life! Set aside to dry.



STEP 4. Glue your earth on the background. Go ahead and color it in if you like!



EARTH DAY CRAFT

COFFEE FILTER ACTIVITY



