



Badlands Head Start:

PRENATAL TO FIVE



November/December 2021 **Newsletter**

Upcoming Dates

November 7th	Daylight Savings Time Ends
November 11th	Veterans Day
November 17th	Policy Council Meeting
November 18th	TREC Board Meeting
November 24th	NO CENTERS
November 25th	HOLIDAY— NO CENTERS
December 15th	Policy Council Meeting
December 16th	TREC Board Meeting
December 21st	First Day of Winter
December 23, 2021-January 2, 2022	NO CENTERS
January 3, 2022	CENTERS RESUME

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<http://www.badlandshs.org/>

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Health, Nutrition, Safety Specialist: mwest@badlandshs.org

Mental Health Specialist: rfunk@badlandshs.org

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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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All Women Count!

Breast & Cervical Cancer Screening Program

South Dakota women have help to cover the cost of breast and cervical cancer screening. Mammograms, Pap smears and related exams are available at no cost to eligible women at many doctors' offices, mammography units, family planning and other health clinics.

The All Women Count! Program serves women 30-64 years of age for Pap smears, 40-64 for mammograms, without insurance to pay for screening exams, and who have insurance but cannot pay the deductible or co-payment. Mammograms for women ages 30-

WELCOME TO HEAD START



Please join me in welcoming Bobbi Seim to Badlands Head Start. Bobbi is our new Nutrition Support in Bison. She has also been assisting Cheri where needed.

Bobbi is familiar with the Head Start program, and has volunteered at Bison prior to us hiring her, which helps give her even more understanding of how Head Start works. She brings in her hard work and bubbly personality with her and has been a great asset to the team.

Welcome Bobbi!



Please join me in welcoming Angela Vissia to the Badlands Head Start crew, as our new Butte County Home Visitor ASM! She will be working with Kristi, Pita, Traci, Heather and Brittany. She will also be assisting Marcus with the Harding-Perkins home visitors for the time being.

Angie joins us with a background in University Studies with a Concentration in Psychology and Sociology. She is also licensed as a Speech-Language Pathology Assistant. She has work experience at several facilities with her SLPA position, providing speech therapy to preschool aged children and engaging parents in coaching strategies and modeling to provide speech services to children. Angie has also owned and operated her own preschool, and has also been a Special Education Paraprofessional.



Information from Misty

Misty West - Health, Nutrition and Safety Specialist

Burn Prevention Helpful Tips

More than **73%** of burn injuries occur in the home! Learn how to keep your family safe as you balance work and play within the home.



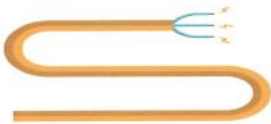
Safety in the Home



Prevent **scald burns** in the kitchen by keeping hot items out of reach of children.



Contact burns can be prevented by giving hot items time to cool down.



To prevent **electrical burns**, be sure to tuck away cords and cover outlets.



Keep children at a safe distance with a "circle of safety" at least 3 feet from the edges of firepits to prevent **flame burns**.



ameriburn.org

Smoke Alarms at Home

SMOKE ALARMS ARE A KEY PART of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.

SAFETY TIPS

- Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. Install alarms in the basement.
- Large homes may need extra smoke alarms.
- It is best to use interconnected smoke alarms. When one smoke alarm sounds, they all sound.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- Current alarms on the market employ different types of technology including multi-sensing, which could include smoke and carbon monoxide combined.
- Today's smoke alarms will be more technologically advanced to respond to a multitude of fire conditions, yet mitigate false alarms.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.



FACTS

- ❗ A closed door may slow the spread of smoke, heat, and fire.
- ❗ Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- ❗ Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or no working smoke alarms.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

Your Logo

Kids need at least 60 minutes of physical activity each day.

Make family time *active time!*

- Take a family walk after dinner.
- Go on a bike ride.
- Play together — toss a ball, shoot some hoops, jump rope, play tag.
- Weed the garden, rake leaves, shovel snow.
- Walk to school with your kids.
- Play on a playground or hike at a local park.

Fun ways to get moving indoors...

- Play some music and have a family dance party.
- Blow up balloons and play indoor volleyball.
- Go bowling or indoor skating.
- Have a treasure hunt. See how fast everyone can find clues scattered around your home.
- Walk in the mall.

Sip smarter

- Drink water instead of sugary drinks. Kids can fill up on sweetened drinks and not have an appetite for foods they need for growth and health.
- A cold glass of low-fat (1%) milk is also a tasty way to quench your kids' thirst after play or school.



Did you know...

There are about 10 packets of sugar in a 12-ounce can of soda? Fruit drinks and sports drinks are other types of sugary drinks.



MyPlate at Home

U.S. Department of Agriculture • Food and Nutrition Service • September 2012 • FNS-447 • USDA is an equal opportunity provider and employer.

<http://teamnutrition.usda.gov>



How to keep your holiday spending on budget

There is such a thing as being too generous, especially during the holidays. That can be a tough bill to face in the new year. Here are some holiday spending tips to help get you through the season with your wallet intact.

10 holiday shopping tips for finding the perfect gift at the right price

1. Value your relationships

Write down everyone you plan to give gifts to—from your nearest and dearest to your in-laws . Then put a dollar figure next to each name. Setting price limits helps you keep your holiday budget on track.

2. Price check with your phone

Despite your best intentions, perfect gifts have a way of blowing your holiday budget. If you find a gift that's over your budget, use your phone to see if you can find a better price elsewhere. Many stores have price-match policies if you find a better deal.

3. Be proactive

One of the surest ways to overspend is to wait until the last minute and buy all your gifts in a rush. Not only are you more likely to overspend, but it also makes an already stressful time of the year even more so.

4. Buy last year's electronics

For many people, the latest and greatest features aren't important. You're likely to save big by gifting an older version of a device that was the latest and greatest just a few months ago.

5. Know the truth about Black Friday and Cyber Monday

Chances are, you started hearing about "doorbuster" deals back in October. But studies have shown there isn't a huge difference in markdowns between one-day promotions, such as Black Friday and Cyber Monday, and regular holiday sales. Instead of focusing on event-style sales, look for deals every day.

6. Stay on top of your spending

Spend wisely by reviewing your account statements, paying your bills regularly and using online banking to easily monitor your accounts. If you purchase using a credit card, using a card that offers cash back or other rewards is another smart holiday budgeting tip. Since you're going to spend the money anyway, you might as well get something—whether it's retail discounts or travel deals—in return.

7. Consider making gifts

Homemade presents are great ways to save money while creating something memorable. These gifts might not work for everyone on your list, but they're good options for some. Consider photos for grandparents or cookies for your kids' teachers.

8. Save up for expensive presents

Putting money aside for big-ticket items can prevent you from depleting your accounts or going into debt during the holidays. One of the best savings tools to use is automatic transfers, which nearly all banks offer. This can help you save without thinking about it.

9. Try to avoid shopping sprees

Retailers are really good at enticing people to buy. Everything from display placement to lighting and music is designed to trigger impulse purchases. Researchers have dubbed this the "shopping momentum effect," noting we're more likely to keep spending once we've gotten started. You can counteract the phenomenon by sticking to your shopping list and leaving the store for a few minutes when you're tempted to make off-list purchases.

10. Factor in shipping

It's not unusual for an online item to appear cheaper than its in-store counterpart—until you add in shipping costs. Take note of any delivery or service fees, as well. Keep in mind, many retailers offer shipping coupons or free shipping days to attract customers, so do some research before you click "buy."

<https://bettermoneyhabits.bankofamerica.com/>



Budgeting for the Holidays

Wanda Dunn—Family & Community Partnership Specialist

How much should my Holiday Budget be?

The truth is, your holiday budget should be capped at what you can reasonably afford. Choose any amount that won't negatively impact your ability to pay your other bills.

How do I make a Holiday Budget?

1. Take the amount you decided you could afford to spend.
2. Divide it up among your different holiday expenses.



Total Holiday Budget \$ Amount

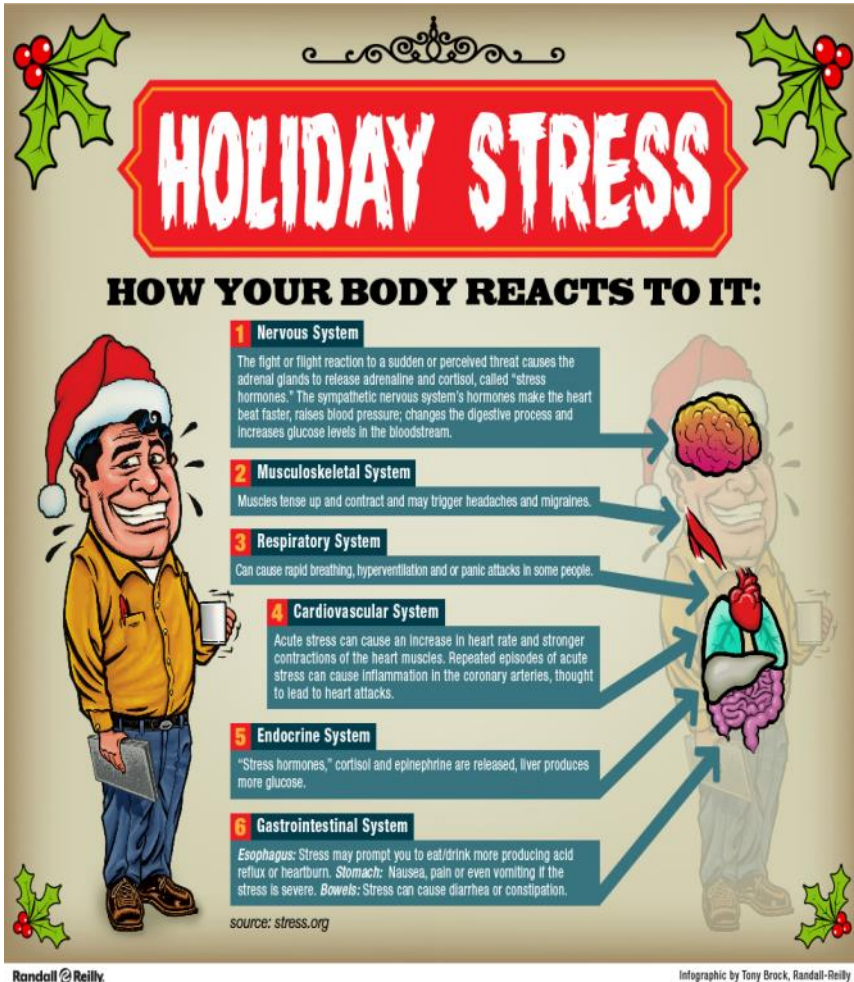
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Mental Health

Rebecka Funk MA. LPC-MH - Mental Health Consultant

I wanted to reach out to all of you and share a few reminders and tips in managing holiday stress. Most of us already are experiencing an abundance of stress due to the changes of COVID19 and the worries of getting sick. The holiday season is a beautiful exciting time but is often filled with extra activities, increasing financial and emotional pressures for families that are already busy and stressed enough!

Please remember to consciously think about taking care of yourselves and your own families during the holiday season! We often give great advice to the families we work with but neglect practicing this ourselves! Holiday stress can affect us not only emotionally but physically as well. Listed below the picture are a few tips to cope with the additional stress we feel during the holidays!



Remember stress does not just happen during the holiday season. Often, we invite it in!

Keep expectations realistic, avoid the pressure to spend more than you should or can afford. Make homemade gifts or think of a low cost experience you can do with loved ones instead. Maybe it's just hot chocolate and game night. Maybe it's an afternoon of sledding or watching holiday movies together.

Say no! It's o.k. to say no and not over schedule yourself! There's so much going on during the holiday season. Sometimes we're so busy we can't really enjoy it.

Keep your regular healthy habits going! If you exercise and typically eat healthy, carry on! Don't throw your healthy habits to the wayside during the time you need them most! Stay on track with your sleeping schedule and watch all the extra sweets, caffeine and alcohol that surround us during the holiday season.

Keep expectations of family members and family get togethers realistic. Remember that people's personalities don't just change during the holiday season. Set shorter visits with family members that contribute to your emotional stress and avoid discussing conflicts and hot topics during this time.

Remember that depression, anxiety and other mental health issues don't just disappear because it's the Holidays. Allow yourself to still feel your feelings but to reach out to others when you think your depression or anxiety is increasing. I know the next few months are going to go quick for all of us! May your holiday season be filled with good health, peace, happiness and love.

Becky Funk MA., LPC-MH

TREC Badlands Mental Health Consultant

Mental Health

Rebecka Funk MA. LPC-MH - Mental Health Consultant

HELP!!!!!!

Challenging Behaviors and How to Help

Often, we hear the term “challenging behavior.” What exactly does this mean? A challenging behavior is not typical child misbehavior. It is defined as a persistent pattern of inappropriate and difficult behavior a child engages in to meet their need.

Addressing and managing a challenging behavior can test the most competent parent. It can be emotionally exhausting to parents, teachers, family members but most of all the child themselves. Most children do not wake up every morning thinking “I’m going to ruin your day.” Often, things begin to gradually fall apart as the day progresses. Challenging behaviors can impact our child’s ability to learn and to build happy, healthy peer relations as well. How can we as parents help our child who is exhibiting a challenging behavior?

Ask yourself what is the purpose of this behavior? Every behavior serves a purpose. What is your child getting from behaving this way? Attention? Avoiding complying with adult’s requests? Once you can identify what you think your child is getting from this behavior, you can begin to identify ways to prevent this from occurring. Maybe it is a little more one on one time, maybe it is holding your child more accountable and ensuring they do what was initially asked of them. For example, cleaning up their toys or brushing their teeth, etc...

Look at your daily routine and schedule with your children. Do you have one? Does your child know what to expect in a typical day? Are the rules clearly explained and even perhaps displayed somewhere in your house? Children thrive in predictable environments. This not only prevents misbehaviors but makes a child feel secure and safe.

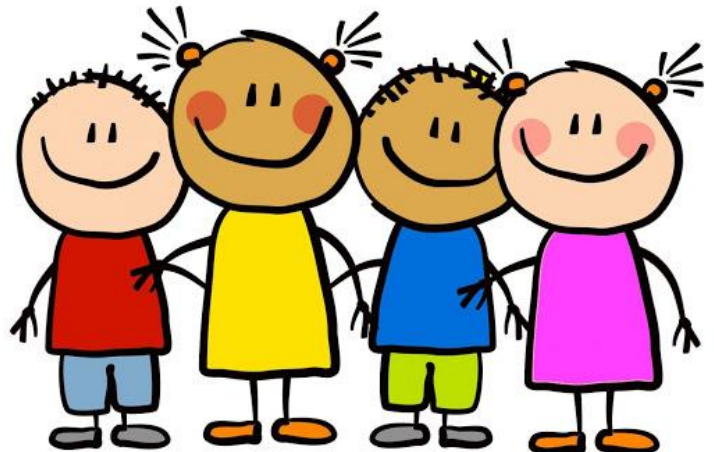
Identify a plan on how you want to address the challenging behavior such as spitting or hitting. Make sure your consequence is age appropriate and safe. Implement and stick to it! Challenging behaviors do not appear overnight, and they do not disappear this quickly as well! It takes time!

Remember that no consequence works 100% of the time. It is normal for a child to test this. If your response seems to be making some difference...stick with it!

Make sure your child knows how to do what you are asking them to do. Sometimes we need to teach our child a specific behavior like sharing with friends or using their words to ask for what they want rather than grabbing something away from someone else. Really observe and ask yourself if your child simply needs guidance and practice in learning how to do what you are asking them to do. Learning a new skill is always easier when you make it fun. Turn music on during clean up time. Help your child a few times together to show him/her how to do something before you expect them to do it on their own.

Be your child’s strongest cheerleader! Praise, praise, praise your child!! Change is hard! Make sure you are noticing the times your child does do what is asked of him/her. Praise them not only for the results but for their efforts when you observe they are genuinely trying.

Should your child continue to struggle with a challenging behavior, do not be afraid to reach out for assistance! Contact your teacher, home visitor or a qualified professional in the community who can give you guidance and support.



Information from Misty

Misty West - Health, Nutrition and Safety Specialist



It's COLD out

Children absolutely love snowy weather. If it were up to them, they'd wake up and race out the front door of your home wearing nothing but pajamas at the first sight of snowfall. While this free-spirited nature can be innocent and inspiring, it also means that you as a parent need to help guide your child so they are dressed properly for any adverse weather conditions. When it comes to winter weather, this is an absolute necessity as cold weather can really take a toll on your child's health. Younger children are more susceptible to cold for a simple reason: Their smaller bodies lose heat rapidly. Younger children are also less likely to actually realize they're getting cold, which means the job of keeping them warm (and knowing the signs it's time to go inside) falls to us parents.



**A warm hat
that covers the ears**



**A scarf or neck
warmer**

**Gloves or
mittens**



**A warm
coat and
snow pants**

Warm socks and winter boots

Butte County Socials



It's social season! We are so excited to provide these social opportunities for the families and children that TREC-Badlands Head Start and Early Head Start serves. What is a social? A social is an opportunity for you and your child to interact with other families in the area. Each social provides fun learning activities, social interaction with peers, a meal or a snack, and lots of fun. All Early Head Start and Head Start families are welcome to these events.



SO MUCH FUN!

Butte County Socials—Newell

At the Newell Social, Miss Heather taught the families about proper dental hygiene by bringing puppets with life-like teeth and giant toothbrushes so that kids could practice brushing skills. Children had the opportunity to make their own craft-style toothbrushes, and helped clean teeth on laminated posters. We read the book "Crocodile and the Dentist" by Taro Gomi and handouts were provided to parents regarding good oral hygiene. Other activities included an obstacle course, arts and crafts, science activities, and music.

Are you excited about the socials? Your home visitor will have all of the information you need so that you can join in the fun next time!



Bison Center Fire Dept Visit



Harding County News



Harding County Badlands HS/EHS accepted an HCHS invitation for local organizations to show school support for the Ranchers' Homecoming week. The high school's Student Council chose "Game Shows" as this year's theme. Home visitors Kerry Wilson and Tricia Forsythe played off the classic game show, Let's Make a Deal, and won 3rd place in the window decorating competition!



HARDING CO. SOCIAL

Andy Forsythe came and talked about children and hunting and the kiddos got to check out lots of animal hides and skulls, and got to match animals to their tracks! They also got to make jack-o-lanterns on the light table and fizzy paint pumpkins (baking soda and vinegar)!

Belle Fourche Center

Fire Prevention Week



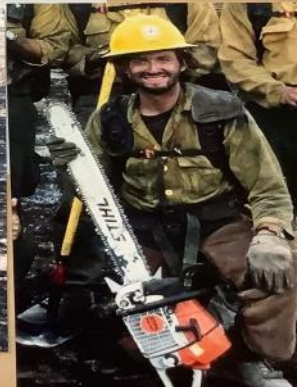
Sam Evridge, a Lolo Hotshot Wildland Fire Fighter from Missoula, MT visited with the kiddos about forest fires, equipment he uses while extinguishing forest fires and his protective clothing.

Additionally, he talked about why he likes being a forest fire fighter.

The children measured Hotshot Sam's height and compared his height to their own in addition to wearing his fire boots, helmet and looking at his clothing. While outdoors, Sam demonstrated how he carries his chainsaw and Pulaski axe. They really enjoyed listening to Sam and learning about forest fires and prevention.



**Centers 1 and 2
had a special
visitor today
Hotshot Sam,
From Missoula
Montana 😊**



November

By Kathleen Pedersen

Leaves are falling,
Winter's calling,
We are thankful
For our friends.
NOVE – M – BER
It's November once again.



www.gradeonederful.com

SNOW DAY

by Brandi Peterson

The snow is falling!

Winter is here!

I've been waiting for this all year.

Up the hillside we can run.

And sled back down. Oh! What fun!

We could build a snowman or a fort.

Or make up a snowy sport.

Today is going to be a perfect day!

Come on! Let's go out and play!

authorbrandipeterson.blogspot.com

» slow cooker « chicken & dumplings



INGREDIENTS

- 4 boneless, skinless chicken breast halves
- 1/4 tsp. poultry seasoning
- 1/4 tsp. paprika
- 1/4 tsp. pepper
- 2 cans (10.5 oz. each) condensed cream of chicken soup, undiluted
- 1 can (14.5 oz.) chicken broth
- 1 broth can water (use the empty can to measure)
- 1 tubes (7.5 oz.) refrigerated biscuit dough, torn into pieces

INSTRUCTIONS

1. Place the chicken in a slow cooker. Sprinkle with the poultry seasoning, paprika, and pepper.
2. In a medium bowl, whisk together the 2 cans of soup, chicken broth, and water; pour the mixture over the chicken in the slow cooker.
3. Cover and cook for 5 to 6 hours on HIGH.
4. About 90 minutes before serving, remove the chicken from the slow cooker and roughly chop into pieces. Return the chicken to the slow cooker. Add the torn biscuit dough, pressing down gently to make sure they are all submerged. Cook until the dough is no longer raw in the center.

Comfort food doesn't get any easier than this Slow Cooker Chicken and Dumplings! It's a hearty and delicious recipe that will have your family begging for more!

Yield 6-8 servings

Prep time: 10 minutes

Cook time: 7 hours

Activity Page



Snowman Mobile Craft Supplies



Cut a spiral out of your paper plate.

Use your scraps of construction paper to make a carrot nose, stick arms, and a top hat.

Glue on the accessories and use your marker to make eyes and a mouth.

Paper Plate Snowman Kids Craft

What You Need to Make a Snowman Mobile from a Paper Plate

Paper plate
Glue
Scissors
Black pen
Scraps of construction paper (brown, orange, black)
String



Message from Judy

Judy Petera—Human Resources Specialist

**WE'RE
HIRING!!**

Available Job Opportunities with

TREC - BADLANDS HEAD START

101 5th Ave., Belle Fourche, SD 57717
Telephone 605-723-8837 * Fax 605-723-8834



EDUCATION AND DISABILITIES SPECIALIST – Belle Fourche Admin Office / Management Position

- Coordinate Early Childhood Education Services to Staff and Families
- Curriculum Specialist for pre-school centers, staff, and home visitor staff
- Experience required as supervisor, working with families, and teaching preschool children
- Minimum of a BA/BS in Early Childhood, or a related degree with coursework equivalent to a major in EC
- Full time – 12 month/year position

BISON (SD) CENTER – ASSISTANT TEACHER (or long-term substitute) – Center-Based / Preschool environment

- Teaching children ages 3-5 in a classroom setting
- Providing and linking families to comprehensive services
- Early Childhood experience and Education preferred
- Minimum of completion of Childhood Development Associate (CDA 1-2 years of hire – in-house training
- 40 hours per week for 38 weeks per year

BUTTE COUNTY – Part Time Home Visitor/Nutrition Support

- Working with children (ages 0-3) and their families in their home in Butte County
- Travel required with company vehicle provided – Office located in Belle Fourche or Newell
- Minimum requirement of CDA (Child Development Associate) certificate within 1-2 years of hire
 - In House CDA training provided
- Or AA degree in Early Childhood or related degree
- Provide nutrition services support for Butte County socializations
- Completion of paperwork and adhering to health and food safety codes
- 24 hour per week, 12 month per year position
- Preference given to individuals with nutrition services or relevant experience

**Also looking for
SUBSTITUTE
Assistant
Teachers for all
sites.**

HARDING & PERKINS COUNTIES AREA SERVICE MANAGER – Management Position

- ASM to supervise/manage 6 Home-Based program staff serving Harding & Perkins Counties
- Office can be in Buffalo, Bison or Lemmon, SD.
- Ability to coach/mentor; discipline; and have organizational skills
- Minimum of a BA/BS in such fields as Early Childhood Education/Development, Social Work or Human Services is required
- 3 years working with families
- 3 years in administration or supervision experience
- 40 hours per week for 47 weeks per year, and 15 hours per week for 5 weeks in summer

EARLY HEAD START HOME VISITOR – PERKINS COUNTY - Home-Based / Home Visiting environment

- Working with 10-12 children (ages 0-3) and their families in their homes in Harding County, SD
- Travel required with company vehicle provided – Office located in Lemmon or Bison, SD
- Minimum requirement of CDA (Child Development Associate) certification within 1-2 years of hire (in-house training provided), or
- AA degree in Early Childhood or related degree
- Full Time - 40 hours per week year around

For more information, Call Judy at 605-723-8837

or pick up an application and job description at 101 5th Avenue, Belle Fourche, SD 57717

**Criminal Background checks & Valid Driver's license required*

**Competitive Wages and Benefits * Wages dependent upon Education and Experience*



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