



Head Start/Early Head Start Program From the Administration...

April is Stress Awareness Month

We all realize the stress that occurs in our lives every day. Sometime it feels like the demands that are placed on us are overwhelming. We feel like “checking out” when our minds and emotions are on overload. But have you ever thought about stress and how it impacts your child’s life? Did you know that children today live under tremendous stress and pressure? See if you can recognize any of these stressors that could be present in your child’s life.

- ◇ Separation/Divorce
- ◇ Violence
- ◇ Single parent home
- ◇ Peer pressure
- ◇ Blended family
- ◇ Fast pace of daily schedule
- ◇ Poverty or unemployment
- ◇ Television
- ◇ School trauma/ bullying
- ◇ Academic success



Children under stress often complain of physical ailments. They sometimes withdraw and become isolates. Aggression can also be a sign of overload and stress. Children who are under stress often display restlessness and a diminished ability to focus on tasks. Stressed children just don't know how to have fun!

Parents can make a big difference in diminishing stress in the life of their child. The first step is being aware that stress is present and active in the family. There are some stressors that can easily be removed such as limiting TV and avoiding the peer pressure that surrounds families. Parents can also slow down the pace of their child’s overloaded life. An atmosphere of openness and acceptance needs to flow in the home so children know that no subject is “off limits” for discussion. Just encourage frequent conversations-without judgments-about tough issues helps children cope with stress that surrounds them.

www.preksmarties.com/stess

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Special points of interest:

- 1. April is stress awareness month**
- 2. Eating healthy**
- 3. Be a better dad**
- 4. Monthly calendar**

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From the ...Nutrition Corner

Helping Your Overweight Child: Encourage Healthy Eating Habits

Healthy eating is essential to a child's well-being. If a child eats too much her/she may become overweight. Children who are overweight are at high risk for chronic health problems. The Weight-control information Network (WIN), a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), offers guidance to parents on how to encourage healthy eating habits in children.

- Buy and serve more fruits and vegetables (fresh, frozen, or canned). Let your child choose them at the store.
- Buy fewer soft drinks and high fat/high calorie snack foods like chips, cookies, and candy. These snacks are OK once in a while, but keep healthy snack foods on hand too and offer them to your child more often.
- Eat breakfast every day. Skipping breakfast can leave your child hungry, tired, and looking for less healthy foods later in the day.
- Plan healthy meals and eat together as a family. Eating together at meal times helps children learn to enjoy a variety of foods.
- Eat fast food less often. When you visit a fast food restaurant, try the healthful options offered.
- Offer your child water or low-fat milk more often than fruit juice. Fruit juice is a healthy choice but is high in calories.
- Do not get discouraged if your child will not try new foods for the first time. Some kids will need to have a new food served to them 10 times or more before they will eat it.

Healthy snack foods for your child to try:

- Fresh Fruit.
- Fruit canned in juice or light syrup.
- Small amounts of dried fruits such as raisins, apple rings, or apricots.
- Reduced fat cheese or a small amount of peanut butter on whole-wheat crackers.
- Low fat yogurt with fruit.
- Graham crackers, animal crackers, or low fat vanilla wafers.



From the ...Family Development Coordinator



5 Ways to Be A Better DAD!

1. Respect your child's mother

One of the best things a father can do for his children is to respect their mother. If you are married, keep your marriage strong and vital. If you are not married, it is still important to respect and support the mother of your children. A father and mother who respect each other and let their children know if provide a secure environment for them. When children see their parents respecting each other, they are more likely to feel that they are also accepted and respected.

2. Spend time with your children

How a Father spends his time tells his children what is important to him. If you always seem to busy for your children, they will feel neglected no matter what you say. Treasuring children often means sacrificing other things, but it is essential to spend time with your children. Kids grow up so quickly. Missed opportunities are lost forever

3. Discipline with Love

All children need guidance and discipline, not as punishment, but to set reasonable limits. Remind your children of the consequences of their actions and provide meaningful rewards for desirable behavior. Fathers who discipline in a calm and fair manner show love for their children.

4. Be a Role Model

Fathers are role models to their kids whether they realize it or not. A girl who spends time with a loving father grows up knowing she deserves to be treated with respect by boys, and what to look for in a husband. Fathers can teach sons what is important in life by demonstrating honesty, humility, and responsibility.

5. Show Affection

Children need the security that comes from knowing they are wanted, accepted and loved by their family. Parents, especially fathers, need to feel both comfortable and willing to hug their children. Showing affection everyday is the best way to let your children know that you love them.





Head Start/Early Head Start Program

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What is Head Start? What is Early Head Start?

Head Start and Early Head Start are comprehensive child development programs which serve children from birth to age 5, pregnant woman, and their families. They are child-focused programs, and have the overall goal of increasing the social competence of young children in low-income families.

By "social competence" is meant the child's everyday effectiveness in dealing with both his or her present environment and later responsibilities in school and life. Social competence takes into account the interrelatedness of social, emotional, cognitive, and physical development.

What is the Oglala Lakota College Head Start Program?

Our goal is to provide a full range of services to meet the needs of Lakota children from 0-5 and their families addressing cognitive, emotional, physical, nutritional, mental health, and Lakota language and culture development of children and the development needs of families.

Oglala Lakota College
 Head Start/Early Head Start Program

April 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 <i>Good Friday NS- Spring Break Starts</i>	7
8 <i>Hoppy Easter!</i>	9 <i>Back to School</i>	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27 <i>Professional Development Day</i>	28
29	30					