



# Badlands Head Start: PRENATAL TO FIVE



## July/August 2019 Newsletter

### Upcoming Dates

<b>July 17th</b>	Policy Council Meeting
<b>July 18th</b>	TREC Board Meeting
<b>August 15th</b>	TREC Board Meeting
<b>August 21st</b>	Policy Council Meeting

Help your child identify each of these flowers.  
Go for a walk and see if you can find them.



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## Fruit and Veggie Caterpillars

Recipe from PBS KIDS for Parents

### Materials

Toothpicks  
Celery stalks  
Grapes, Blueberries or Grape tomatoes  
Cilantro stem or celery string for antennae  
Candy eyes (could also substitute cream cheese with piece of blueberry or olive)  
Cream cheese or peanut butter (or substitute another nut butter or sun butter)



### Directions

1 Prepare the fruits and vegetables: Rinse all of the fruits and vegetables and pat dry. Cut the celery into several pieces, each 3"-4" long. Then slice the bottom "peak" off of the celery so that it lays flat. If necessary, slice the grape tomatoes in half. Arrange the fruit and vegetables on the celery (before "gluing" them down with the peanut butter) to make sure they fit properly.

2 Fill each celery stalk with peanut butter or cream cheese and top with grapes, blueberries or grape tomatoes for the body. Use a grape for the head. (For young children, you may want to cut the grapes in half.)



3 Make the antennae. Cut the cilantro stem to size. Using your toothpick, poke a hole where you want each antennae to go. If necessary, wiggle the toothpick a bit to make the hole big enough to fit the cilantro stem. Insert the stem.

4 Using the toothpick, dab a bit of peanut butter onto the back of the candy eyes and then adhere them to the grape.

If using cream cheese for the eyes, place 2 small dabs on the grape placing either a small piece of blueberry or olive in the middle of the cream cheese dabs.

5 Arrange your fruit and vegetable garden grubs on a plate and serve.



# Update from Butte, Harding and Perkins Counties

*Summer Time!!!!* My favorite time of the year. So much to do, so much to see. We are very lucky that we live in such a very beautiful area. Sometimes we just need to stop and look around. Take a moment and see life through our children's eyes. Spend some time taking walks, maybe a picnic, blow bubbles or play in the park. Here are two outside activities you might enjoy

Enjoy the great outdoors and don't forget the sunscreen and bug spray!

Michele Kreuzer-Ranken — Butte Co. Area Service Manager

## Sound Hunt

Talk to your child about different animal, bug and bird sounds. Then go outside and sit under a tree.

Have your child close their eyes and just listen. See how many different sounds you can hear.

Try different locations and times of day. Have your child copy or describe the sounds they hear.



*Hello Summer!*

and sunny greetings from Harding and Perkins Counties!

Our Early Head Start Home visitors and families have been enjoying the beautiful weather by incorporating many outside activities into their home visits and socials. Water and sand play, outside painting, tricycles and bikes, bubbles, and balls are just a few fun activities families can enjoy together. Remember to apply sunscreen and to stay hydrated as you enjoy these wonderful summer days.

Ruth Adams

ASM

## Dinosaur Dig

### Materials

- ◇ Plastic dinosaur bones, or small dinosaurs (any small plastic toy will work)
- ◇ Shovels/paint brush
- ◇ Sand or dirt
- ◇ Some kind of container

Place dirt or sand in the container then bury the toys. Have the child use the shovels and brushes to dig up the bones or toys. After revealing the artifacts you can look up and read about that dinosaur or object that your child found.



# Summer Safety

**Water Safety– Drownings are the leading cause of injury death for your children ages 1-4.**

- Always supervise children when in or around water. A responsible adult should be constantly watching young children
- Teach children to swim. Formal swimming lessons can save lives
- Always wear a proper fitting life jacket whenever around any large source of water

**Heat and Sun– Infants and children up to 4 years old are at greatest risk of heat-related illness.**

- Limit time outdoors from 10am –4pm
- Keep newborns out of the sun
- Use proper clothing, umbrellas and shade
- Apply sunscreen 15-30 minutes before going outdoors and reapply every 2 hours or after swimming
- Stay Hydrated– make sure to have drinking water available for children at all times

**Mosquitoes– Protect you and your family from bites and diseases**

- Use an effective insect repellent
- Be sure to read all labels of the insect repellent you choose to ensure it is the ideal type for your child's age
- Most bugs, including mosquitoes, are attracted to water around homes. To avoid mosquitoes from interrupting your summer fun, be sure to rid any area on your property of standing water. Flower pots, buckets, planters and even birdbaths should all be removed during the summertime when mosquitoes are most prevalent.



## Message from Melissa

### Summer Fun Activities!

Summer is finally here! It is time to get outside and enjoy the beautiful weather! We have a list of fun activities you and your child can do together.

#### **Listening Walk**

Listening walks are a fun way to help your child become a better observer of the world around him or her. As you go for a walk with your child, talk about the different sounds you hear such as the wind rustling through the grass, an airplane flying overhead, cars on the road, birds singing, dogs barking, etc. It can also be a great way to encourage a conversation with an older child by asking questions such as where do you think the people in the plane are going? Why do you think the dog is barking? It is also a good way for your child to get exercise.

#### **MAKING MUD**

Making mud outdoors is always fun for young children and educational. Through playing with dirt and water, your child will learn important science concepts about how dirt and water interact with one another, as well as develop your child's five senses. If it's a little too wet outside, bring the fun inside! Bring in an extra large container of dirt and let your child help sift it to remove stones, twigs, leaves, and other items. You can set the nature items aside to use later in a collage or as a sorting activity. In an old plastic dishpan, or similar container, help your child stir the dirt with water, starting with a combination of three parts dirt to two parts water and adjusting the amounts as necessary. Invite your child to explore the mud with his or her hands and fingers: How does it feel? What does it look like? Sound like? Smell like? This is an activity that can keep your child busy for hours!



#### **WIND WALK**

On the next windy day, take your child outside for a walk. Together, look for all the things the wind is moving around.



Can you see a flag blowing in the wind?

Is there a leaf being pushed along the road?

Are the tree branches swaying?

Stand still for a moment and enjoy the feeling of the wind blowing across your face.

Help your child understand that even though the wind is invisible, we can still see the effects of the wind.

# The Importance of Routine

Routines are repeated, predictable activities that happen on a regular basis. Having consistent routines helps your child know what to expect, learn self-control and actually helps aid in brain development. Routines help your child to feel safe, provide a sense of comfort and assist your child in learning important self-help skills such as feeding self, toileting, tooth brushing, etc.

Routines are created from your family's daily habits. These often include bedtime and morning routines, mealtimes, bath time, leaving the home, etc. Through consistency and repetition, your child will learn what comes next. By making an activity a routine, you can reduce power struggles. For example, a bedtime routine may include taking a bath, putting pajamas on, brushing teeth, reading two books together and then going to bed. If you do this routine daily, your child will know what comes after each step of the routine, reducing the chance that you will need to correct your child's behaviors or experience a power struggle with your child. In addition, through repetition you can aid your young child in becoming more independent in carrying out these routines. For example, an older infant can begin to learn to feed himself with a spoon at mealtimes or to put his arm through the armhole on a shirt when getting dressed.

Below are some ideas for establishing routines with your child. It will take time for a routine to be established so expect it to take several weeks to a month before a routine is set. Consistency is key. Try to stick to routines even when you have visitors or are on vacation. Establishing a routine can take some work in the beginning, but in the long run it will make your family life run so much more easily and save you time.

## *Morning Routine:*

Get up at the same time each morning and greet your child with a smile and a hug to start the day off on a positive note.

Personal hygiene activities: Brush teeth, comb hair and get dressed.

Eat breakfast.

Play together for a set period of time.

## *Mealtimes:*

Wash hands first.

Set the table together.

Talk about your day as you eat.

Put dirty plates away.

Consider set food days like taco Tuesdays.

## *Bedtime:*

Start the bedtime routine at a consistent time every night

Take a bath

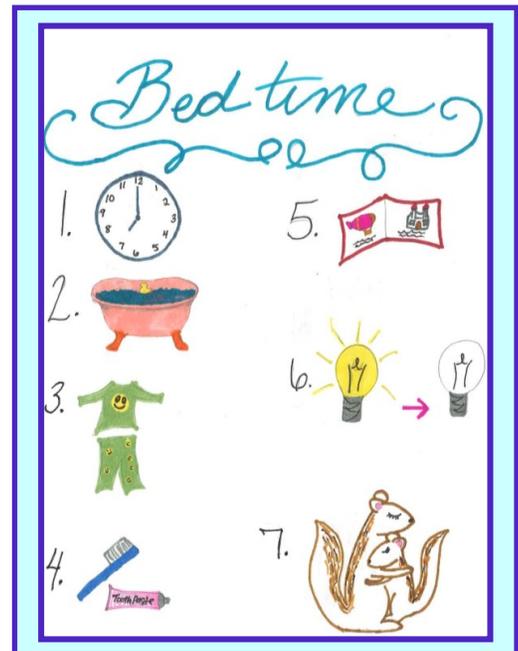
Put on pajamas

Brush teeth

Story time (have your child pick out a predetermined number of books to read)

Turn off lights

Give a hug and say goodnight



# Fireworks Safety Tips

If fireworks are legal where you live, keep these safety tips in mind:

- Kids should never play with fireworks. Things like firecrackers, rockets, and sparklers are just too dangerous. If you give kids sparklers, make sure they keep them outside and away from the face, clothing, and hair. Sparklers can reach 1,800°F (982°C) — hot enough to melt gold.
- Buy only legal fireworks (legal fireworks have a label with the manufacturer's name and directions; illegal ones are unlabeled). Never try to make your own fireworks.
  - Always use fireworks outside and have a bucket of water and a hose nearby in case of accidents.
  - Stay away of others setting off fireworks. They can backfire or shoot off in the wrong direction.
    - Never throw or point fireworks at someone, even as a joke.
- Don't hold fireworks in your hand or have any part of your body over them while lighting. Wear eye protection, and don't carry fireworks in your pocket — the friction could set them off.
  - Light one firework at a time (not in glass or metal containers), and never relight a dud.
- Don't allow kids to pick up pieces of fireworks after an event. Some may still be ignited and can explode at any time.

Think about your pet. Animals have sensitive ears and can be very frightened or stressed by the Fourth of July and other big celebrations. Keep pets indoors to reduce the risk that they'll run loose or get injured.

## If an Injury Happens

If a child is injured by fireworks, immediately go to a doctor or to your local Emergency Room

## If an Eye Injury Happens:

- Don't let your child touch or rub it, as this may cause even more damage.
  - Don't flush the eye out with water or try to put any ointment on it.
- Cut out the bottom of a paper cup, place it around the eye, and get medical care right away — your child's eyesight may depend on it.

## If Your Child is Burned:

- Remove clothing from the burned area if safe to do so.
- Call your doctor immediately or go to your local Emergency Room.

**Fireworks are meant to be enjoyed, but you'll enjoy them much more knowing your family is safe.**

*Happy Independence Day!*

# *Hello Summer!*

Typically, summer means parents and children are anticipating a slower schedule! A summer filled with sun, sleeping in, outdoor activities and spending extra family time together. Although we all have similar thoughts about summer and eagerly anticipate its arrival, summer can also be a difficult time for children and families. The lack of schedule and routine can throw some children and families into a state of chaos even sometimes affecting a child's emotional well being. The simple truth for most of us, in particularly children, we still need some routine and schedule to help us feel emotionally healthy. The school year seems to help parents and children stay more on track with daily schedules, bedtime routines and positive socialization. School keeps our children cognitively and emotionally stimulated. Summer time may mean for some children, less socialization, lack of routine for children and families and even boredom. Children often increase their video and T.V. time and have limited social interactions. A few suggestions to consider to help with the summer months:

- Have a discussion with your child and family about summer. Let them know ahead of time what expectations you have for them and what a typical summer day may look like.
- Although bedtimes are typically extended in the summer, give them an idea of when their summer bedtime will be and try to stay relatively consistent. Lack of sleep has a huge impact on moods and significantly contributes to behavioral problems.
- Limit electronic time. It's so easy to lose track of how much time our children are watching T.V., or playing video games. Consider setting a timer or alarm clock to help both you and your child keep track of this. When the alarm goes off, your child knows it's time to stop playing. This is much easier than arguing with your child to get off the Wii or Xbox.
- Encourage physical activity. Have getting outside and doing some physical activity as part of their day.
- Encourage positive socialization. If your child is becoming easily irritable or finding trouble, consider the possibility of boredom. Children are social beings and need play time with other children their age.

Don't forget to stop and smell the roses and enjoy your summer but remember a little routine is still good for all of us!

**Rebecka Funk MA., LPC-MH**  
**TREC Badlands Mental Health Consultant**