



# Badlands Head Start: Prenatal to Five Newsletter



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## What's Happening?

Jan. 9 <sup>th</sup>	SDHSA Meeting in Chamberlain
Jan. 22 <sup>nd</sup>	Policy Council Meeting
Jan. 23 <sup>rd</sup>	TREC Board Meeting
Feb. 19 <sup>th</sup>	Policy Council Meeting
Feb. 20 <sup>th</sup>	TREC Board Meeting



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## Circle Time at Socials

School Readiness is a major theme in Head Start at the national level. Local programs are required to develop and implement activities that help to meet School Readiness goals. Part of this effort at Badlands Head Start is a greater emphasis on having *Circle Time* at every Social event. Circles provide opportunities that free play and activity centers do not, including:

- **Self-regulation:** managing thinking, behavior and feelings. Kindergarten teachers believe it is the most important quality for children to have before they enter school.
- **Community:** having a shared experience and learning more about each other brings a sense of group identity.
- **Interacting in a structured setting:** learning to take turns and having respect for others in the group.
- **Paying attention and listening:** Kindergarten will require the ability to be more focused for longer periods of time and *Circle Time* gives this experience.

Parents may be asked to be a part of some circles and Home Visitors will always welcome a parent volunteering to lead a circle activity. Some examples of how parents or grandparents might participate would be: Reading a story, playing an instrument and singing with the children; showing and talking about an object important to their family; or telling stories about the "olden days". Children who attend centers have *Circle Time* every day. Adding *Circle Time* to Socials gives home visit children the same opportunity. Early Head Start Socials are encouraged to have *Circle Time* if they have three year olds in attendance.

**Terry Anderson, Mental Health Specialist**

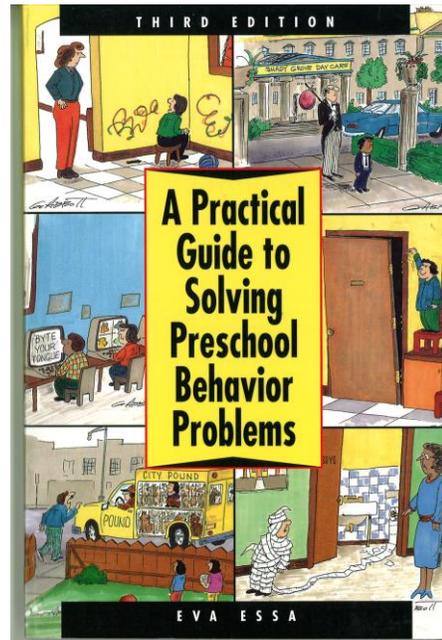
# BOOK CORNER



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



**A Practical Guide to Solving Preschool Behavior Problems (Third Edition)**

**By: Eva Essa**

This unique “how to” uses a situational approach for solving specific behavior problems that commonly occur with your children. Each behavior is discussed in a separate chapter, with step-by-step recommendations provided to correct the problem. The reader is encouraged to consider the influences of developmental, environmental, and health factors on children’s behavior, as well as any other underlying problems.

### Special Features

- Classroom tested techniques proven to resolve over forty of the most frequent behaviors requiring guidance.
- New chapters on setting a positive environment to encourage appropriate behavior and step-by-step help for dealing with noncompliance.
- Hands-on guidelines for deciding “how” and “when” to implement a guidance plan of action.
- Renowned artist George Abbott’s illustrations open each chapter and act to remind: “Keep your sense of humor”.



## PBS Website for families

<http://www.sdpb.org/read/>

This website offers many resources for both children and parents.

Some of these resources are:

- Tip Sheets: Parents click on book titles for ideas when reading to your children.
- Daily Reading Activity Calendar: Flip through the calendar for ideas, activities and more.
- Lakota Bernstein Bears: Watch online the stories of the Bernstein Bears in Lakota.
- PBS Parents Book Finder: Find books recommended by your favorite PBS KIDS programs.
- Reading and Language: Find ways for children to have fun with literacy using there great tips, activities and resources.

Badlands Head Start through South Dakota Public Broadcasting is the recipient of SDPB's Family Reading Project, which was generously funded by the Larson Family Foundation of Brookings, SD.

We will receive 4 books per child throughout the year. So far this year Early Head Start has received 10 Apples on Top and Zip Pop Hop while Head Start has received Llama Llama Red Pajama and Miss Wishy Washy's Farm.

Your teacher/home visitor will be asking you how you liked the books, for anecdotal responses and if you did any of the activities on the activity sheet that is provided. It is important that each teacher/home visitor fill out the survey with your input and send it to SDPB so that the Larson Foundation, who has so generously funded this program, continues to do so for your children. If you would like to send pictures drawn by your children or a special thank you, please give them to your teacher/home visitor and I will see that they get to SDPB and the Larson Foundation.

Happy Reading!

Wanda Dunn, Family Community Partnership Specialist

## COOKS CORNER



### Hot Cocoa Mix with Mini Marshmallows

- 1 cup powdered sugar
- ½ cup unsweetened cocoa powder
- ½ cup powdered non-dairy coffee creamer
- ¼ teaspoon salt
- 2 ¾ cups nonfat milk powder
- 1 cup miniature marshmallows

Mix all ingredients together in a large bowl. Stir together and store in a plastic container. To make a cup of hot cocoa stir 3-4 tablespoons of the mix into one cup hot water or milk. This makes about 4-5 cups of mix.

## **Book Making Activity adapted from *The Creative Curriculum Learning Games***

Your book tells a lot about you. Encourage your child to save items that are important to him, and help him put them in a book. Your child can use the book to share important aspects of his life with friends and family.

### **Why this is important**

Your child knows many different facts about himself. You can help him bring those facts together in a book. Collecting personal items in a book gives your child a reason to feel proud. This book also provides a resource that your child can review again at any time and may be a source of identity and security for your child.

### **What you do**

- Help your child collect items that represent his favorite things. For example, *you like peaches so much, let's save the label from this basket of peaches.*
- Encourage him to set aside special mementos. For example, these could include a leaf from his favorite climbing tree, one of his drawings, or a postcard he receives.
- Fasten together several sheets of construction paper to make a book.
- Add a title to the cover, such as *A Book about Jon*, or ask your child what he would like to call his book.
- Invite him to decorate the cover of the book. Let your child attach the mementos to each page using glue or tape.
- Talk about each page as he assembles it: *This page reminds me that your Grandma loves you and writes to you. And this shows how much you like to draw with your crayons.*
- Make sure to include empty pages in the book so that he can add more items later.

Another idea: Encourage your child to share his album with friends and family. Write a few simple words next to a picture such as *my pet dog or I found a leaf*. He may not use many words to describe each page, but he will enjoy sharing his life with others. Invite family members to ask him questions about his book.

## *Parent Involvement & Program Self-Assessment*

There is hardly a down time for Badlands Head Start: Prenatal to Five programs. It seems like we just began services for this program year and now we are turning our focus towards next year.

If you are an enrolled family, you have become involved in what is termed the Head Start Parent, Family and Community Engagement Framework (PFCEF) project. A central theme within the PFCEF project is that program staff and enrolled families establish a reciprocal relationship where they assist each other in achieving mutual goals. It is a circular relationship where we serve each other to accomplish common goals.

Like all Head Start programs, TREC conducts an annual Self-Assessment of Badlands Head Start: Prenatal to Five programs as required by Performance Standard 1304.51(i)(1). “Program Self-Assessment” looks at the “big picture” and the “little picture” for areas that might be improved. Results from the Self-Assessment are to be used for: continuous improvement and planning; allocation of human and financial resources; and, for program design and service delivery decisions. The annual Self-Assessment is designed to strengthen the services and systems of TREC – Badlands Head Start: Prenatal to Five programs.

The 2013-14 Self-Assessment will be completed during January and February. We will be using the “CATscan” Self-Assessment Tool developed by Western Kentucky University Head Start TTA program. Areas to be assessed during this self-assessment process include: 1) Financial Management; 2) Planning and Operations; 3) Governance; 4) Human Resources; 5) ERSEA; 6) Family Engagement; 7) Community Engagement; 8) Health; 9) Nutrition; 10) Safety; 11) Mental Health; 12) Disabilities; and, 13) Education. Examining each of these areas will allow for systemic improvements.

The 2013-14 Self-Assessment Team(s) will consist of representatives from the Leadership Team, Policy Council, Board of Directors, parents and direct service staff. All sectors need representation on each self-assessment team.

If you are interested in helping to improve Badlands Head Start: Prenatal to Five, please consider participating in this project. We especially need involvement by enrolled parents. If you elect to do so, please contact Tammy at 605-723-8837. She will forward your request to the appropriate self-assessment team leader who will then return the contact.

Thank you for your support of Badlands Head Start: Prenatal to Five.



Doug Jacobson, Executive Director



## Harding and Perkins County News!

Warm winter greetings from Harding and Perkins County Head Starts! This has been a busy fall and as we approach the half-way point for home visits and center, we are completing our mid-year assessments, updating ICP's and PDPs. Teachers and Home Visitors have been busy with promoting School Readiness skills as well as social/emotional and physical development with the numerous activities the children are doing.

Our children at both the Lemmon and Bison Centers enjoyed some extra fun learning activities making Gak and Flubber. The children were allowed to experiment with the new texture in the sensory tables.

Lemmon and Harding County children enjoyed snow painting, and the Bison children did a cooking experience through baking and decorating cookies.

The local firemen and Highway patrol came into the Lemmon Center and talked to the children about wearing seatbelts and fire safety. The local Sheriff in Harding County came to a social and spoke with parents and children regarding stranger danger.

Wishing you all a safe holiday Season and see you next year!

Ruth Adams, Area Services Manager, Harding/Perkins Co.

*Love and Logic Solution:*

## Two Ways to Neutralize Childhood Arguing

### 1. LOVE AND LOGIC INSTANT EMPATHETIC RESPONSE

The expression of genuine empathy has the amazing ability to soak up emotions. Learn to use an empathetic statement that comes right from your heart. Use the statement that feels natural to you. Use it every time.

#### **Examples of empathetic statements that work:**

"Oh no! I bet that feels terrible."  
"Wow. What a bummer."  
"I can't imagine how bad that feels."

#### **Examples of statements that don't work:**

"I know how you feel"  
"I know just what you mean"  
"I understand"

### 2. LOVE AND LOGIC ONE-LINERS TO NEUTRALIZE ARGUING

It is important that Love and Logic One-Liners be used in the "broken record" form.

#### **Examples of a Love and Logic One-Liner that should become a habit for you:**

"I love you too much to argue."

#### **Sample dialogue:**

*CHILD: You never let me do what I want.*

*PARENT: I love you too much to argue about that.*

*CHILD: But Sally always gets to do what she wants.*

*PARENT: I love you too much to argue about that.*

*CHILD: Yeah, that's because you like her better.*

*PARENT: I love you too much to argue about that. Come talk to me later about something fun. See you, sweetie. Thanks.*

**Submitted by: Jeanne Blalock, ASM Butte Co.**

# Greetings from the Shannon/Bennett Service Area!

## Anpetu Waste

In retrospect of 2013, we would like to share a major accomplishment that highlights our children and families. From August to October, the Shannon/Bennett Service Area worked with Curators without Borders to produce a photo exhibit depicting “lost opportunities.” The purpose of the exhibit is to showcase in Washington, DC how children and families lose educational opportunities when funding is affected. Here are a few photos we would like to share:



Delores Brown, and granddaughter, Andalsia reading together.



DIAL 4 Screening



Home Visit Shannon/Bennett 2



Home Visit Shannon/Bennett 6

As we approach a new year, we look forward to continued program services for our children and families. The year 2013, just as any year was a challenging, yet positive one. As committed staff to Badlands Head Start we endured and will continue to pursue our mission by “Honoring and empowering children, families, staff, and rural communities.”

**Donna Amiotte, Area Services Manager S/B**

# WINTER FIRE SAFETY

Winter holidays can be a joyous time for all, but nearly 50% of civilian fire deaths occur throughout the winter season: November – February. Most heating fires in South Dakota involve fireplaces and chimneys. The most dangerous place to be, with regard to fire, is in your own home. Your home can be a cozy, warm place away from a harsh winter, but it can also become dangerous if you don't take special precautions.

## Tips to Eliminate Winter Fires

- Safety around heating equipment and appliances is an important first step in reducing the threat of fire. Keep children and loose clothing at a safe distance.
- Use a yardstick to measure the distance between heating equipment and combustible material. Unless you have three feet of clearance, you are at risk.
- Always turn off portable heating appliances when leaving home or retiring for the evening. Be sure the fire in the fireplace is out before going to bed.
- Have chimneys, fireplaces, and other heating devices inspected by a qualified professional at the start of every heating season.
- Use a sturdy screen or glass closure in front of your fireplace, and burn only clean fireplace wood. Never burn treated lumber.
- Install smoke detectors on every level of your home, including the basement, and test them monthly.
- If you smell gas in your home, contact your local utility company or qualified professional heating contractor and follow their advice.
- Inspect heat tape before using it. Never thaw frozen pipes with an open flame.

## Winter Safety Tips

- Protect neighborhood homes this winter. Keep your nearest fire hydrant clear of snow.
- After holiday parties, check wastebaskets and furniture for smoldering cigarettes.
- Place holiday decorations well away from heat sources. If you have a tree, water it daily.
- Do not burn holiday wrappings in a fireplace; it may cause a chimney fire.
- Pay attention when cooking. If a pan is on fire, cover it with a lid. Water will spread the fire.
- Turn off and unplug lights and decorations before going to bed or leaving your house. Buy electrical decorations that have been approved by a national testing laboratory. Don't overload outlet.

*Taken from: Winter Weather Preparedness Guide. SD Office of Emergency Management*