

Badlands Head Start:

PRENATAL TO FIVE



November/December 2016 **Newsletter**

Upcoming Dates

November 15th Policy Council Meeting

November 17th TREC Board Meeting

November 23rd No center in Belle
Fourche & Lemmon

November 24th **HOLIDAY-No Centers**

December 19th-21st No center in Bison

December 20th Policy Council Meeting

December 22nd TREC Board Meeting

December 26th-January 2nd
HOLIDAY BREAK-No Centers

Picture Books in Winter

Summer fading, winter comes--
Frosty mornings, tingling thumbs,
Window robins, winter rooks,
And the picture story-books.

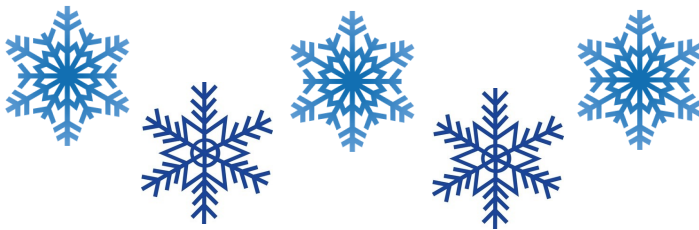
Water now is turned to stone
Nurse and I can walk upon;
Still we find the flowing brooks
In the picture story-books.

All the pretty things put by,
Wait upon the children's eye,
Sheep and shepherds, trees and crooks,
In the picture story-books.

We may see how all things are
Seas and cities, near and far,
And the flying fairies' looks,
In the picture story-books.

How am I to sing your praise,
Happy chimney-corner days,
Sitting safe in nursery nooks,
Reading picture story-books?

By: Robert Louis Stevenson



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Websites and Resources

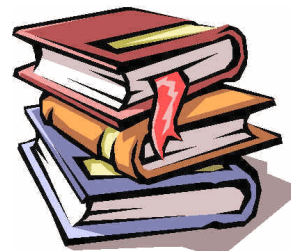
Submitted by: Wanda Dunn, Family and Community Partnership Specialist

Here are some websites and resources that you may find helpful. Some have tips on literacy, school readiness, parenting, and applying for different assistance programs in South Dakota.

www.rif.org This is a wonderful literacy resource for both parents and children of all ages.

www.pbs.org This is a great resource for children of all ages and follows many of the children's television shows that are broadcasted. It also has links for parents on child development, education, food and fitness, along with issues and advice.

<https://usa.imaginationlibrary.com> The Dolly Parton Imagination Library is a unique early years book gifting program that mails a brand new, age-appropriate book to enrolled children every month from birth until five years of age, creating a home library of up to 60 books and instilling a love of books and reading from an early age. The United Way of the Black Hills is the sponsor for Butte County and the town of Lemmon's children.



www.sd.bridgetobenefits.org This is a great resource that can help families see if they qualify for:

- Low Income Energy Assistance Program (LIEAP)
- Supplemental Nutrition Assistance Program (SNAP)
- School Meal Program,
- Children's Health Insurance Program (CHIP)
- Child Care Assistance
- Earned Income Tax Credit (IETC)
- Sales Tax on Food Refund Program
- WIC (Women, Infants, Children) Nutrition Program



www.helplinecenter.org This website can help you get connected and get answers on:

- Financial Assistance
- Support Groups
- Donation Information
- Child Care
- Substance Abuse
- Crisis Intervention Counseling
- Government Services
- Volunteering



You may also dial '211' 24 hours a day to talk to a specialist to help you assess your needs and determine your options and provide appropriate programs/services, give support, and intervene in crisis situations. 211 is currently available in the Black Hills to families in Pennington, Custer, Fall River, Lawrence, Meade, and Butte Counties.

www.sd.gov This site has information on everything you need to know about South Dakota from State Agencies, employment opportunities, state attractions, online services for all SD forms and applications, travel, and weather conditions.

Harding and Perkins Happenings

This has been a busy, but very enjoyable Fall in the Northern counties of Harding and Perkins.

The Bison Center has been busy learning about Nature by studying leaves and pumpkins, and by taking walking field trips to the library, fire house and the clinic. The children have also been learning how to identify and appropriately express their feelings along with learning and enhancing pre-k skills.

Harding County Early Head start and Head Start home visitors have explored Fall and nature during socials, and



on home visits, the kids have been busy creating volcanoes, learning about dinosaurs, and making a mud farm and eatable sand. They are also working on a letter a week, along with writing their names and identifying numbers, shapes, and colors.



The Lemmon Center received new playground equipment, so the students have enjoyed gross motor play outside. Inside the classroom, the children have been learning how to identify their feelings, painting pumpkins, and continuing building their pre-k skills.

Perkins Early Head Start has explored many sensory items such as pumpkin "guts," and making their own calm down bottles. They are also busy developing skills through fun activities like the ball pit and rainbow ball drop.

We hope the beautiful weather holds to allow us ample time to continue our outside learning and exploring activities!

Ruth Adams

Area Service Manager

Update from Butte County

I cannot believe that summer is gone. Fall is here and winter is around the corner. The weather so far has been great but we all know that won't last much longer. What I would like to do is give families some fun learning activities that you can do with your children indoors or out. They could be included on the in-kind sheet under my activities.

Michele Kreuzer-Ranken

Butte Co. Area Service Manager

Activity Idea - Animal Voices

Teaches about loud and soft.

Talk with your child about animal sounds. Ask her which animals make loud sounds and which make soft sounds. Ask your child to make loud animal sounds and soft ones.

Look at pictures of zoo animals and talk about the zoo and the animals.

Activity Idea - Talk to the Hand

2 clean white socks (child size)

2 clean white socks (adult size)

Permanent markers of different colors

Yarn, felt, age-appropriate decorative items, glue

Using the markers and other materials, help your child create and decorate the socks to make puppets. They could be made into animals, people or whatever your child can imagine. When completed, you can have a conversation or a puppet show with your child.

This activity addresses the learning areas of fine motor, language development, and social interaction.

Activity Idea - Sink or Float

Several items that sink

Several items that float

Fill a bucket or tub with water. Make it into a guessing game with your child. What items might float and why?, What might sink?, etc. Have your child try to stump you.



This activity addresses cognitive skills, language skills, and introduces beginning scientific properties.

Song Corner

Singing songs with your child is a great way to help build your child's language skills, whether your child is a newborn infant or is getting ready to transition into kindergarten. Here are a couple of fun songs to sing with your child for this time of year.

Two Warm Mittens

(Sung to the tune of "He's Got the Whole World in His Hands")

I have two warm mittens on my hands,
I have two warm mittens on my hands.
I have two warm mittens on my hands,
They keep me cozy on a winter day!

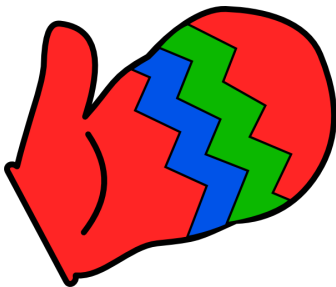
Repeat the song with more winter clothes:

A nice warm jacket on my body
A fuzzy scarf on my neck
A furry hat on my head
Puffy snow pants on my legs
Heavy boots on my feet

Snowy Pokey

(Sung to the tune of "The Hokey Pokey")

You put your right mitten in, you take your right mitten out,
You put your right mitten in and you shake it all about.
You do the snowy pokey and you turn yourself around,
That's what it's all about!



Additional Verses:

You put your left mitten in.
You put your scarf in.
You put your right boot in.
You put your left boot in.
You put your hat in.
You put your snow self in.

Snow Pants First

(Sung to the Tune of Frere Jacques)

Snow pants first, snow pants first.
Then your boots, then your boots.
Then you put your coat on,
Then you put your coat on.
Hats and glove, hats and gloves.

*This song is great for helping children getting dressed to go outside in the snow.



Message from Melissa

Household Chores

Doing household chores helps your child learn responsibility as well as provides opportunities for hands on learning. Here are a couple of household chores your child can assist with:

Laundry:

There are many ways to turn doing laundry into a great learning opportunity for your child. For infants, talk to your baby about what you are doing describing your actions. For example, “Mommy is putting all the towels in one pile and all the darks in other,” or “I’m putting the clothes in the wash to get clean.” This will help give words to your infants world. After the clothes are washed, you can have your baby touch different textures and describe those textures such as soft towels and sweaters, smooth jeans, etc.



With toddlers or preschoolers you can involve them by having them help you sort laundry into piles such as all of the blues and



dark colors to be washed together, delicate items in another pile, etc. This will help your child learn to identify colors. After laundry is completed, have your child match socks, fold towels, sort clothing into piles by each family member, etc. These activities will help your child learn to match items and to sort which are both important math skills. Folding will help your child develop motor skills. You can also work on counting by having your child count how many towels are in one pile, etc.

Picking Up Toys:

Learning to pick up after oneself is an important life-long skill. When your child is finished playing with some toys, show your child how to put the toys away and where they belong. Using a picture on a container showing the child what goes in it can be a great visual reminder for your child. You can make clean up more fun by using some upbeat music during the clean-up process or by turning it into a race to see who can pick up the most the fastest. Build your child’s vocabulary by using words such as on, in, under, over, etc., to describe where to put the toys. Work on counting skills by having your child pick up a particular number of objects. For example, “There are three trucks, can you put those in the box while I pick up these four cars?”



Misty Wilbur

**Health/Nutrition/
Safety Specialist**

Health Corner

Brianne Sambo

**Health & Safety
Coordinator**

Knock Knock Joke

KNOCK KNOCK!
WHO'S THERE?
LETTUCE.
LETTUCE WHO?
LETTUCE IN, IT'S
COLD OUT HERE.

HAHA!

Head Louse (Lice)

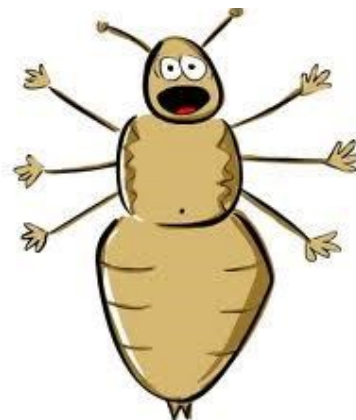
The head louse is a tiny, wingless parasitic insect that lives among human hairs and feeds on tiny amounts of blood drawn from the scalp. Lice (the plural of louse) are a very common problem, especially for kids. They're contagious, annoying, and sometimes tough to get rid of. But while they're frustrating to deal with, lice aren't dangerous. They don't spread disease, although their bites can make a child's scalp itchy and irritated, and scratching can lead to infection.

Signs of Head Lice:

- Lice Eggs (Nits)
- Scratching
- Small red bumps or sores from scratching

See your doctor if your child is constantly scratching his or her head or complains of an itchy scalp that won't go away. The doctor should be able to tell you if your child is infested with lice and needs to be treated.

Article from Kidshealth.org



Head lice is common— especially in children, but is not dangerous

Recipe for The Sweet Tooth

From: © Nutrition Matters

Monster Cookies

Peanut butter, oatmeal, and raisins make these cookies a healthy choice!

Ingredients:

1/2 cup margarine
1/2 cup white sugar
1/2 cup brown sugar

1/2 cup peanut butter
1 egg
1 cup flour
1/2 teaspoon baking soda
1/4 teaspoon baking powder
1/4 teaspoon salt
1 1/2 cups quick cooking oatmeal
1 teaspoon vanilla
1/2 cup raisins

Directions:

Mix margarine, white sugar, brown sugar, peanut butter, and egg together in large bowl.

Stir in remaining ingredients.

Drop by teaspoons onto ungreased cookie sheet.

Bake in 375 degree oven for 10 to 12 minutes.

4 dozen



Your Child's Mental Health

Anger in Your Child

Anger is often the most difficult feeling for parents to know how to address. It is one of the strongest and most powerful of emotions and can often bring parents to their breaking point. Let's face it, sometimes children have very good reasons to be angry!

How do we know when our child is just expressing themselves and how do we know when our child's anger is out of control? It's normal for every child to feel angry and anger is a very important feeling. It can help tell us when something is not right or when someone is not treating us fairly. We don't want to teach or tell our children they should never feel angry but we do need to help our children learn how to express their anger safely and appropriately. Often teaching your child the 3 simple anger rules is a good place to start. **We can be angry but....**

We cannot hurt ourselves

We cannot hurt others

We cannot destroy property

Teaching your child that they have every right to be mad, but are still responsible for handling this powerful feeling can start as early as 1 or 2 years old. This doesn't mean your child won't break these rules as they're growing and learning but you're helping them from the beginning to learn all about managing their feelings.

Anger is a learned habit. Often times, children who display anger problems have developed these merely out of habit and because the adults in their lives have not known how to intervene. We must start

teaching our child how to express their anger at the same time they begin to express other feelings. Children need to know how to calm themselves down, how to use their words when they are upset, and how to problem solve conflicts that arise at both home and school. Verbalizing to your child that they cannot hurt themselves or others and/or throw things is of upmost important. Intervening and giving your child time out or a natural consequence is a good way for your child to learn their actions do have impacts on themselves and others.

If we don't want our children to break the anger rules we must also teach them tools to calm down and cope with this feeling. When your child is in the moment and angry, use your words to show him you see that he is angry and you see that he has been treated unfairly. Let him know you are there for him. You must also let him know he cannot break the anger rules even when he is hurting. Teach him how to walk away and take a few minutes to calm down. Teach him how to take some deep breaths and identify other ways he can calm himself down.

Remember, we first teach by example. Whenever our child is expressing their anger inappropriately, it's so important to look at ourselves and how we are expressing our own anger. What's the overall emotional climate in the house? How are we managing our own anger? What are our children seeing on a day to day basis? Has something significantly changed or happened at either home or school?

Should your child continue to express anger in overly aggressive or violent ways, despite your hard efforts to address this, it's always wise to seek help. Sometimes this can be a sign of a medical or neurological problem and early intervention is always best.

Rebecka Funk MA. LPC-MH - Mental Health Consultant

Anger Rules

A child can be angry, but never let them:

- Hurt themselves
- Hurt others
- Destroy property

Early Years

WORKING TOGETHER FOR A GREAT START

November 2016

Badlands Head Start: Prenatal to Five

KID BITS



A good night's sleep

Your preschooler needs

lots of zzz's to learn and remember new things. In fact, children this age should get 10–13 hours of sleep a day. Ensure that your youngster gets the rest she requires by setting a consistent bedtime. Then, use calming activities like a bath and a story to help her easily drift off.

Special attention

Did you know that rewarding or consoling your child with food can teach him that eating is a way to feel good about himself? Instead, give him extra attention. You might celebrate an accomplishment with a victory dance. Or you could soothe away a bad day with a snuggle session.

Part of the group

Your youngster will be more comfortable doing group projects at school if she is used to doing them out of school, too. Let her have friends over to play card games, or suggest that they put on a puppet show. Or organize an art project for the whole family to work on together.

Worth quoting

"Wisdom begins in wonder." *Socrates*

Just for fun

Q: What has teeth but no mouth?

A: A comb!



One book, lots of activities

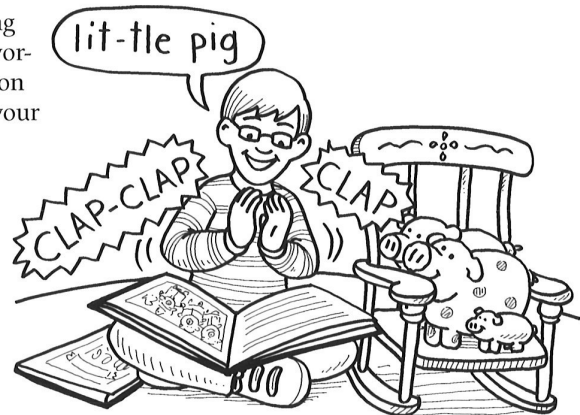
Encourage early reading skills with your child's favorite book! Here are hands-on activities you can add to your daily read-aloud time.

Story syllables

Breaking words into "chunks" makes them easier to sound out (and later, to spell). Begin building this skill with your youngster by clapping together when you read words or phrases. Clap once for each syllable. For example, "little pig" would be clap-clap, clap. After your child has the hang of it, he might enjoy drumming or marching to the beat of the syllables as you read.

Slow motion sounds

Here's a fun way to get your youngster to listen for letter sounds within a word. While reading, let him randomly call out, "Speed bump!" Then, you read the next word in slow motion, emphasizing each letter sound. For instance, "Fff-aaah-rrr-mmm." To speed you back



up, your child calls out the word at normal speed: "Farm!"

I Spy pictures

Play I Spy to help your child pay attention to beginning letter sounds. Open the book to any page, secretly choose an object in the illustration (dog), and say, "I spy, with my little eye, something that starts with D." (Tip: Ask him what sound that letter makes. If he can't remember, prompt him by saying other D words.) He scans the page and names the word. Now let him choose a letter sound and picture for you to find!♥

Many thanks

Thanking people is a way for your little one to practice good manners and make others feel appreciated. Teach her to show gratitude with these ideas:

- When your child receives a gift, have her make a thank-you card. *Idea:* Consider setting a rule that she has to send a card before she uses the present.
- Remind her to thank the "helpers" in her life, such as the school bus driver or the person who cuts her hair.
- Together, bake brownies for her teacher or coach to recognize their hard work.
- Thank your youngster when she's helpful, too. Children love to imitate adults, and she will learn from your example.♥



Let's unplug!

You probably know that the less time your youngster spends using electronic devices the better. Here are strategies for entertaining her without turning on a screen.

Think ahead. For times when you might be tempted to give your child screen time, plan alternatives. While she's riding in a grocery cart, give her a task like finding items on your shopping list. Or when you need



to do things around the house, help her fill large zip-top bags with activities she can enjoy by herself, such as dot-to-dots or finger puppets.

Make old things feel new.

Find a few toys she hasn't used in a while, and stash them away in a box in the closet. Then, instead of popping in a video when she's

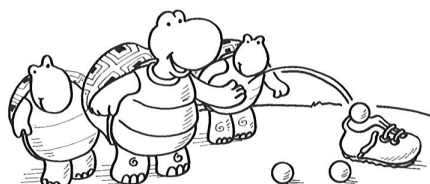
bored, pull out a "forgotten" toy for her to play with.

Create natural alternatives. Get outdoors and get busy in nature. Not only does nature lack electrical outlets, but you both will be more alert as you explore the woods, a creek, or the backyard together.♥

PARENT TO PARENT

Homemade games

When I was little I loved creating my own games, so I suggested that my sons invent their own games, too. They each chose items from around the house to use in a game. Then, the boys brainstormed ways to play with them.



My son Ian made a game of bouncing Ping-Pong balls into his sneakers and scoring points for each one that landed inside. My younger son Isaac hid his stuffed bear, and we had to find it before a timer went off.

The boys' creativity keeps growing. They've challenged each other to build the tallest tower using towels, boxes and pillows, and they've invented a tabletop hockey game with milk carton caps.

They're learning a lot, too. They negotiate rules, cooperate to create games, and collaborate on instructions. Overall, I'd say homemade games are a win-win at our house!♥

ACTIVITY CORNER

Jobs to grow on

What does your child want to be when she grows up? Get her thinking about all the possibilities with this project where she will learn about the jobs of friends and family members.

Materials: paper, crayons, stapler

Encourage her to interview relatives or neighbors about their jobs. She might ask Aunt Sara what she does as a bank teller or find out what her neighbor likes about being a janitor.

After each interview, your youngster could draw a picture of the person at work and dictate or write a sentence or two about the job. *Example:* "Aunt Sara is a bank teller who counts money for people."

Help her collect her drawings and staple them together into a book. Let her "read" it to you and describe what she learned about the different careers. Would she like any of these jobs when she's older?♥



Q & A

Parent-teacher conferences

Q: This is my first parent-teacher conference about my son. What should I expect?

A: Congratulations on getting involved in your child's school life! It's one of the most important things you can do for his education.

Your son's teacher will share information on how your child learns and plays, how he gets along with others, and where he does well or may need assistance.

Also, be prepared to answer questions from your child's teacher, who has his

best interests at heart and wants to help him succeed. She might ask about his behavior outside of school or how you help him learn.

Finally, this is the perfect time for you to ask questions. Since conference times are usually brief, write down your questions before you meet. That way you'll

use the short meeting to cover the most important items on your list. Then, get ready to be part of the team that cheers on your new student's progress at school!♥



OUR PURPOSE

To provide busy parents with practical ways to promote school readiness, parent involvement, and more effective parenting.

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Early Years

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KID BITS

Healthy eyes

Did you know that children's eyes develop rapidly from ages three to seven? Your youngster needs clear vision, strong eye muscles, and good eye-hand coordination for reading and writing. Ask his pediatrician about a vision screening to detect and correct any problems.

Dressed for the weather

As the days get colder, your child will probably still go outside for recess. Check the forecast together, and have her pick out clothing that matches the weather. What should she wear if the temperature drops or if it's rainy? She will learn about weather conditions—and planning ahead.

Know your colors

Here's a memory booster to help your youngster recognize colors. Name three different-colored objects in the room (red plate, yellow toy car, blue block). Tell your youngster to find and touch them in the color order you say (red, yellow, blue). Then, mix up the order (blue, red, yellow), and have him try again.

Worth quoting

"One kind word can warm three winter months." *Japanese proverb*

Just for fun

Casey: "Moo! Quack! Meow!"

Dad: "What are you doing?"

Casey: "I'm saying hello in three different languages."



I can help!

Children who learn to help others are more likely to become helpful teens and adults. Plus, assisting people gives youngsters a sense of pride and accomplishment. Encourage a habit of helpfulness with these ideas.

Inspire considerate thinking

In everyday situations, prompt your child to think of ways to pitch in. For example, point out a newspaper blowing down the sidewalk and suggest that she pick it up and put it in the recycling bin. Or when a visiting friend spills a drink, ask her to help wipe it up. Over time, she'll begin to automatically think of ways to help.

Work together

Your youngster could be your assistant when you're lending a hand. If a neighbor loses a pet, she can carry "lost pet" flyers and help you hang them—or she might even make flyers herself. When you cook or do chores for a sick friend, she could help, too. You'll show



her that helping out is something she can regularly do for people.

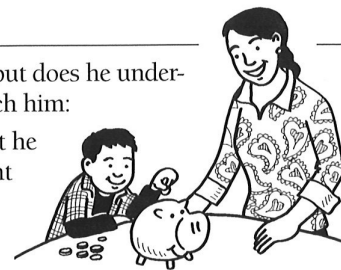
Give "tickets"

Suggest that your child make "handy helper" tickets as gifts for friends and relatives. For each ticket, trace her hand on paper. Then, let her add a note or a drawing explaining what the ticket is good for, such as playing with her baby cousin to give her aunt a coffee break, or dusting Grandma's furniture. She will learn that helping others can be a gift, too. ♥

Money smart

Your child may have watched you use money, but does he understand how it works? Try these playful ways to teach him:

- Maybe he wants a new comic book. Suggest that he save money in a piggy bank or an empty jar. Count the coins together, and help him figure out how much more he needs to save. He'll build math skills in the process.
- He might create pretend money to use during imaginary play. Perhaps he'll "work" as a waiter or a cashier. Then, "pay" him for doing his make-believe job.
- Show your youngster how much money grocery coupons are worth. Point out the amount on the coupon, and help him count out pennies to match (30 pennies for a 30-cent coupon). ♥



Let's go to the post office

Your youngster can learn a lot during a visit to the post office. Here are some activities to try on your next trip.

Addresses. While standing in line, talk about the parts of the addresses on your letters or packages (name, street address, zip code, return address). He could tell you the letters, words, and numbers he recognizes.



Size and shape. Use the display of mailing materials to take turns naming things that would fit in a certain box. Or let your child sort and stack your letters according to size.

Weight. Ask your youngster to hold two packages, one in each hand. He can use his hands as a "scale" to tell you which one is heavier or lighter.

Stamps. Together, look at the postage stamps for sale. Can he name what's on each stamp? Is it a plant, a building, a person, or an animal? Why does he think it's on a postage stamp? ♥

ACTIVITY CORNER

Animal tracks

Encourage your child to find out which animals visit his backyard or the local park by hunting for tracks together.

Materials: paper, crayons

Take a walk after a rain or snowstorm, and search for animal footprints in the mud or snow. When he spies some, let him draw a picture of them and think about what kind of animal might have made them. For instance, does he think it's a big animal or a little one?



Follow the tracks, and ask what the animal might have been doing. If the prints lead to a puddle, maybe the animal wanted water.

Have your youngster label his drawings with the animal he thinks made the tracks. Later, help him check his predictions by looking up tracks in library books or online (try naturetracking.com). ♥

PARENT TO PARENT

Our treasure chest

When I was little, my grandfather had a wooden box full of keepsakes—baby booties, old photos, news clippings. I loved learning about our family while sorting through those treasures, and I wanted to give our daughter Amari a similar experience.

I let Amari decorate a large shoebox. Then, I said we would fill the box with treasures that create a story about our family. First, Amari drew a picture of our apartment to show where we live. Then, she gathered photos of our family and cats. And I added Amari's first dress—she couldn't believe how little it was!

We keep putting in more pieces, like a ticket stub, a subway token, and the program from her school play. When visitors come, we sift through our mementos, and Amari uses them to tell family stories. ♥



Q & A

Active play for winter days

Q: I've heard that getting enough exercise can help my daughter do better in school. What are some ideas for keeping her active this winter?

A: It's true. Children who get at least 60 minutes of physical play a day tend to be healthier and learn better.

The good news is that most youngsters this age are full of energy and want to be moving, especially if you're doing it with them.



Encourage an active lifestyle by making time each day for family play.

Try an after-dinner round of follow the leader. Put on music and invent animal dances—bunny hop or monkey strut, anyone? Play games like Twister that get everyone moving.

And keep outdoor play on the menu, too. If it snows, build a snow family or go sledding. You also could hike at a park or walk laps at a nearby mall, gym, or school track. ♥

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