



# Badlands Head Start:

## PRENATAL TO FIVE

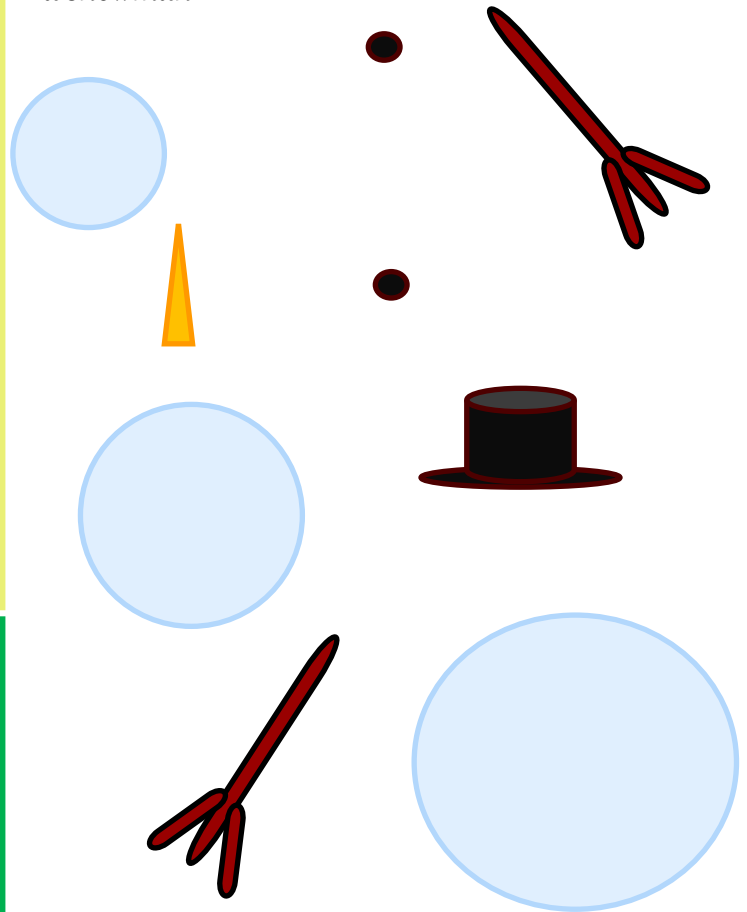


### November/December 2019 **Newsletter**

#### Upcoming Dates

November 11th	Veterans Day
November 20th	Policy Council Meeting
November 21st	TREC Board Meeting
November 27th	<b>NO CENTERS in Belle Fourche and Bison, Lemmon center till 1pm</b>
November 28th	Thanksgiving <b>NO CENTERS</b>
December 18th	Policy Council Meeting
December 19th	TREC Board Meeting
December 23rd, 2019-January 2nd, 2019	<b>NO CENTERS</b>
January 6th, 2020	<b>CENTERS RESUME</b>

Help your child cut out these pieces and put together a snowman



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**Black Hills Reads**

**Submitted by: Wanda Dunn, Family and Community Partnership Specialist**

### About Black Hills Reads

Black Hills Reads is an initiative under the United Way of the Black Hills umbrella. Black Hills Reads focuses on helping children reach reading proficiency by 3rd grade. They are the backbone initiative that is bringing together partners across sectors to create a greater collective impact on early childhood reading proficiency and make sustainable results.

**TREC: Badlands Head Start: Prenatal to Five** was awarded \$1,000 from the United Way of the Black Hills to purchase books through First Book Marketplace to distribute to enrolled children throughout the year. Over 450 books with 45 different titles were purchased. This grant gives children a chance to pick a book out to keep for their home library which helps increase children's literacy. Badlands HS is grateful to the United Way of the Black Hills and the First Book Marketplace for this awesome literacy opportunity for the families they serve.



In May 2019, Black Hills Reads was Selected among over 100 applications to receive and award of \$7,250 for new books and eBooks through the First Book OMG Book Awards program.

Black Hills Reads distributed 1,913 books to 6 different organizations including: TREC: Badlands Head Start, Early Childhood Connections, Rural America Initiatives, South Dakota Department of Health, Black Hills Special Services Cooperative, 21st Century Discovery Centers, and Baby's First Book Bag through the Black Hills Reads program. In addition, 32 teachers in the Black Hills received credit from the grant to order books for their classrooms.

# Black Hills Race to Reading Challenge

Submitted by: Wanda Dunn, Family and Community Partnership Specialist

## Badlands Head Start Reading Challenge

Along with Receiving books, Badlands Head Start partnered with Black Hills Reads for their reading challenge called Black Hills Race to Read Challenge. This challenge will showcase our service area by putting up snowflakes with the number of families and books read at each cluster or center at the Civic Center for the holiday season.

In conjunction with the Black Hills Race to Read Challenge, our teachers and home visitors were asked to challenge their families to participate in a local challenge within their classrooms. Throughout this reading challenge time frame 50 of our children participated with 1,679 books being read.

You can see by the pictures we had great participation with our BFC 2 putting pumpkins in the pumpkin patch and Lemmon Center stars in the sky for every page filled out for books read. BFC 1 put a leaf on the tree for every book read. Each child completing the challenge will get to choose and additional book of their choice from the books purchased.

Cluster/ Center	Family Participation	Books Read	Highest number of books read by 1 family
BFC 1	15	412	75
BFC 2	12	208	32
Bison	2	67	49
Lemmon	9	482	115 tie w/ 2 families
Perkins	6	387	141
Butte C	3	54	24
Butte E	1	23	23
Butte 1	1	24	24
Harding Co.	1	22	22



Belle Center 1





# Harding and Perkins Happenings

**Hello From Harding County!** In this issue, I am happy to introduce **Three employees**, Tricia Forsythe, Cheri Butsavage and Taryn Eversvik! **Ruth Adams**—Area services manager

## Tricia Forsythe

We are happy to introduce Tricia Forsythe, a native of Rochester, NY, as our new Early Head Start home visitor in Harding County. Tricia graduated from Tabor College (Hillsboro, KS) with a BA in Elementary Education. Her teaching career began in Mission, SD where she taught grades 3-6 for five years. While there, she met her husband, Andy, who taught at the high school in Mission and his wonderful daughter. Together they have two beautiful girls.

Tricia was grateful for the experiences her own children had participating in the Head Start program in Buffalo and truly enjoyed the relationships built with their home visitors. When the 2019 school year began and both girls were in school, Tricia was excited to learn that HC still needed an Early Head Start home visitor. She's proud to be a part of this wonderful organization and is thrilled at the opportunity to build relationships with our youngest community members and their families, to partner together for strong beginnings.



## Taryn Eversvik

My name is Taryn Eversvik and I started working as a substitute Assistant Teacher in Bison in March 2019. I became the full-time Assistant Teacher this year. I love this job because I love working with all the kiddos, and being a part of their learning experience. I am currently working on my Child Development Associate (CDA). I am originally from New Rockford, ND and moved to SD in 2011. I have a daughter, Tenlee who is almost 2! Tenlee and I just moved to Bison in October.



## Upcoming socials for this area include:

Perkins Co. EHS: November 7th and 14th 5:30-7:30pm

December 5th and 19th 5:30-7:30pm

Harding County EHS and HS: November 11th from 12-2 pm

November 19th from 1-3 pm

Lemmon Center: December 12th from 5:30-7:30

## Update from Butte County

During October we were thrilled to send all of our Butte County home visitors to the Parents as Teachers International Conference. The ladies attended many sessions over the week long training and have brought back new ideas and activities that families can look forward to experiencing at future home visits. Our home visitors enjoyed the conference so much that we wanted to share their favorite parts with everyone!

### Michele Kreuzer-Ranken — Butte Co. Area Service Manager

"I went to a few sessions during the conference that dealt with Adverse Childhood Experiences (ACEs). My favorite session discussed Benevolent Childhood Experiences which are ways to increase resiliency and thus counteract some of those ACEs and make success later in life much easier."

- Traci Baker, HS Home Visitor



"I came away from the PAT Conference learning about how other programs deal with issues in different ways than we do. For instance the way that the housing authority helps the homeless in Dade County, Florida. It is always interesting to see how different areas deal with the same problems."

It was super exciting to see all the programs out there that are meeting the needs of families. Very positive training!"

- Kristi Williams, EHS Home Visitor

"I enjoy to learn resources that I might not know of yet- resources that parents might be able to utilize and are user friendly - such as pathways.org. Also just to rejuvenate that energy that it takes to be a home visitor, sometimes it wears on a person and is like a little refresher of why we are here."

The one super cool thing that a speaker mentioned was how he was translating the word "parenting" to Chinese and in that language it breaks down to be: able to, be enough....I wrote that on a few little cards as a reminder to some of my parents, to help when they are feeling down or feel that they are not doing enough for their child, that parenting is hard and it certainly takes a village. I even printed one for the front of my desk."

- Brianne Bonnet, EHS Home Visitor



Photo by Levi Guzman

"My favorite part of the conference was meeting all of the new people from around the world and gaining new ideas and points of view from them."

My favorite session that I attended was one of the open speaker sessions where a man got up and shared his story of starting out in the foster care system and having his whole family life be negative. Throughout his growing up he had many teachers, mentors, and a few librarians that were such a positive part of his life that it helped him overcome the challenges he faced. Due to the experiences he had with these positive role models, he became successful despite the trauma of his childhood."

-Pita Estrada, EHS Home Visitor

## Belle Fourche Center Update

We are so excited to introduce our newest teacher here at the Head Start Center in Belle. Luz has brought a lot of experience and knowledge in working with children and families. She has already become part of our Center family. *Welcome Luz!!* We are loving having you here and getting the chance to know you and your family. **Judee Wilson — Belle Fourche Center Area Service Manager**

*Hello,*

*My name is Ms. Luz. I just moved here to Belle Fourche in August with my youngest son! We are so excited to be here in this community, making new friends and discovering new places! My son has an amazing brother that lives in Box Elder with his mother. We are close enough to be able to visit as often as possible. We are originally from Box Elder but the change of scenery is exactly what we needed. We are happy to be welcomed here in the Belle Fourche school system and Badlands Head Start.*



Saying rhymes and doing finger-plays with your child will help build your child's language skills at any age. Here are some fun rhymes and finger-plays to do with your child for this time of year.



### **Five Little Snowmen**

Five little snowmen on a winter's day.  
The first one said, "Wake up so we can play."  
The second one said, "Let's stomp on the ground."  
The third one said, "Let's roll around."  
The fourth one said, "Let's run and run and run."  
The fifth one said, "I'm afraid I feel the sun."  
"Oh dear," cried the snowmen, As they  
looked toward  
the sky.  
And the five melting snowmen waved  
a fond goodbye.

### **Chubby Little Snowman**

A chubby little snowman had a carrot nose. (Point to nose)  
Along came a bunny and what do you suppose? (Put 2 fingers  
up and "hop" them like a bunny)  
That hungry little bunny, looking for his lunch (Rub your belly)  
At that snowman's carrot nose, (use your hand to "chomp"  
like a mouth)  
Nibble, nibble, CRUNCH! (Clap-2 softer and 1 loud for  
"CRUNCH!")



Photo by [Etienne Assenheimer](#) on [Unsplash](#)



# Message from Melissa

During the winter months it can be tempting to stay inside to avoid the cold weather. However, getting outside is important to maintain good mental health for both children and adults. Here are some fun activities to get you and your child outdoors:

**Coloring snow** is a fun activity that will help your child learn about colors, develop fine motor skills in his or her fingers, and spur a sense of creativity. Simply put some water into some spray bottles along with some food coloring. Let your child spray designs into the snow. You can discuss the different colors you are using, have your child guess what happens when colors are mixed together, etc. Your child will also build muscle strength and coordination in his or her hands by having to squeeze the mechanism on the spray bottle to get the water out.

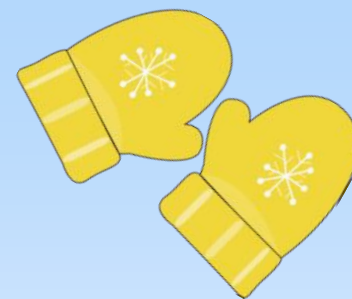
**Blowing bubbles** when the temperature is less than 32 degrees is a wonderful way for your child to begin to learn science concepts as the bubbles will freeze on the wand. Blowing bubbles is also a great way for young children to build coordination in their mouths which helps with making speech sounds correctly.

Instead of building sand castles, build **snow castles!** You can also use baking pans and cookie cutters to create snow molds in various shapes and sizes. This activity will inspire your child's creativity and well as develop fine motor and gross motor skills.

## *Merry Snowflakes*

Merry little snowflakes falling to the ground,  
(fingers flutter like falling snow)  
They're landing on the treetops, covering our town.  
(fingers flutter)  
They softly fall on noses  
(touch nose)  
And make our hair look white.  
(touch hair)  
They seem to call, 'Come out and play!'  
( 'come here' motion)  
As they fall throughout the night.  
(repeat first action)





The season you either love — or love to hate — is in full swing. Whether you're out and about with your family braving the elements, or getting cozy at home, don't let cold-weather fun snowball into a safety hazard. Keep your kids protected with these tips.

1. **Maintain a sunny disposition.** The season's frigid temps shouldn't fool you — snow reflects more than 75% of the sun's damaging ultraviolet rays. Don't stow away the sun-screen during winter; use it to protect kids' faces before they go out to play.

2. **Keep snug like a bug — but not too snug.** Winter wear should fit kids properly, but gear shouldn't be so tight that it restricts movement. This is particularly true for footwear. Too-tight boots constrict blood flow, causing feet to become even colder. When sizing shoes, allow room for an extra pair of socks.

3. **Be clever about clothing choices.** When sending kids off to school or out to play, make sure they're dressed warmly in layers that are wind- and waterproof. If possible, opt for wool instead of cotton. This durable and flexible material is an excellent insulator that will help keep kids dryer and warmer than cotton, which is quick to absorb water.

Help your little ones stay warm with adequate head, face, hands, and neck protection. You can save time while getting your brood out the door by storing gloves and scarves inside hats.

4. **Get around safe and sound.** Driving in winter can be dangerous, so you should make sure you're ready for any situation. Prepare your car for such emergencies by keeping the following must-haves in your trunk: a first-aid kit, blankets, shovel, rock salt, ice scraper, water, and nonperishable snacks.

5. **Practice safety when playing winter sports.** Always supervise your child's winter activities.

6. **Serve superior snacks.** Good nutrition can help kids fight off cold and flu season, so strengthen their immune system with a balanced diet. Snack time is a great opportunity to sneak in some extra nutrients; try dried and fresh fruits, sliced raw vegetables, whole-wheat crackers with cheese, and yogurt.

7. **Keep them hydrated.** Although your kids may not be sweating as much as they do in warm-weather months, they still need to keep hydrated.

8. **Make your home a safe haven.** Be prepared for unpredictable weather conditions by stocking up on essentials, such as extra batteries for flashlights, bottled water, first aid staples, and nonperishable food items. Safety kits can help protect your family in extreme situations.

9. **Get your kids prepared.** Make sure your kids have an extra pair of gloves and tissue packs tucked into their book bags. These necessities will help prevent the spread of germs, and come in handy if a glove goes missing.

10. **Heat your home safely.** Before temperatures fall below freezing, make sure your home's heating equipment and your smoke and carbon monoxide detectors function properly. If you own a space heater, keep it away from small children or, better yet, don't use one at all. And don't forget to discuss fire safety with your family each winter; the likelihood of indoor fires increases during the colder months, according to the National Fire Protection Association.

# Mental Health

## Hi Everyone!

I know winter can be a difficult time of year for not only kiddos but parents as well! I thought I would share a few thoughts and tips in how to make the cold months a little more bearable.



Photo by [Michal Janek](#)

## Tips to consider:

### \* Remember our previous training on mindfulness??

**Be in the present moment!** Take in the beautiful white landscapes of snow and maybe even a short brisk walk. Make a snowman outside with your kids or go sledding. Take a short drive around your neighborhood and really take in the beautiful scenery of winter.

\* **Enjoy the foods of winter.** Embrace the warmth of soups, breads and hot chocolate. While you're feeling forced to be indoors, consider making a new recipe you've never tried before or a recipe passed on from past generations. Enjoy in front of a warm fire or a burning candle.

\* **Consider reading a few new books over the winter months.** Winter is a great time to catch up on some reading. Separate yourself from your phone and other electronics and play some board games with your families that you haven't played in a while.

\* **Hunker down.** Give into your need to hibernate a little more. Accept the earlier bedtimes when the days are shorter and catch up on some extra needed sleep.

\* **Surround yourself with positive people!** Winter is hard enough. If you're prone for affective depression, make sure you're surrounding yourself with positive people. Moods can be contagious and there's lots of research out there to back this! Choose positive people to socialize with and keep visits short with those who seem to be overly negative.

\* **Consider volunteering at your local food shelter or somewhere else in the community.** Perhaps you take cookies or dinner to an elderly neighbor that you know can't get out during the cold days. Doing for others almost always seems to have a positive impact on how we feel about ourselves.

\* **Work on an indoor project.** Winter months are a good time to pick a hot spot in your home to declutter or perhaps paint a room that has needed a new face lift.

\* **Make sure you're trying to embrace the season.** Focus on accepting the cold and adapting rather than fighting it. We can gain so much inward peace by just swimming with the stream rather than trying to swim up it or perhaps a better example, by skiing down the hill rather than trying to crawl up it! :)

*Remember, if you're on any medications for depression or anxiety. Talk to your doctor before going off of these in the winter months. Typically, they will suggest you wait until Spring before tapering off.*

## Stay Warm and Happy!



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