

# Oglala Lakota College

## Head Start/Early Head Start Program

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### August is Family Fun Month

Did you know that August has become Family Fun Month? As if you really needed an excuse to celebrate, you can now go out and have some good, clean family time without feeling even the least bit bad about it. But what types of activities might a family do during this fun month? Here are a few ideas for your family to enjoy.

1. Visit a State Park
2. Have a Book Night!

3. Pack a Picnic
4. Take a Mystery Road Trip
5. Visit an Amusement Park
6. Stay in and Back
7. Visit a Farm or Orchard
8. Family Game Night



Www.aagiftsbaskets.com



*"I hear and I forget. I see and I remember. I do and I understand."*  
-Confucius

*"Always walk through life as if you have something new to learn and you will"*

-Vernon Howard



### Dad's role in Raising Young Children

"What we find surprising and new is that a father's love and involvement are turning out to be just as important as that of the mother,"

As babies grow older, many come to prefer playing with their fathers who provide unpredictable, stimulating and exciting interaction. This stimula-

tion is important because it fosters healthy development of the baby's brain and can have lasting effects on children's social, emotional, and intellectual development. Infants with involved fathers tend to score higher on tests of thinking skills and brain development.

www.times-online.com





“While we try to teach our children all about life, our children teach us what life is all about.”

-Angela Schwindt

“Every student can learn, just not on the same day, or the same way.”  
-George Evans



“Education is not the filling of a bucket, but the lighting of a fire”

-W.B.Yeats



## What is Prenatal Care?

Prenatal care is the health care you get while you are pregnant. Take care of yourself and your baby by:

- Getting early prenatal care. If you know you're pregnant, or think you might be, call your doctor to schedule a visit
- Getting regular prenatal care. Your doctor will schedule you for many checkups over the course of your pregnancy. Don't miss any- they are all important.
- Following your doctor's advice.

What happens at during a prenatal visits? During the first prenatal visit, you can expect your doctor to:

- Ask about your health history including diseases, operations, or prior pregnancies.
- Ask about your family's health history.
- Do a complete physical exam, including a pelvic exam and pap test
- Take your blood and urine for lab work.
- Check your blood pressure, height, and weight.

[www.womenshealth.gov](http://www.womenshealth.gov)



- Calculate your due date.
  - Answer your questions.
- At the first visit, you should ask questions and discuss any issues related to your pregnancy. Find out all you can about how to stay healthy.
- Later prenatal visits will probably be shorter. Your doctor will check on your health and make sure the baby is growing as expected.
- Checking blood pressure
  - Measuring your weight gain
  - Baby's heart rate

## Wiggle your toes day..

Wiggle Your Toes Day encourages you to give your little piggy toes some exercise.

Those ten extremities at the ends of your feet, are crying out for a little freedom. Cramped up inside a pair of shoes or sneakers all day long, your stinky toes just don't get the chance to move about freely, as they would like to do.

Celebrate Wiggle Your Toes Day by airing out your toes, and wiggling them around for all to see.

The best place to wiggle your toes on a hot August day, is in the pool. Or, sit on a dock and stick your wiggly little toes in the water.

Did you Know? Not all toes are alike. Like people, toes come in all shapes and sizes. There is a small percentage of the population who have two or more toes partially joined together....web like toes!



## Immunizations Why are Vaccinations important?

### Why do I need shots?

Missing a shot may not seem like a bad thing- nobody wakes up in the morning thinking they'd love to go out and get a jab in the arm. But there are good reasons to get shots:

Vaccinations are about protecting your future, not just as a kid.

Many of the diseases that we are vaccinated against when we're

kids-like hepatitis B or tetanus- actually affect more adults than kids. Plus, anyone can get "kid diseases" like chickenpox, and they can be far more dangerous to teens and adults than they are to little kids.

### Which Vaccinations do I need?

- Diphtheria, tetanus, and pertussis (Tdap Vaccine)
- Measles, mumps, rubella (MMR)

- Hepatitis A & B
- Meningococcal disease (meningitis)
- Human papillomavirus (HPV)
- Varicella (Chickenpox)
- Polio
- Influenza

[www.kidshealth.org](http://www.kidshealth.org)

## Teaching Hand Washing

[www.earthskids.com](http://www.earthskids.com)

Teaching kids about hand washing is not just important to keep them healthier in childhood...but all through life.

Make it kid friendly and fun try some of these...

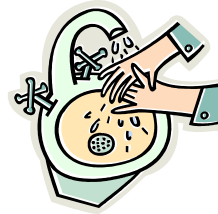
- \* Have the hand washing area set up for comfort—provide a child safe stool or low wash basin
- \* Have fun soaps and scrubbers.
- \* Put “no touch” items out of reach and out of sight.

- \* Create an appealing environment through kid friendly decor like sponge bob or little mermaid.

Have a Routine...

- \* Make hand washing a regular part of toileting, meal time, diaper changing, and etc. Both for yourself and for the children. This will help everyone remember because it will become second nature. For example, when children arrive at

school or get ready for lunch, they know that the first thing they must do is wash hands.



*“You can find magic wherever you look. Sit back and relax, all you need is a book.”*

*-Dr. Seuss*

## Know Your Teeth

[www.knowyourteeth.com](http://www.knowyourteeth.com)

When should my child first see a dentist?

Your child’s first visit to the dentist should happen before his or her first birthday. The general rule is six months after eruption of the first tooth. Taking your child to the dentist at a young age is the best way to prevent problems such as tooth decay, and can help parents learn how to clean their child’s teeth and identify his or her fluoride needs. After all, decay can occur as soon as teeth appear. Bringing your child to the dentist early often leads to a lifetime of good oral care habits and acclimates your child to the dental office, thereby reducing anxiety and fear, which will make for plenty of stress-free visits in the future.

Many first visits are nothing more than introductory ice-breakers to acquaint your child with the dentist and the practice. If your child is frightened, uncomfortable or non-cooperative, a rescheduling may

be necessary. Patience and calm on the part of the parent and reassuring communication with your child are very important in these instances. Short, successive visits are meant to build the child’s trust in the dentist and the dental office and can prove invaluable if your child needs to be treated later for any dental problems.

Child appointments should always be scheduled earlier in the day, when your child is alert and fresh. For children under 36 months, the parent may need to sit in the dental chair and hold the child during the examination. Or, parents may be asked to wait in the reception area so a relationship can be built between your child and the dentist.

If the child is compliant the first session often lasts between 15-30 minutes and may include the following. Depending on age:

- A gentle but thorough examination of the teeth, jaw, bite, gums, and oral tissues to monitor growth and development and observe any problem areas
- If indicated, a gentle cleaning, which includes polishing teeth and removing any plaque, tartar buildup or stains
- X-rays
- A demonstration on proper home cleaning
- Assessment of the need for fluoride

The Dentist should be able to answer any questions you have and try to make you and your child feel comfortable. Throughout the visit. The entire dental team should provide a relaxed, non-threatening environment for your child.



*“I’m not a teacher, but an awakener.”*

*-Robert Frost*



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WE ARE ON THE WEB  
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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.



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