



Badlands Head Start:

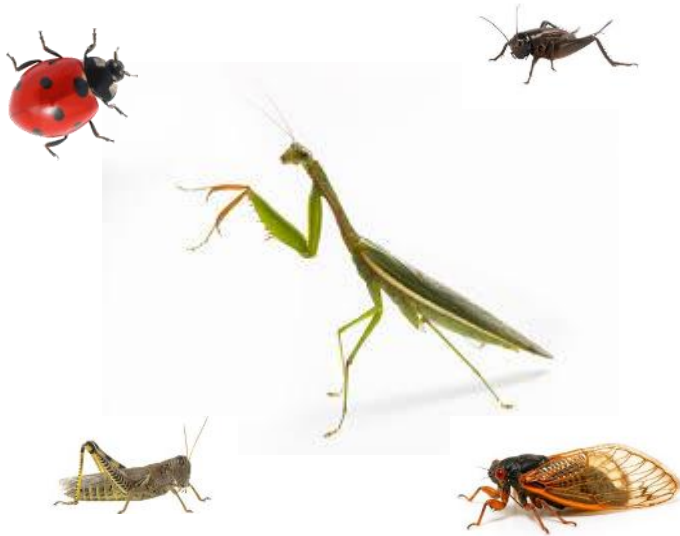
PRENATAL TO FIVE



October 2019 Newsletter

Activity:

Help your child identify what kind of bugs these are



Upcoming Dates

October 14th	Native American Day NO CENTERS
October 23rd	Policy Council Orientation
October 23rd	Policy Council Meeting
October 24th	TREC Board Meeting

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5 2 1 0



LET'S GO!

www.letsgo.org

**Take the 5-2-0-1
pledge every day!**

5

or more
fruits & vegetables

2

hours or less
screen time*

1

hour or more
of physical activity

0

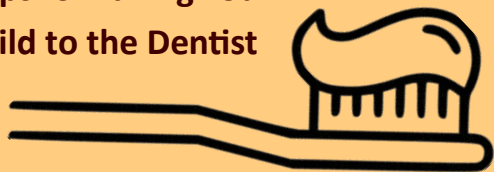
sugary drinks
more water

* Keep TV/Computer out of the bedroom.
No screen time under the age of 2.



Misty Wilbur
Health, Nutrition &
Safety Specialist

5 Tips for Taking Your Child to the Dentist



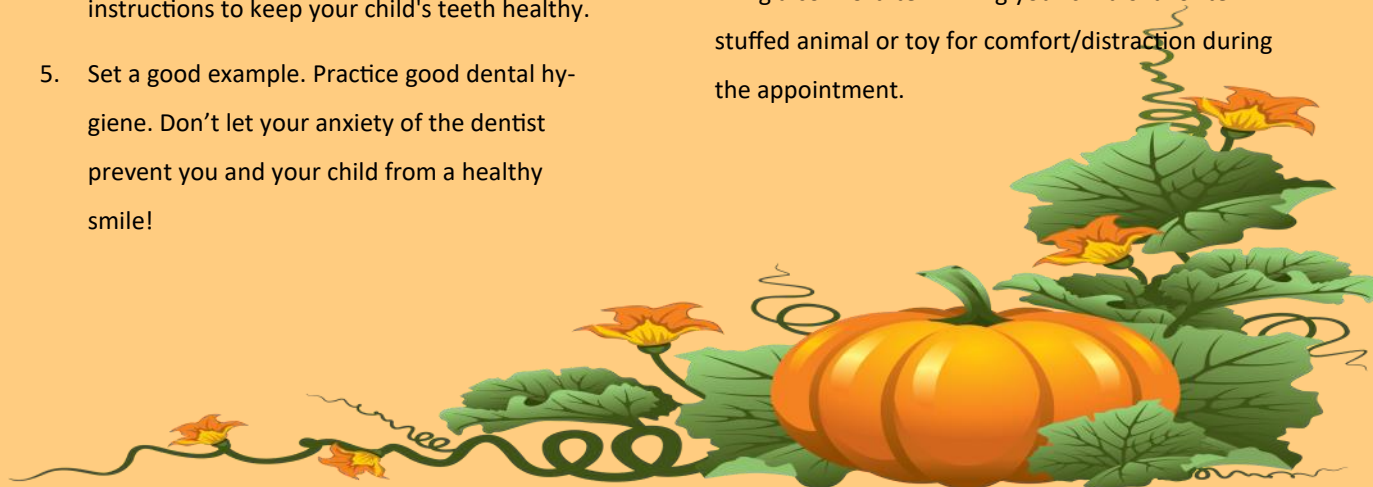
1. Choose the right Dentist. Ask for recommendations from trusted sources.
2. Prepare your child. Set the appointment and ask what you should expect on the visit. Talk to your child about the appointment. Read books about going to the dentist.
3. Know what to expect. During the first visit the dentist will most likely do a visual exam only for small children unless they see problem areas.
4. Take note. Listen to the dentist. Follow their instructions to keep your child's teeth healthy.
5. Set a good example. Practice good dental hygiene. Don't let your anxiety of the dentist prevent you and your child from a healthy smile!

Child Health Day in the United States raises people's awareness of how they can protect and develop children's health. This event is annually celebrated on the first Monday of October. Below are several tips to help ease anxiety before your health visits.



7 Tips for Taking Your Child to the Doctor

1. Set expectations. Be clear what's going to happen or not going to happen. Let your child know this is to keep them healthy. Never threaten them with a shot if they don't behave.
2. Open lines of communication. Let your child ask questions about the upcoming visit. Help them talk through their anxiety.
3. Empathize. Validate your child's feelings of being scared. Reassure them.
4. Prepare. Read books about going to the doctor or role play using doctor toys.
5. Stay calm. Keep your own emotions in check as your child will pick up on your anxiety.
6. Stay close. Allow your child to sit on your lap during the exam. Reassure them that you are there for them.
7. Bring a comfort item. Bring your child's favorite stuffed animal or toy for comfort/distraction during the appointment.



Harding and Perkins Happenings



Hello from Harding County! It has been a busy but exciting month of services for center teachers and home visitors. It is so good to be back in the “swing of things” and it has been fun getting reacquainted with old faces and meeting the new ones. In this, the northern area of Badlands Head start, we have three home visitors. Cara Lei, (who you met in the last newsletter) works out of the HC area, along with our newest home visitor, Tricia, who you will hear more about next time. We are excited to have all our home visiting positions filled and look forward to adding new enrollments. Today I am introducing you to Amber Ingles, our EHS home visitor in Perkins Co.

Hello! I am Amber Ingles Early Head Start home Visitor for Perkins County and I have been blessed with this job for 4 years. I love my job not only because I get to “Play all Day”, but I get to watch all these kids grow, learn and become unique in their own ways. I also get to work with some great individuals.

A little about me!

I grew up in Isabel, South Dakota on a ranch. After High School I went to Huron University on a cheerleading scholarship studying Elementary Education. After a year I learned I was not cut out for “Big City” life and moved back to Isabel to help out on the Ranch. I have had many different jobs over the years but always find myself not happy unless I was able to work with kids. In 2008 I took a huge leap and moved to Rapid City, SD. I got married in 2009 and in 2011 we made the move from Rapid City back to my husband’s home town Lemmon, SD. I was able to stay at home with my girls (when they were little) Johnna (8) Julia (5) and do Daycare out of my home until I was able to join the Badlands Head start team. I am excited to start another great year!

Social dates for October are as follows:

Harding County HS and EHS: October 8th from 9-11 am and the 29th from 1-3 pm

Perkins County EHS: October 3rd and 17th, both at 5:30-7:30pm

Bison Center: October 17th 5-7pm

Ruth Adams

Area Services Manager

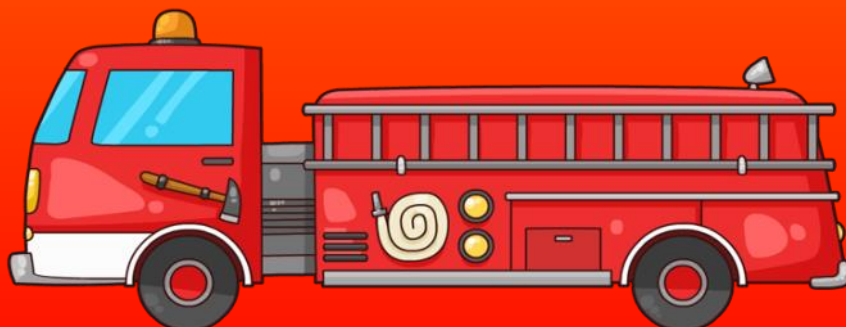


Fire Prevention Month October



A home is often referred to as a safe haven. This month, make sure your home is protected from (and your family is prepared for) a fire. Here are simple tips to help you avoid fires and reduce the risk of injury should one occur:

- 1) **Smoke Alarms** – These are still a very important addition to your home. Install a smoke alarm on every level of your home and test it monthly. Make sure your children know what they sound like.
- 2) **Prevent Electrical Fires** – Don't overload circuits or extension cords. Cords and wires should never be placed under rugs or in high traffic areas. Avoid loose electrical connections by checking the fit of the plug in the wall outlet. If the plug loosely fits, inspect the outlet right away. A poor connection between the plug and the outlet can cause overheating and can start a fire in minutes.
- 3) **Keep Plugs Safe** – Unplug all appliances when not in use. If a plug is overheating, smells strange, shorts out or sparks – the appliance should be shut off immediately, then replaced or repaired.
- 4) **Alternate Heaters** – Make sure there is ample space around any portable heating unit. Anything that could catch fire should be at least three feet away. Inspect your chimney annually and use fire screens to help keep any fires in the fireplace.
- 5) **Create An Escape Route** – Create and practice your escape plan with your family from every room in the house. Practice staying low to the floor and checking for hot doors using the back of your hand. It's just like a routine school fire drill – but in your home.
- 6) **Clean Dryer Vents** – Clothes dryers often start fires in residential areas. Clean the lint filter every time you start a load of clothes to dry or after the drying cycle is complete. Make sure your exhaust duct is made of metal tubing and not plastic or foil. Clean the exhaust duct with a good quality dryer vent brush to prevent blockage & check for lint build up behind the dryer at least twice a year.
- 7) **Conduct Regular Fire Drills**– Think about how you will escape from every room, starting with bedrooms. Plan two escape routes from each room. Decide where you will meet outside. Plan everyone's role. Who will get the children out? Plan for special needs. Do you have small children? Older adults? People with disabilities? Keep floors, hallways and stairs clear of clutter.



Emergency Phone Numbers

My Family Name: _____

My Phone Number: _____

My Address: _____

My Town: _____

My County: _____



Ambulance



Fire



Police/Sheriff



Mom



Dad



Other

Your Child's Mental Health

Addressing Challenging Behaviors

As parents, we know how hard parenting can be with children. Every stage of development and every child is unique. Challenging behaviors can be defined by any behavior that is intense and frequent sometimes appearing above and beyond what is age appropriate. It can be a behavior that places your child or others in danger and is significantly interfering with their daily lives.

Stay calm. Children need us to be the calm in the midst of the storm. Remember children are very receptive and can pick up on your body language and tone. Often, it's how you say something that has the biggest impact rather than what you say. Watch your tone, volume and remember your modeling for them how to express their feelings appropriately.

Remember to support your child's feelings. It's typically helpful for your child to know you see they're upset, and you hear their feelings even if you disagree with their behavior or think a consequence is necessary. They're more apt to accept their consequence when they know you're empathizing with them.

Try to focus on what is behind the behavior. Behavior is often purposeful. What do you think your child is trying to tell you? What are they needing or indirectly asking from you?

Think about basic needs. Is my child needing more sleep? Are they hungry or sick? Physical needs always affect our child's ability to manage stress and their emotions.

Provide a safe and supportive home environment. When a child is struggling with a specific behavior, it can be very difficult for the whole family. Talk to other family members and help them to understand everyone needs to be supportive and helpful. It's normal for younger children to exhibit challenging behaviors when they're learning self-control. This takes time and understanding.

Know yourself. As parents, we have certain behaviors that really push our buttons! Know what those behaviors are and prepare mentally for it to avoid over reacting. If you feel like you can't handle it, take a break and remove yourself from the situation. If you're still struggling, pass the baton to another safe adult in the home that can help you.

Provide natural age appropriate consequences. Make sure your consequences fit the situation at hand. Younger children need praise and it's a great motivator to encourage positive behaviors. Make sure you're praising them when they do what's asked and you're not only focusing on when they misbehave.

Ask for support. Dealing with a child's challenging behavior can be emotionally and physically exhausting. Rely on supportive friends and family members to talk to, perhaps give you a break for short periods of time.

Should difficult and challenging behaviors continue despite your best efforts, don't be afraid to seek professional help. Sometimes our children's behaviors require more than what we can give them. There may be a childhood disorder present that requires more help, education and resources than you possess at the present time. Some childhood disorders do not respond to traditional parenting techniques. Don't be afraid to educate yourself and reach out to community resources if you need to.

Rebecka Funk MA., LPC-MH

TREC Badlands Head Start Early Head Start
Mental Health Consultant

Discipline

What is Discipline?

To discipline means to teach. Discipline is not punishment. Discipline means providing guidelines and support for young children while they are learning how to manage their emotions, deal with disappointment or frustration, and form relationships with other people. Effective discipline means teaching children to behave in ways that support the values of their family, society and culture.

Discipline is not something to do after a child misbehaves, but is an ongoing way of interacting with a child that encourages good behavior, discourages bad behavior, and yes, addresses misbehavior when it occurs.

Why Discipline Matters

Discipline has long-term benefits for parent and child.

- ★ Research shows that a discipline style of “limit setting” is associated with positive outcomes for children. Such a style is characterized by paying attention to children’s feelings, using appropriate distractions, explaining the reasons for a limit to the child, and helping the child succeed in staying within the limits set.



- When parents used limit setting, their children were better able to wait for something they wanted, better able to get along with peers, and more confident in social situations.

The best kinds of discipline build trust.

- ★ Research also shows us which discipline methods don’t work. Several studies have found that harsh tactics such as spanking are not effective. Such methods do not support a child’s developmental progress towards self-control.
- Sensitive, yet firm limit setting as a discipline method does much more than simply change a child’s behavior. It also builds trust and respect for consequences.

What Parents Can Do

Be Consistent

First, remember that whatever the age of your child, it's important to be consistent when it comes to discipline. If you don't stick to the rules and consequences you set up, your children aren't likely to either.

Consider your child's age:

- ★ **INFANTS:** During the first 18 months, focus on teaching your child how to interact with the things and people in his world. Babies and toddlers are naturally curious. When possible, plan ahead and remove fragile items that your baby might be curious about or that are dangerous.
- ★ **TODDLERS:** At this age, children begin to differentiate themselves from their caregivers and will start to assert their own decision making. This is a good time for parents to step in with guidance and teaching.
- ★ **PRESCHOOLERS:** This is when children become more aware of actions and consequences. Communicate the rules and expectations of your home and family. Follow-through is important and consistency is the key!

Remember that there are three ways to discipline:

1. ENCOURAGE GOOD BEHAVIOR

- ★ Use praise, rewards, and modeling.
- ★ Model desired behavior and acknowledge your own errors to teach children what is expected of them and teaches them, and that it is ok to make mistakes.
- ★ Set clear rules and explain why these rules are important. Be sure the child knows what to expect before disciplining



for an unacceptable behavior. Set these boundaries and expectations early, before challenging situations arise.

- ★ Make requests in short, easy to understand phrases.

2. PREVENT MISBEHAVIOR

- ★ **Offer choices:** One of the ways children express their independence is by making choices. For example, allow your child to choose his own clothing or snack. This gives him a sense of control and reduces the likelihood of disagreement.
- ★ **Distraction:** This is simply re-directing a child's attention from an undesirable behavior to something else. Though it is critical to observe cues and respect emotions, distraction can be very effective, especially with toddlers and preschoolers.
- ★ Children are more likely to misbehave when they are hungry, tired, or feeling left out, so try to anticipate your child's needs.

3. RESOLVE PROBLEM BEHAVIOR

- ★ **Time-out:** Many parents have reported that time-outs are an effective discipline choice. This is especially true for behaviors that are intentional or when the time-out has been an agreed upon response to a repeated behavior.
- ★ As with most parenting techniques, time outs are less about the action itself and more about how the time out is perceived by the child. The goal is to provide clarity about the act of misbehavior while showing sensitivity within the parent-child context

Discipline is one of the most important parts of parenting.

Dealing with a misbehaving child is really just one very small part of discipline, and a child who others may call "well-behaved" is probably not a child who is frequently punished. Rather, he is likely a child whose days are filled with communication with his parents and caregivers and a child who understands limits and expectations. Thought of this way, discipline is simply another step in preparing your child for future happiness and success, and an essential part of the parent-child relationship. It doesn't have to be unpleasant, and it can make family life more fun and joyful.