



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



### 2012 Holiday Safety Tips

*The holidays are an exciting time of year for kids, and to help ensure they have a safe holiday season, here are some tips from the American Academy of Pediatrics (AAP).*

#### Toy Safety:

1. Select toys to suit the age, abilities, skills and interest level of the intended child. Toys too advanced may pose safety hazards for younger children.
2. Before buying a toy or allowing your child to play with a toy that he has received as a gift, read the instructions carefully.
3. To prevent both burns and electrical shocks, don't give young children (under age 10) a toy that must be plugged into an electrical outlet. Instead, buy toys that are battery-operated.
4. Children can have serious stomach and intestinal problems-including death- after swallowing button batteries and magnets. In addition to toys, button batteries are often found in musical greeting cards, remote controls, hearing aids and other small electronics. Keep them away from young children and call your health care provider immediately if your child swallow one.
5. Children can choke or suffocate on un-inflated or broken balloons; don not allow children under age 8 to play with them.
6. Remove strings and ribbons from toys before giving them to young children.
7. Watch for pull toys with strings that are more that 12inches in length. They could be a strangulation hazard for babies.
8. Parents should store toys in a designated location, such as on a shelf or in a toy chest, and keep older kid's toys away from young children.



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#### Special points of interest:

1. *Safety Tips*
2. *Kids & Vegetables*
3. *Winter Health Tips*
4. *Calendar*

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## From the ...Nutrition Manager

### How can I encourage kids to eat vegetables?

It may take time for new foods to be accepted. Kids don't always eat new foods right away. Here are some ways to get kids excited about vegetables.

**Add color and texture.** Create a rainbow salad, coleslaw, or stir-fry with a variety of colors of vegetables. Use dark leafy greens, such as romaine lettuce or spinach, and add red peppers, shredded carrots, and red cabbage. Add canned pineapple chunks packed in 100% fruit juice to the salad for some more color.

**Make food fun.** Serve fresh vegetable sticks (zucchini, yellow squash, celery, red pepper) with "Snow Princess Dip" (low-fat ranch dressing), hummus (pureed chickpeas, olive oil and lemon juice), or "Alligator Eyelash Dip" (plain, low-fat yogurt mixed with dill or other herbs). Keep cut-up vegetables on hand for a quick appetizer to serve and occupy children while you are getting meals ready.

**Cook Together.** Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped to prepare them. Children can help rinse vegetables, mash beans, mix ingredients, or tear leafy greens.

**Have a fun Vegetable Tasting Day.** Encourage each child's family to bring one unique vegetable for the group to taste. How about purple cauliflower, asparagus, spaghetti squash, tomatillos, or kohlrabi.



## From the ...Health/Mental Health Coordinator

### Health Tips

#### Winter Health Tips-

Unfortunately, washing your hands and getting a flu shot won't help you avoid other health problems that can be triggered by winter weather, such as:

**Asthma**– changes in the weather and cold weather often trigger asthma Attacks, which makes it important to have refills of your asthma relief medicines ready during the winter in case your child starts coughing or having other symptoms of an asthma attack. If your child's asthma always gets worse during the winter, it might be a good time to start an asthma preventative medicine too.

**Chronic coughing**– although many kids have a cough during cold and flu season when they get sick, if your child typically develops a chronic cough that lasts most of the winter, then ask your pediatrician if he might have asthma.

**Dry skin**– a lack of humidity from cold, dry air outside and then warm, dry air inside often leads kids to have itchy, dry skin during the winter. This can especially be a problem on a child's hands, which is made worse by frequent hand washing, and around his mouth. Using a mild soap or soap substitute when your child bathes and then quickly applying a moisturizer within a few minutes can help to avoid and treat dry skin. You may have to reapply the moisturizer several times during the day though.

**Eczema**– Kids with eczema often have red, itchy skin year round, but it can be worse in the winter. Talk to your pediatrician if your usual eczema regimen isn't working during the winter for advice on treating hard to control eczema, especially if using a topical steroid and moisturizers isn't working to control your child's symptoms.

**Nosebleeds**– when caused by dry air, nosebleeds can be prevented by moisturizing your child's nose with saline or a nasal gel each day. Keep in mind that kids can also get nosebleeds when they have colds, sinus infections, or allergies.





## 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  
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## December 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 <i>Professional Development</i>	15
16	17	18	19	20	21	22
23/30 <i>Holiday</i>	24/31 <i>Christmas Eve/ New Year Eve !</i>	25 <i>Merry Christmas!</i>	26 <i>Holiday</i>	27 <i>Holiday</i>	28 <i>Holiday</i>	29 <i>Holiday</i>