



# Badlands Head Start: Prenatal to Five Newsletter



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October/November, 2014

## What's Happening?

Dec. 8 <sup>th</sup>	Pita E. /Kelly D. Social (3-5 p.m.)
Dec. 9 <sup>th</sup>	Michele R. Social (2-4 p.m.)
Dec. 9 <sup>th</sup>	Kristi W. /Laura F. (4-6 p.m.)
Dec. 10 <sup>th</sup>	Kristi W. /Betty Z. (4-6 p.m.)
Dec. 17 <sup>th</sup>	Policy Council Meeting
Dec. 18 <sup>th</sup>	TREC Board Meeting
Dec. 18 <sup>th</sup>	Michele R. /Belle Center (5-7 p.m.)
Dec. 18 <sup>th</sup>	Oglala and Kyle Centers
12/22 -01/04	HS Centers Closed



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## Seasonal Flu Prevention

Flu is a serious contagious disease. Each year in the United States, on average, more than 200,000 people are hospitalized and 36,000 people die from seasonal flu complications.

### Flu-like symptoms include:

- Fever (usually high)
- Headache
- Extreme tiredness
- Dry cough
- Runny or stuffy nose
- Muscle aches
- Sore Throat
- Vomiting
- Sometimes diarrhea



### What You Can Do to Stay Healthy & Informed:

Influenza is thought to spread mainly person-to-person through the coughing or sneezing of infected people.

Take everyday actions to stay healthy.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective. Avoid touching your eyes, nose or mouth. Germs spread that way. Stay home if you get sick. The Centers for Disease Control and prevention recommends that you stay home from work or school and limit contact with others to keep from infecting them.

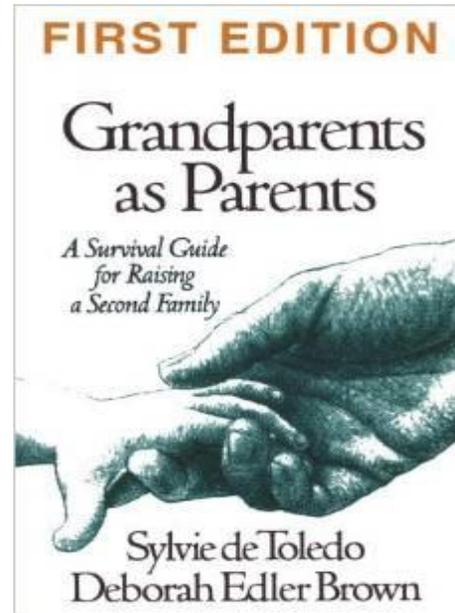
Follow public health advice regarding school closures, avoiding crowds, and other social distancing measures.

Find healthy ways to deal with stress and anxiety.

Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes, heart and lung disease, and people 65 years and older.

Taken from: Winter Weather Preparedness Guide – SD Office of Emergency Mgmt.

# BOOKS, BOOKS, BOOKS!



Your Parent Resource Library is a wealth of information!

We will be highlighting a book, DVD, or other resource from the Parent Library each newsletter. Check out a book or other resource and let us know if there is a book or resource we should add to the Parent Library! (*Not all materials listed are at all sites.*)

Wanda Dunn, Family Community Specialist

*"You raise your kids; you think it's over. No one tells us it's just the beginning."* - Colorado grandmother

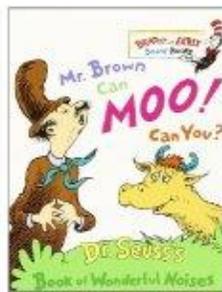
*"Invaluable to grandparents who are dealing with their emotionally distressed grandchildren, their often disturbed and/or abusive adult children, and a hopelessly outdated and a confusing legal system that so often works against 'the best interests of the child'."*  
- Annette Winter; Senior Editor, Modern Maturity

*"Extraordinary...It is a profoundly sensitive guide that provides a fine blend of education, understanding, and assistance for 'when the second shift arrives'...The book answers many of the questions grandparents have asked us in desperation and confusion. It fills an existing void"* - Geovanna Stark, Executive Director, Child Development Programs Advisory Committee

*"This is a good, solid guidebook for any grandparent who is helping to support, raising, or contemplating raising a grandchild. Written in a professional yet caring style, the book presents a detailed summary of the issues affecting grandparents...as well as a realistic look at the systems in place to help them."* - Senator David Pryor, US Senate Special Committee on Aging



**Big Fat Hen** - Children's Counting Book written by Keith Baker. "Count to ten with the Big Fat Hen."



**Mr. Brown Can Moo – Can You?** – Book written by Dr. Seuss. It is a children's book that introduces babies to the world of sounds.

# Cook's Corner



## Simple Taco Soup

(Taste of Home)

### Ingredients:

- 2 pounds ground turkey or beef
- 1 envelope taco seasoning
- 1 ½ cups water
- 1 can (16 oz.) mild chili beans, undrained
- 1 can (15 ¼ oz.) whole kernel corn, drained
- 1 can (15 oz.) pinto beans, rinsed and drained
- 1 can (14 ½ oz.) stewed tomatoes
- 1 can (10 oz.) diced tomato with green chilies
- 1 can (4 oz.) chopped green chilies, optional
- 1 envelope ranch salad dressing mix

### Directions:

- In a Dutch oven, cook beef over medium heat until no longer pink; drain. Add taco seasoning and mix well. Stir in the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes or until heated through, stirring occasionally. Yield: 6-8 servings (about 2 quarts).

Prep/Total Time: 25 Minutes

## Financial Resources for Families

The Bridge to Benefits website can be a source of help for families and individuals in difficult economic circumstances. Developed by SD Voices for Children in partnership with the Children's Defense Fund of Minnesota, the site includes eligibility requirements for benefit programs.

Anyone can see if they or someone else may be eligible for support programs and tax credits by going to [www.sdbridgetobenefits.org](http://www.sdbridgetobenefits.org) and clicking on the "start" button. Benefit eligibility is determined by answering a few simple questions. The screening process is easy, confidential and free; names and Social Security numbers are not required. The site can be accessed from any computer, including those at public libraries throughout the state. Tax credits and benefit programs were created as a support for children and families that have limited income and resources.

Information about the following assistance programs that can improve the well-being of many families and individuals is available on the SD Bridge to Benefits website:

- Energy Assistance
- Supplemental Nutrition Assistance Program (SNAP, formerly food stamps),
- School Meal Program
- Children's Health Insurance Program (CHIP),
- Child Care Assistance Program,
- Earned Income Tax Credit,
- Sales Tax on Food Refund Program,
- WIC (Women, Infants, Children) Nutritional Program.

For additional information contact Sheila Johnson, South Dakota Voices for Children/Lutheran Social Services, at 605-348-0477.



# Harding and Perkins News

Early Head Start and Head Start services in Harding and Perkins Counties are in full swing for the year as we approach our Winter break. Home visitors have been busy helping families meet their 45-90 day deadlines for health and education while providing fun learning activities for the children during home visits. Harding County clusters developed “all about me” books and life-size drawings of the children and incorporated math, social-emotional skills, social studies and art into this fun project. Some of the other projects centered around leaves and fall colors, nature walks and collages. The children also enjoyed several socials with great attendance!

In the Lemmon center, the teachers and students enjoyed meeting Greg, from Game, Fish & Parks and feeling the animal pelts he brought to the center. He taught the kids about the animals, where they live, how they feel, and even had teeth and claws from the animals! Lemmon center also enjoyed their first field trip to the nursing home and had fun in the snow on the playground. Small and large groups continue to work on pre-kindergarten skills as letters, numbers, and writing take place daily.

The Bison center is learning about community helpers and the children were able to enjoy a field trip to the library where they met the librarian and checked out books to have at center. They are also anticipating a trip to the fire department when the weather cooperates. They also learned about the changing seasons and fall colors and enjoyed a fall party. The socials have been well attended and have provided fun family experiences and a great meal. In small and large groups, the children continue to learn pre-kindergarten skills and even have incorporated a letter a week in sign language into the curriculum!

This has been a busy, but wonderful fall of preschool activities. In this season of Thanksgiving, “Thank You” to all the families for sharing your children with us and being part of the Head Start community!

Ruth Adams, ASM

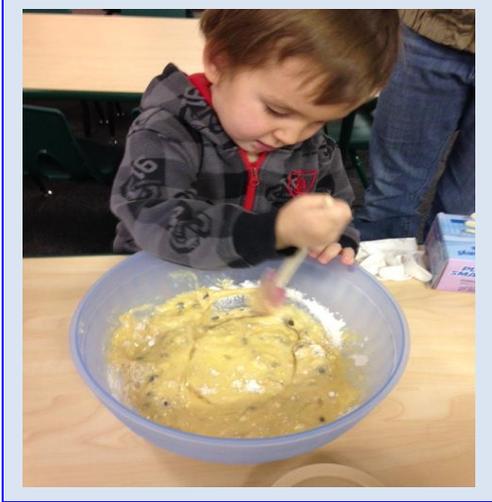


**Lemmon Center**  
The Lemmon Center students enjoyed playing in the snow, making snow angels, plowing the snow – making roads, etc.!

Students working hard on a finger painting project at the Lemmon Center.



# Belle Fourche Center Happenings



Making blueberry muffins! Each student enjoyed adding ingredients, mixing the dough, and then of course; eating their yummy muffins!



The Sensory Table has had many uses this school year. Pictured above left: Students playing with soapy water and making bubbles. Center Picture: The new class pet: Mr. Snow Head, built by the students. Above right: Students playing with snow, building little snowmen!



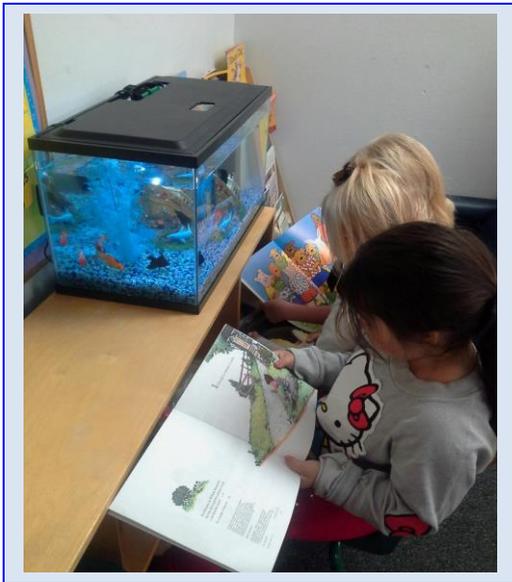
Two of our little girls paint Pigs in the Mud!



Grandpa helping with a project at the social



Fun with Paint at the Belle Fourche Center!



Left: Students reading to the new class fish!

Right: Turkey hats!!!



## The Roots of Respect

Does your child know what respect is? You can try strategies like these to help him understand what respect feels like, looks like, and sounds like. He'll learn to treat others the way he'd like to be treated.

### Feels Like...

Talk about people you respect, and explain why you feel that way. Perhaps you respect your youngster's grandparents because they have worked hard for many years. Then, ask your child who he respects. He might say his teacher because she knows a lot.

### Looks like...

When you read to your youngster, have him be on the lookout for respectful people. Maybe he'll see a knight bowing to a queen in a fairy tale or an athlete shaking hands with an opponent in a biography. Idea: Suggest that your child draw a picture of himself being respectful. For example, he shows respect by standing for the national anthem at sporting events (respect for country) or moving a turtle to the side of the driveway (respect for nature).

### Sounds like...

You are your youngster's best example –and the one he's most likely to imitate. Make a point of using polite words like please, thank you, and excuse me, and encourage him to do the same. Try to remind him quietly when he forgets. He will hear you showing respect for him even when he makes a mistake.

*Taken From: Early Years*

# Fun and Learning for Parents and Children: Activities and Game Ideas

(Submitted by Wanda Dunn)

Learning experiences can be fun for everyone. Children and parents can share the joy of learning and playing while they communicate and grow together. By working together with your child, you are helping to build his or her language and literacy, social and emotional, gross motor, fine motor, and cognitive skills.

Fun and Learning for Parents and Children is a collection of activities and ideas for use in the course of family life. Many of the ideas might be routines that you are already doing.

Your children's ability to learn new skills will depend on their stage of development and their individual interests.

Before you get started with an activity in "Fun and Learning for Parents and Children" you might review the Helpful Hints below. They offer ways to help you plan and prepare for the activity anytime and anywhere:

- Establish some rules with your children and be consistent about enforcing them.
- Set limits and be prepared to have them tested.
- Use eye contact and reasoning to relate positively to your children.
- Give detailed explanations to questions and explain the meaning of new words when asked.
- When not sure say, "we will have to check on that one together".
- Praise your children for their positive behaviors and let them know that they are loved.

Remember, you are your child's first and most important teacher and your home is a primary learning place! Their learning will depend on the opportunities and support that you offer them at home and in their surroundings.

Let's get started.

## Learning Activities and Games

*Make these activities and game ideas a part of your family's everyday lives; through these experiences you will help your children grow and develop, and learn about the world around them.*



### Kitchen

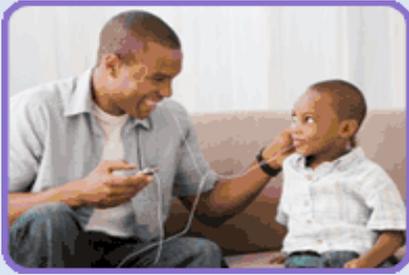
#### **Help your children become aware of the differences in food.**

- Talk with your children about the size, taste, texture, and color of foods. Help them recognize the differences between rough and smooth surfaces, salty or sweet tastes, and the odors of certain foods.
- Ask them to talk about changes in foods as you cook them "How did it look when it was raw? When we started to cook it? How does it look now? Help your children to compare the before and after.
- Talk with your children about any foods that have special meaning to your family.



#### **Look for shapes or colors around the kitchen, in and on the cabinets, and on the refrigerator and stove.**

- Ask our children to find circles, triangles, or squares.
- Play the game, "I see something you don't see and the color (or the shape) IS". Your children can name the items or foods that are in the kitchen and that fit the description until they get to the item you have in mind.



## Family Room

### **Talk about sounds**

- Ask your children to point to the direction of the sound and describe it.
- Ask your children to tell you about all the things that make loud or soft sounds such as the TV, the radio, etc.
- Sing songs together: old favorites, nursery rhymes. Use a wooden spoon or thick stick as microphone.



### **Talk about:**

- The names of all the furniture in the room such as the lamp, table, and couch.
- Family stories about the children's grandparents, family histories and when your children were babies.
- The things your children make.
- Your children's favorite TV shows.



## Bathroom

### **Use mirrors to name body parts.**

- Make faces in the mirror with your children: move your tongue, make a kiss, and wiggle your nose.
- Talk with your children about all of the things they can do with their eyes: blink, stare, and wink.



### **Look for ways to use different senses in the bathroom.**

- Feel and talk about different textures: soft cotton, hard soap, smooth wall, slippery sink.
- Smell different things: toothpaste, soap



## Community

### **Talk about all the things you and your children see in the sky, near the house or apartment.**

- |              |           |             |        |
|--------------|-----------|-------------|--------|
| • Colors     | Rain      | Shapes      | Snow   |
| • Bright sun | Neighbors | Dark Clouds | Houses |
| • Moon       | Cars      | Stars       | Birds  |



### **Talk about:**

- The names of the animals and insects they see and hear
- Where your children think the animals live, how insects build their homes, and where they get their food.

# WINTER WEATHER PREPAREDNESS GUIDE

(South Dakota Office of Emergency Management)

## If you are stranded in your vehicle during a winter storm:

- Move all your emergency supplies from the vehicle's truck to the interior of the car as soon as you realize you may be staying for a while.
- Check your supplies to see what you have available and arrange them in order for their use. This will help you ration them in case you are stranded for a long period of time.
- Run the engine sparingly. Start with 15 minutes every hour and adjust if needed. While running the engine, keep a downwind window cracked to prevent carbon monoxide buildup.
- Keep the exhaust pipe clear of snow.
- If the cold is extreme, it may be necessary to keep the engine running continuously. It may not restart if shut off.
- Never go to sleep with the engine running.
- Turn on the dome light at night while the engine is running. It may help others to locate you. Turn it off when you turn off the engine so you don't run down the car's battery.
- Put on warm clothing right away, before you start to get cold. It's easier to stay warm than it is to regain lost warmth. Loosen tight clothing so body heat circulates. Remove metal jewelry, as it can chill you.
- Keep your feet off the floor if the heater is not on.
- Use newspapers, maps, or even the removable car mats for added insulation.
- Do mild exercises to help you stay warm.
- Watch for signs of frostbite or hypothermia like uncontrollable shivering, memory loss, slurred speech, drowsiness, disorientation, incoherence or apparent exhaustion.
- Eat a snack of high calorie food just before sleeping to stimulate your metabolism (heat production). If you awaken due to the cold, eat some more high energy food and add another layer of insulation such as more clothing or a blanket.
- Tie a colorful banner on the car antenna. If you need to leave the car for any distance during the storm, tie a nylon rope to the car and yourself so you will be able to find your way back to the car.
- Keep your gas tank near full.
- Adjust your speed to the condition and increase following distances.
- Always carry a Winter Survival Kit in your vehicle!

### Items that should be in your Survival Kit:

- |   |                                |
|---|--------------------------------|
| • Shovel and flashlight with extra batteries  | *First aid kit and medications |
| • Non-perishable food (Ex.: granola bars and nuts)                                  | *Candles and matches           |
| • Extra clothing, sleeping bags, or blankets  | *Jumper cables and tire chains |
| • Cell Phone with fully charged batteries   | *Battery-operated radio        |
| • Windshield scraper and brush  |                                |
| • Brightly colored cloth to tie on the antenna so the vehicle can be easily located |                                |



## Know Road Conditions before You Go

Call 511 to hear road conditions or go online to <http://safetravelusa.com/sd>

## THE GIFTS THAT KEEP ON GIVING

This time of year families are thinking of a gift they can give that will bring both fun and learning to their child, and, in this time of economic crunch, a gift that is affordable. Many of the toys advertised on TV and in the newspaper flyers are very expensive and really don't have a lasting appeal to children. As a mother of 5 children (now grown) and 11 grandchildren, I don't remember much about the "store bought" toys I fell victim to, but what I do remember, and my children and grandchildren remember, were gifts we gave when we were very short of money. With 5 children, that was most of the time!

Here are some gift ideas that have been very successful with our family over the years:

1. **For the animal lover:** small rubber animals and lots of pieces of slat wood cut to size to build fences for corrals and zoos. Include small nails and child-size hammer (adult help will be needed) and a bottle of glue. It's also fun to add some small "feed bags" made from scraps of plain colored fabric stitched and stuffed with cotton balls. Write the name of the feed with a permanent marker. This gift provided hours and hours of fun over several years and for my children and their friends.
2. **For the drama queen or king:** Cover a sturdy cardboard box with Contact or wall paper or find a small chest at a yard sale or second-hand store. Fill it with a variety of yard sale clothes for both boys and girls. "Beautiful" dresses and scarves, hats, men's and women's vests, shoes and boots, purses/bags, belts, shirts, wigs, etc., etc., etc. will bring new worlds of invention to the child's mind. A favorite at our house was a "coonskin" hat that Grandma made and big sunglasses! Keep adding to the collection over the years...you'll find it hard to stop!
3. **For the budding artist and/or author:** From a discount store, purchase a small plastic organizer with drawers. Fill the drawers with various tablets, plain and lined paper, an assortment of new crayons, colored and regular pencils, markers and paints (water colors or small bottles of tempera), scissors, glue, tape and maybe a hole-punch. Be sure to add colored construction paper. If you have enough drawers, add some stickers and self-adhesive stars, cotton balls, glitter (if you dare!) and other "collections" for making collages.
4. **For the junior chef:** Using quality zip-closure bags, divide cake, brownie and/or cookie mixes into individually labeled bags. Write the divided recipe for each bag and tape it securely to the outside. Include child-size cooking utensils which can be found for very reasonable prices at kitchen or craft stores, or in the craft areas of discount stores. Make a simple "butcher style" apron in colorful fabric from the remnant bin or from a plastic table cloth (for easy wipe-up). Small cookie sheets and 9x9 pans are easy to find, even in second-hand stores. Don't forget measuring cups and spoons, extra recipe cards and a small 3-ring binder or file box to hold their current and future recipes. Combine all the items in a big mixing-bowl, which can later be used for storage in the cupboard.
5. **For the future architect:** Blocks are one of the most important toys, if not the most important toy a child can have. Unit Blocks are those made of various lengths that are measured so that when laid on top of each other all fit together. The long blocks are usually about 12", then 6", then 3", then 1 1/2". Cut some of the small 1 1/2" blocks into triangles. Blocks can be made from any kind of wood, but be sure to make straight cuts and sand them well. If you choose to paint them, be sure the paint is "child safe," or, even better, let your child paint them. Add a plastic (or real, if you can) hard hat, small cars and trucks, some handmade traffic signs, clip board with graph paper and attached pencil. This will provide endless hours of fun for children of all ages and a great way for children and adults to play together. Also try making real log blocks out of cut branches. You can cut notches in them to use like Lincoln Logs, too. Once you start making blocks, you will come up with many different styles on your own.
6. **For puzzle lovers:** Take old calendar pages or magazine pictures and glue them securely to heavy cardboard. On the cardboard side, draw large curving puzzle lines and cut out carefully. (Tip from personal experience: Cutting straight lines can drive the adult crazy!) Put all the pieces in a large manila mailing bag that you have decorated and named to match the puzzle. You can also use posters, greeting cards, photos and favorite cereal boxes. You can cover the individual pieces with clear contact paper by extending it over the edges and snipping all around to make it fit snugly. Remember, the younger the child, the larger and fewer pieces per puzzle.

All of these gift ideas provide opportunities for a lot of adult-child and child-child interaction which builds language and social-emotional development, the keys for success in life and school. Gifts that provide the opportunity for spending time with another child or adult make for lasting benefit, enjoyment and memories for the whole family.