

Badlands Head Start:

PRENATAL TO FIVE



May/June 2019 Newsletter

Upcoming Dates

May 22th	Policy Council Meeting
May 23th	TREC Board Meeting
June 19th	Policy Council Meeting
June 20th	TREC Board Meeting

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<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

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Recruitment Time is Here!

Badlands Head Start: Prenatal to Five is currently taking applications for the 2019-2020 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 Head Start program in your area. Share with them the 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, 2019.

Bison	Mon—Thurs	8 a.m.—12:30 p.m.
Lemmon	Mon—Thurs	8 a.m.—2 p.m.
Belle Fourche	Mon—Thurs	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 services to prenatal moms and children 0-5 years old (who do not turn 5 before Sept. 1, 2019).

Perkins County services to prenatal moms and children 0-3 years old (who do not turn 3 before Sept. 1, 2019).

Corson County, Oglala Lakota County, and Bennett County services to children 3-5 years old (who do not turn 5 before Sept. 1, 2019).

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 numbers to call the local offices or the Belle Fourche office to fill out an application. Thank you!

Belle Fourche Office:	605-723-8837 or 800-598-5859
Bison Office:	605-244-5500
Kyle Office:	605-455-2799
Newell Office:	605-456-1370
Buffalo Office:	605-375-3179
Lemmon Office:	605-374-3134

10 Ways to Limit Your Child's Screen Time

By Amy Morin, LCSW

Updated January 06, 2019



Although unlimited time with electronics may keep your child quiet, too much screen time isn't good for kids. But setting limits on how much TV your child watches or how many video games he plays isn't always easy in today's screen-filled world.

Here are 10 tips that will help you limit your child's screen time to a reasonable, healthy amount.

1: Model Healthy Electronics Use

It's important to role model healthy electronics use for your children. So before you binge watch your favorite Netflix series, remember to set a good example. Keeping the TV on for background noise all the time or scrolling through your phone any time you have a spare minute teaches your child bad habits.

2. Educate Yourself on Electronics

Today's kids are tech-savvy. Most of them know more about electronics than adults do. That's why it's essential to stay up-to-date on the latest cell phone app or the newest social media craze.

You can't teach your child about the risks of social media unless you understand the danger. And you can't prevent him from playing violent video games if you don't understand the ratings. Make it a priority to learn about electronics and how they're affecting children.

3. Create "Technology-Free Zones"

Establish zones in your house where you just don't allow electronics, like smartphones and laptops. For example, the dining room can be a great technology-free zone that is reserved for meals and family conversation.

4. Set Aside Times to Unplug

Set aside time for the entire family to become unplugged from technological devices. For example, the dinner hour or an hour before bedtime can be great times for the entire family to have quality time together without TV, Video games and computers. You also might consider a longer digital detox for the entire family.

5. Use Parental Controls

Protect kids from explicit content on TV and online. Use parental controls that allow you to monitor what your children are viewing on TV and what they're doing online.



c0olBe@ns

6. Talk to Kids About the Dangers of Too Much Screen Time

Kids who understand, “It’s not healthy to watch too much TV,” are less likely to try and break the rules compared to kids who think, “I can’t watch TV because my parents are mean.”

In an age-appropriate manner, explain how violent video games, movies, and images can be harmful to kids. Also, discuss the potential dangers of online predators. Discuss how you can work together as a family to reduce potential risks.

7. Obtain Your Child’s Passwords

Depending on your child’s age and your values, it may make sense to obtain your child’s passwords to any social media accounts or online accounts. It can also be

important to establish rules about social media and what services you’ll allow your child to participate in.

Many children lack the maturity needed to handle online problems, such as cyberbullying. It’s important to really take responsibility for helping your child stay safe if he’s using social media.

8. Encourage Other Activities

Kids easily grow dependent on technology for entertainment. Encourage your children to become involved in activities that don’t involve screens.

Get your child to play outside, read a book or play a game.

1mRad

9. Make Screen Time a Privilege

Screen time should be a privilege and not a right. Take away privileges, such as TV time or computer use, as a negative consequence. Once you’ve set a limit on how much screen time is allowed, don’t allow kids to earn extra time as a reward. Instead, stick to the daily limit and offer other free or low-cost rewards.

10. Don’t Allow Screen Media in Your Child’s Bedroom

It’s impossible to monitor a child’s screen media use if it’s allowed in the bedroom. Don’t allow your child to have a TV, video game system or computer in his room. This includes hand-held devices that many children use late at night, which can interfere with their sleep.

Sources:

American Academy of Pediatrics: [American Academy of Pediatrics Announces New Recommendations for Children’s Media Use](#)

HealthyChildren.org: [How to Make a Family Media Use Plan](#)

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<https://www.verywellfamily.com/tips-for-limiting-electronics-and-screen-time-for-kids-1094870>

Update from Butte County

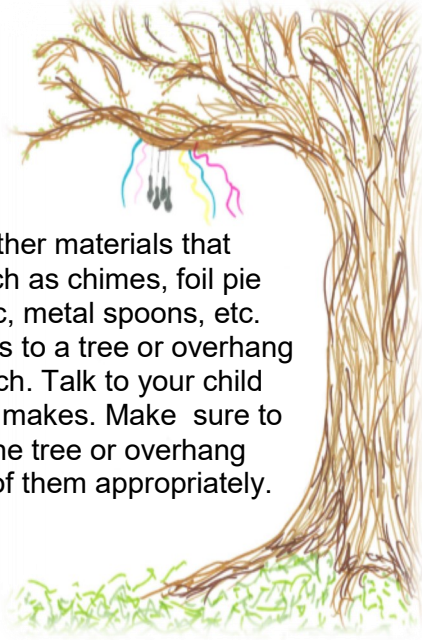
It is *SPRING!!!* We have had a very cold and biting winter. Most of it has been inside wishing for Spring. We need some beautiful days in order to get outside and play. The nice spring days will come and it would be nice to have something fun to do. So, I am going to give you two activities for outside 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 Co. Area Service Manager

Flutter Tree

Ages six weeks and older

Have your child help you gather materials that make sound in the wind, such as chimes, foil pie tins, strips of paper or plastic, metal spoons, etc. Use string to tie the materials to a tree or overhang where your child cannot reach. Talk to your child about the sounds each item makes. Make sure to remove the materials from the tree or overhang and either store or dispose of them appropriately.



Nature Sticky Picture

Ages 18 months and older

Take a walk around your yard, neighborhood or park. Let your child collect small pieces of grass, leaves, seeds and wildflowers. Put them in a small paper bag. When you get home, let everyone show and talk about what they collected. Peel the backing off of a large piece of self-adhesive paper or stick double sided tape to a piece of paper and stick the objects onto the sticky bits. Hang the picture at eye level with the child and encourage them to look at and feel the different textures.



Bubble Prints

Materials:

- ◆ Small bowls
- ◆ Plastic drinking straws
- ◆ Food coloring
- ◆ Bubble solution
- ◆ White construction paper
- ◆ Old newspaper

Cover a table with old newspaper. Add a little bubble solution, with a different color of food coloring, to each bowl. Have children experiment with mixing colors. Have the children blow bubbles in the bowl using the straws, until the bubbles are over the rim of the bowl. Lay the white construction paper flat on top of the bowl. When removed, the paper will leave a geometric bubble print. Encourage children to repeat this with each color, using the same sheet of paper to overlap the bubble prints. Let the paper dry.

The resulting print can be displayed as is or it can be cut up and used as note-cards or wrapping paper. If you have self-adhesive plastic on hand, you can place the print between two sheets to make a placemat out of it.



Screen Time May Be Making You Sick

It seems like children know how to operate tablets, smartphones, and computers almost from birth. But those mesmerizing screens expose them to a number of long-term health threats. The use of these electronics can negatively impact your quality of sleep.

Sleep and Your Immune System

Here's what's happening: Using TVs, tablets, smartphones, laptops, or other electronic devices before bed delays your body's internal clock, suppresses the release of the sleep-inducing hormone melatonin, and makes it more difficult to fall asleep. This is largely due to the short-wavelength, artificial blue light that's emitted by these devices. The more electronic devices that a person uses in the evening, the harder it is to fall asleep or stay asleep. Besides increasing your alertness at a time when you should be getting sleepy, which in turn delays your bedtime, using these devices before turning in delays the onset of REM sleep, reduces the total amount of REM sleep, and compromises alertness the next morning. Over time, these effects can add up to a significant, chronic deficiency in sleep. Yes, lack of sleep can affect your immune system. Studies show that people who don't get quality sleep or enough sleep are more likely to get sick after being exposed to a virus, such as a common cold virus. Lack of sleep can also affect how fast you recover if you do get sick. Your body needs sleep to fight infectious diseases. Long-term lack of sleep also increases your risk of obesity and diabetes.

Sleep Needs of Young Children

Between ages one and two:

Toddlers typically need 11 to 14 hours of sleep per day. Most of this occurs at night, but most kids of this age do still need a nap that ranges from one to three-and-a-half hours long.

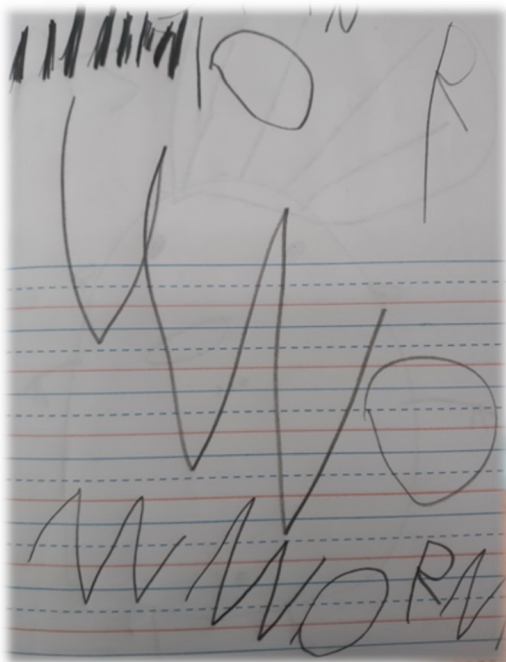
Between ages three and five:

Preschool-age children usually need 10 to 13 hours of sleep per day. At age three, many kids are still napping, at age four, some are still napping, but most give up the habit by age five.

Bedtime Routines

To help your child get the sleep that he or she needs, develop a calming bedtime ritual that might include taking a bath, putting on PJs, brushing teeth, and reading a story. Avoid using any screens at least one hour prior to bed time so as to not interfere with your child's melatonin levels and ability to fall asleep. It is also wise to stick with a consistent bedtime. This will help set the stage for a good night's sleep, night after night.





BELLE CENTER Has **WORMS** !

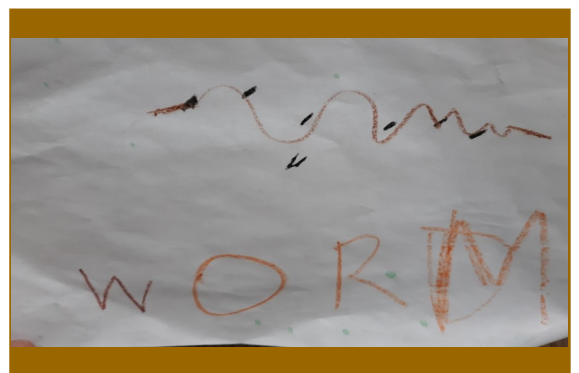
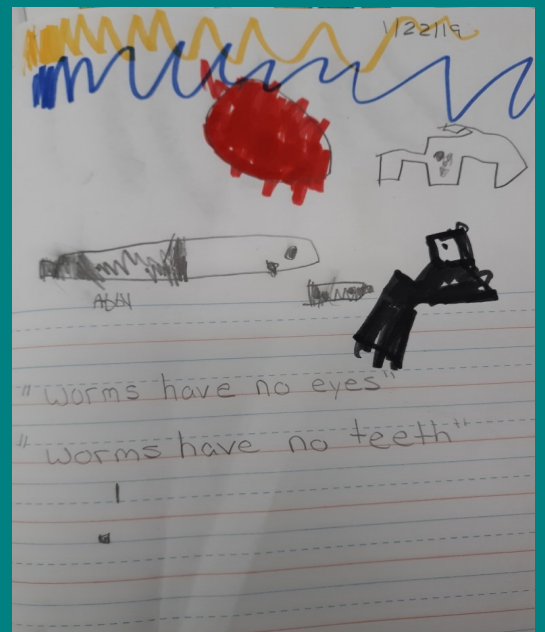
Is a worm an animal? What kind of food do they eat? Do worms lay eggs??

These are the questions our young scientists have in Center 1. We have observed our worms for about 2 months now. In fact, the children have provided such a loving environment that they had BABIES!!!! Students were able to observe tiny worms hatch out of their cocoons and grow into adult worms. Everyone in class has a scientific journal that they have used to document everything they have learned about worms and tally how many we have in the compost. This has been a great learning experience that ALL of our students enjoy.

STUDENT INTERVIEW

MS. K: CAN YOU PLEASE TELL ME
EVERYTHING YOU KNOW ABOUT
WORMS?

STUDENT: THEY DON'T LIKE LOUD!
(NOISES) YOU CAN'T PUT TOYS IN
THEIR HOME.



Message from Melissa: Alternative Activities to Screen Time

As we are now firmly entrenched in the digital age, research is showing there are downsides to our over usage of technology, particularly for our children. When children are engaged in these types of activities it means they are spending less time doing other things such as playing outside, reading or interacting with others. It is clear we need to limit the amount of time our children are spending engaging with a screen.

There are a multitude of activities you and your children can engage in outside of screen time. The following is a list of just a few ideas for both outdoors and indoors.

Melissa Pickle - Program Services Director/Education-Disabilities Specialist

OUTDOOR ACTIVITIES



Go For Nature Walks Daily

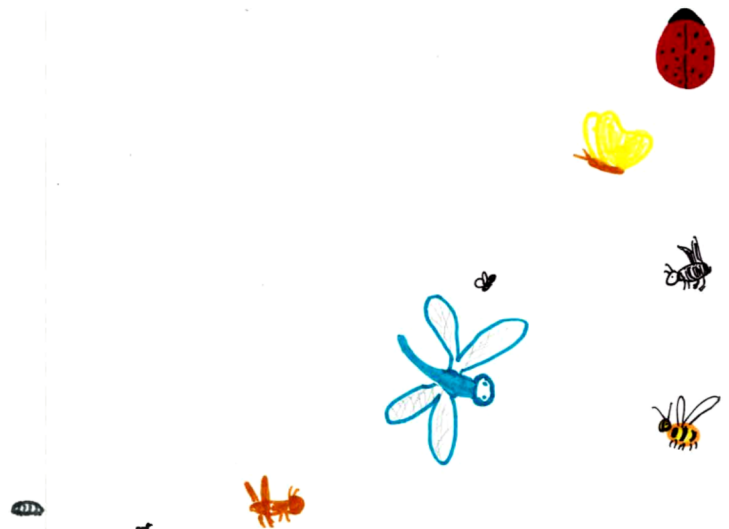
As the weather is improving and the days are getting longer, take advantage and get outside! Go for a walk outside every day with your child. Talk about the different things you see and how they change from day to day. For example, point out how the flowers are blooming and how in some places the grass is green, while in others the grass is brown. Talk with your child about why that is happening. Encourage your child to share with you the changes he sees. This will help your child become a better observer of the world around him. Other items the two of you may see on your walks include: flowers sprouting, birds singing, leaves on the trees, and mud puddles that dry up or appear after a rainy day

For young infants, hearing you talk about what he or she sees helps him or her to better understand the world around them. It will also help your child to develop language skills.



Bug Search

During the spring and summer months the bugs are out in full force. Children are fascinated by insects. Go on a bug search with your child and help him or her learn about the natural world around them. Look for bugs hiding under rocks, walking in the grass or skittering across the ground. Remind your child to just watch the bugs, not to touch or they could hurt them. Be sure you can tell which insects might bite or sting and protect your child against them. Consider checking out a book from the local library on bugs to help you identify bugs you and your child find together. Again, for young infants hearing you describe what is happening around them will support your child's language development.



INDOOR ACTIVITIES

Arts and Crafts

There are many ideas for engaging your child in arts and crafts activities. The best ones are open-ended, meaning there is no one way for the item to look like. This can be as simple as having your child draw or scribble a picture using crayons, markers or pencils and a piece of paper. You can also have your child create a collage using various items you can find around the house such as cotton balls, twigs, leaves, glue and paper or cardboard. These types of activities will help your child develop his or her creative skills as well as the fine motor skills in their fingers and hands needed for learning to write later on.

Play I Spy

I spy is great game you can play with a child anytime and anywhere. To play, pick out an object both you and your child can see and say, "I spy with my little eye something..." You then describe the object by color, size, etc. Your child then guesses what you saw. Then let your child have a turn describing an object and having you guess. This is a great way for children to work on learning concepts such as color, shapes, and sizes. It will also help develop your child's language skills and teach about turn taking.

Read a Book Together

Sitting down with your child to read a book together is one of the best things you can do to help prepare your child for school. Reading books together and making it an enjoyable experience will increase your child's love of reading and vocabulary.

Have a Dance Party

Put on some music and just dance! This is great way to get you and your child's heart rate up and have fun. You can also turn this into the Freeze game by stopping the music periodically and having your child freeze when the music stops. This will help your child learn to control his or her body and to develop self-regulation skills.

Cook Together

As you are cooking in the kitchen, have your child mix, pour and stir ingredients. This is a great way for your child to develop fine motor skills as well as to learn science and math. It is also a great opportunity to talk about nutrition. A bonus is that children are more apt to eat a meal or snack that they helped make, even if it is with ingredients they normally would not eat.



There are thousands of activities your child can engage in instead of screen time, many of which can be found throughout this newsletter. The important thing is to find activities that work for you and your family. Talk to your child's teacher or home visitor for more ideas.

Harding and Perkins Happenings

Greetings from Harding and Perkins Counties! With less than a month left of services for the Head Start year, I reflect on how the year has flown by, all the growth in all the kiddos, and all the amazing experiences the children have had on home visits and at centers. All the socials have had a great turn out, even in some of the “not so nice winter weather”, attendance for visits and at the centers has been good, and teachers/home visitors have partnered with the parents in meeting health goals.

Our teachers and home visitors have all had the opportunity throughout the year to gain professional development by attending various conferences and trainings, and then using that information to enhance the center and visiting experience.

With Spring in mind, the center teachers and home visitors have introduced the planting process to the children. It was fun to witness their big eyes when they see how big their plants are getting! With that, I hope you all take time to play outside, splash in the mud, and go on picnics!

Enjoy your summer!

Ruth Adams

Area Services Manager



Are Electronics Changing Your Child?

Happy Spring Everyone! With beautiful weather finally approaching, families will start to change their daily and evening schedules. Nice weather often means families will be spending more time outside grilling, playing, biking and running off energy from the winter months! For most of us parenting in the digital era, summertime hopefully means less electronic time for our children and even us! If you have a “gamer” or a little one who is electronically obsessed, this transition from inside to outside might prove more difficult.

Please take note that although a little screen time is acceptable, a lot of screen time can be very harmful. Remember games are specifically designed to entice and stimulate your child. Have you ever noticed your child appears significantly hyper when they are asked to get off their electronics after several hours? This is because they have hours of pent up energy they need to exert! Children who are obsessed with electronics often display angry outbursts and extreme hyperactivity when they are told or forced to stop playing. If you’re seeing changes in your child and wonder who they have become, this is likely why! Hours of time spent on electronic devices are not natural for children.

What Are the Developmental and Behavioral Risks in Early Childhood?

Did you know that according to the American Academy of Pediatrics that the earlier age of media use onset, combined with greater cumulative hours of media use, and content that is not of high quality are all significant predictors of poor impulse control, self-regulation, and mental flexibility? Excessive and inappropriate media use can also impact your child’s ability to understand others’ thoughts and feelings, particularly in pre-schoolers. Research has shown strong associations between violent media content and child aggressive behavior. This is another important reason parents should monitor what their child is doing on social media. Today, more children own and use mobile devices independently than ever before. This makes it much more difficult for parents to monitor. Researchers continue to study how parents can best supervise and guide their children’s media use.

Are Certain Children or Families More Susceptible to These Risks?

According to the American Academy of Pediatrics recent evidence suggests that excessive media use is more likely in infants and toddlers with a “difficult” temperament or self-regulation problems. Toddlers with social-emotional delays are more likely to be given a mobile device to calm them down, especially if their parents are facing parenting and behavioral challenges.



Continued on next page

How Do I Help My Child Disconnect?

Sometimes we all need a digital detox! This may not be easy and your littles may not engage in this idea at first but hold firm and observe the changes! Typically, children who disconnect from their phones and/or other video and gaming devices will report they too see and feel the difference! They need us to show and teach them the importance of balance in all areas of their lives including electronics!

- **A week-long break from electronics** – Stepping away from technology could renew everyone's appreciation for other activities, like board games, playing catch, family picnics or bike rides and other activities.
- **An electronics-free weekend or evening** - If you can't afford a vacation or you have a job that makes unplugging seem impossible, consider a digital detox on a smaller scale. Consider making it happen a few weekends each year or even one or more evenings during the school week.
- **A monthly digital-free day** - Perhaps the first Saturday of every month means no screens or the last Sunday of the month is a quiet family day. Commit to spending quality time together without using electronics for one day every month.

Of course, it's important to be a good role model when it comes to electronics. If you tell your child no gaming while you're on Facebook, your words will lose their power. Be willing to go through a digital detox together. Stepping away from electronics for a few days (or longer) can be a great experiment to see how it changes your child's behavior. I bet you'll be surprised!

Remember, if you want a happier, better behaved child, consider other alternatives to electronics! Here's to a summer filled with playing with friends, sunshine and lots of laughter!
Take Care!

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

