



Badlands Head Start: PRENATAL TO FIVE



November/December 2018 **Newsletter**

Upcoming Dates

- November 12th** Veterans Day
NO CENTER in Lemmon
- November 14th** Policy Council Meeting
- November 15th** TREC Board Meeting
- November 21st** **NO CENTERS**
- November 22nd** Thanksgiving
NO CENTERS
- December 19th** Policy Council Meeting
- December 20th** TREC Board Meeting
- December 24th, 2018-January 2nd, 2019**
NO CENTERS
- January 3rd, 2019**
NO CENTER in Lemmon & Bison

Winter Word Search



SNOWFLAKES
HOT COCOA
COAT
MINTS
SOUP

GLOVE
WINTER
SLED
COLD
ICE

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Kyle Office: 605-455-2799

Newell Office: 605-456-1370

Buffalo Office: 605-375-3179

Lemmon Office: 605-374-3134

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Exploring Your Community

Submitted by: Wanda Dunn, Family and Community Partnership Specialist

Here are some websites and resources that you may find helpful. Some have tips on literacy, school readiness, parenting, and applying for different assistance programs in South Dakota.

www.pbs.org/parents/ This is a great resource for children of all ages and follows many of the children's television shows that are broadcasted. It also has links for parents on child development, education, food and fitness, along with issues and advice.

<https://usa.imaginationlibrary.com> The Dolly Parton Imagination Library is a unique early years book gifting program that mails a brand new, age-appropriate book to enrolled children every month from birth until five years of age, creating a home library of up to 60 books and instilling a love of books and reading from an early age. The United Way of the Black Hills is the sponsor for Belle Fourche and Lemmon families. You can apply online or ask for a registration form from your home visitor or teacher.



www.KidsHealth.org is devoted to getting out information on children's health, development and safety. Information is available on household safety checklists for every room in the house and first aid kit supplies checklist just to mention a few.

www.sd.gov This site has information on everything you need to know about South Dakota from State Agencies, employment opportunities, state attractions, online services for all SD forms and applications, travel, and weather conditions.

www.helplinecenter.org This website can help you get connected and get answers on:

- Financial Assistance
- Support Groups
- Donation Information
- Child Care
- Substance Abuse
- Crisis Intervention Counseling
- Government Services
- Volunteering



You may also dial '211' 24 hours a day to talk to a specialist to help you assess your needs and determine your options and provide appropriate programs/services, give support, and intervene in crisis situations. 211 is currently available in the Black Hills to families in Pennington, Custer, Fall River, Lawrence, Meade, and Butte Counties.

The Salvation Army of the Northern Hills-Holiday Assistance

Physical Address: 320 Ryan Road, Spearfish, SD 57783

Sign up Hours: 9am-4pm Monday Oct 29– Friday Nov 2

Phone: (605)722-4321

Description: Provides assistance to families and individuals during the holidays.

-Angel Tree Toys (ages 0-12) - Christmas Food Boxes

-Thanksgiving food boxes– up to 150 applications available on first come, first serve basis

Eligibility: Income eligibility requirements apply.

Belle Fourche Community– Free Christmas Dinner

Physical Address: 508 6th Ave, Belle Fourche Community Hall, Belle Fourche, SD 57717

Website: <http://www.bfxmasdinner.com/>

Email: rides@bfxmasdinner.com **Phone:** (605) 210-0722

Hours: 11:00am– 2:00pm, Tuesday, December 25, 2018

Description: Belle Fourche Free Community Christmas Dinner is an all-volunteer, all-donated items Christmas Dinner that is provided free of charge to the Belle Fourche Community

Eligibility: Open to all

Harding and Perkins Happenings

Happy Fall! By now I am sure everyone is settling into routines and becoming more familiar with their home visitors and teachers. 45 day deadlines have come and gone, so thank you to all the families who assisted the teachers and home visitors in meeting these deadlines.

Both the Lemmon and Bison Centers have taught fire prevention/safety during the past month, with Lemmon students dressing up as firefighters. Bison students took a tour of the fire hall next door to see the trucks. They also had a visit from a local firefighter who showed them the gear that firefighters wear to protect themselves. Both centers performed fire drills along with reading books and having pretend play around fire safety.

Harding County Head Start home visitor, Cara, arranged for a local firefighter to visit their social. He brought hats for the children, and they got to look at his truck and spray water. He also talked to the parents and children about fire prevention, and reminded everyone to change the batteries in their smoke detectors and to have a fire escape plan in place.

Perkins Co. EHS home visitor Amber will discuss fire prevention with her families during the month of October. She recently attended a training in October where she learned how to incorporate Yoga into home visits, and has enjoyed passing this fun exercise on to families.

“There is no app to replace your lap” read to your child!

Ruth Adams — Harding and Perkins counties Area Service Manager



M	A	M	R	T	X	V	C	K	L
I	H	O	T	C	O	C	O	A	L
N	Z	E	N	Q	P	L	A	G	C
T	O	S	S	W	G	I	D	J	
S	N	O	W	F	L	A	K	E	S
B	W	U	I	E	O	Y	O	C	H
A	T	P	N	I	V	L	U	O	P
S	R	B	T	C	E	N	K	L	T
P	Z	R	E	E	S	L	E	D	M
L	E	S	R	E	D	F	U	N	Z

Update from Butte County

I cannot believe that summer is gone. Fall is here and winter is around the corner. The weather so far has been interesting, one minute snowing, then the next sunny and warm. That's great but we all know that won't last much longer. So while the weather is good why not join us for EHS/HS socials, we offer two a month. They are always fun and a great way to meet new people (info on dates, times and place can be gotten from your Home visitor) What I would like to leave you with are some fun learning activities that you can do with your children indoors or out. They could be included on the in-kind sheet under my activities.

Talk to the Hand

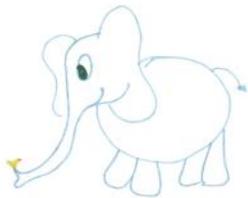
2 clean white socks (child size)

2 clean white socks (adult size)

Permanent markers different colors

Yarn, felt, age- appropriate decorative items, glue

Using the markers and other materials help your child create and decorate the socks to make puppets. They could be make into animals, people or whatever your child can imagine. When completed you the can have a conversation or a puppet show with your child. This activity addresses the learning areas of fine motor, language development and social interaction.



Animal Voices

Teaches about loud and soft

Talk with your child about animal sounds. Ask her which animals make loud sounds and which make soft.

Ask your child to make loud animal sounds and soft ones.

Look at pictures of zoo animals and talk about the zoo and the animals.

Sink or Float

Several items that sink

Several items that float

Fill a bucket or tub with water. Make it into a guessing game with your child. What items might float and why. What might sink and why? Have your child try to stump you. This activity addresses cognitive skills, language skills and introduces beginning scientific properties.

Michele Kreuzer-Ranken — Butte Co. Area Service Manager

Belle Fourche Center Update

We are doing well at our Head Start Center here in Belle. We are blessed with two classrooms filled with amazing little people that are so excited about learning.

On Wednesday October 10, our center welcomed the Belle Fourche Volunteer Fire Department to hear all about the many duties of firemen.

The firemen explained the purpose of each piece of clothing and gear they use. Another part of the presentation was to remind the children how to react if ever in a fire.

The children were reminded to :

1. Always to stop, drop, and roll if their clothes were on fire.
2. If ever trapped in a room, to not hide but to always let people know where they are by pounding on the floor or wall, or yelling out their location.
3. Always to touch each door to see if it is hot before opening it.

One of the other highlights of the presentation was the chance for the children to say hello to Marshall the fire dog.



Judee Wilson — Belle Fourche Center Area Service Manager



Message from Melissa

Young children have a lot of energy and are still working on developing their large muscle coordination skills. They need to engage in activities that can help them work out some of that energy and to practice newly gained skills. It is particularly important to provide these types of activities during long, cold winter months when children may be spending more times indoors. Here are some fun activities you and your child can do together that will exercise your child's body as well as your child's mind. Enjoy!

Infants:

Kicking

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

Rolling

Lay your baby next to you on a soft surface, such as the bed or on a soft blanket on the floor. Pick out two colorful toys that he will enjoy looking at. Put one of the toys on each side of your baby. Tell your baby that it's time to roll! Gently roll him over to one side so that he can look at the toy, reach for it and respond to it. After several seconds, tell him it's time to roll over onto his other side. Gently roll him over to the other side so he can see the other toy. This activity will help strengthen his core muscles and encourage him to roll from side to side.



Banging Game

Babies love to bang on items. It helps them to develop control over the muscles in the hands and arms. Put your baby in her high chair and give her a wooden spoon. She will probably immediately start tapping with it. Take a wooden spoon and tap along with her, singing "Tap, tap, tap!" This game will also help her develop her language skills in addition to her motor coordination.

Toddlers and Preschoolers:

Simon Says

This is a classic game that can be played anytime and anywhere! It is a great way for your child to learn to follow simple directions, build his or her vocabulary and to exert some energy. Simply say "Simon Says" for your preschooler to do a motion. For example, "Simon Says: touch your nose." Your child should follow along by doing only the motions that were preceded by "Simon Says." You can make this game a little easier by just saying "Simon Says" prior to all motions and then work up to removing the phrase to assist your child in learning to follow directions. For older preschoolers, add in numbers and words such as left and right to make it more challenging.

Sample "Simon Says" directions:

- Put your hands behind your back
- Hop on your right foot 3 times
- Move your arms like a butterfly
- March in place
- Jump up and down 4 times
- Touch your left ear with your right hand

Bowling

Creating your own bowling game is very simple to do! Gather similar sized empty plastic water or soda bottles to use as your bowling pins. As few as 2 or 3 bottles can be used or as many as 11 depending on your preference and what is available. Set up the bottles in multiple rows close together. Have your child roll a ball towards to the pins to knock them down and then count to see how many fell. The distance between where your child stands and the pins can vary upon the age of your children and can be marked by a piece of tape. Have your child set the fallen pins back up before he or she takes another turn. If you have multiple children, this a great activity that promotes turn taking.

Bean Bag Fun

Bean bags can be used in a variety of ways, particularly for helping children with throwing skills, both over and underhand. If you do not have bean bags, they can easily be made by putting two cups of beans or rice into a tube sock and then tying off the end of the sock. You can cut off any extra material if so desired. You can make larger or smaller bean bags by increasing or reducing the amount of beans or rice put in the sock.

Bean Bag Basketball:

Have your child toss bean bags into a bucket, empty box or laundry basket. If you have multiple children, have them take turns tossing the bean bags. Your child can stand further away from the container or closer to it to make it either more challenging or easier.

Bean Bag Target

Have your child throw bean bags at a target drawn on a wall or floor. If you have multiple children in the home, they can either take turns or they can throw at the same time. Again, your child can stand further away from the target or closer to change the level of difficulty.





Misty Wilbur
Health, Nutrition & Safety
Specialist

Stay Healthy By Washing Your Hands

Viruses that cause colds and the flu most often are transmitted on the hands. People commonly catch colds when they rub their nose or their eyes after their hands have been contaminated with the cold virus. By washing your hands frequently, you wash away germs that you may have picked up from other people or from contaminated surfaces.

Hand washing takes on an especially important role during the winter months, when infectious diseases such as the flu are in season. (If you haven't already, consider getting a flu shot.) You also can protect your health during cold and flu season by getting plenty of sleep, exercising, eating nutritious foods and drinking plenty of fluids. Avoid rubbing your eyes and nose. Stay away from crowds when possible, and don't share food or drinks.

The Centers for Disease Control and Prevention recommend that you sneeze into your elbow or shoulder instead of your hands. Then wash your hands for 20 seconds with soap and water or an alcohol-based hand cleaner. This practice will help avoid spreading germs to others. The bottom line is that hand washing is easy and effective. This season, with proper hand washing, you can protect your health and help prevent the spread of colds and flu to others.



Your Child's Mental Health

Setting Limits

Setting limits with your children can often be a hard, tedious task. It's something of course, as parents, we must do to raise responsible and caring adults. Children need limits. Limits help children to feel safe and secure. Often however, our well-intended attempts to set limits can sometimes be presented as opportunities for our children to fight and argue with us rather than getting our child to think and make a good decision. When setting limits with your children try to avoid "fighting words." Fighting words typically include:

- What the child will not do.
- What the adult won't do.
- What the child is going to have to do.

Examples of fighting statements would be as follows:

- "I'm not starting dinner until you get this mess cleaned up."
- "I'm not going to listen to you when you shout like that."
- "You're not going outside without your coat."
- "Keep your hands to yourself."



As parents, we must remember that our job is to provide guidance and discipline to our children. When we discipline them, we should be thinking about what it is we want to teach them and not just about providing a consequence for their naughty behavior. Fighting statements are merely giving a child a direct order and are often more about us and how we feel about our child's behavior.

Thinking statements are focused on allowing our children the opportunity to think for themselves and then make a decision. Thinking statements often help the child to own their problem rather than the adult becoming angry and owning the problem for them.

Examples of thinking statements would be as follows:

- "I'll start cooking supper as soon as the mess is cleaned up."
- "I'll be happy to listen to you when your voice is calm like mine."
- "Feel free to play outside as soon as you put your coat on."
- "Feel free to stay with us when you keep your hands to yourself."



All of us are more likely to think about things when we're approached in a respectful manner and not told what to do, but presented with limits and the ability to make our own choices. This takes a little practice and it's easy to fall back into old patterns sometimes. Give this a try. I think you'll be very surprised how your child responds differently to you!