



Head Start/Early Head Start Program

From the Administration...

January is National Book Month

Top five Benefits of Reading to your child

1. **A Stronger Relationship with you:** As your child grows older, he'll be on the move-playing, running and constantly exploring his environment. Snuggling up with a book lets the two of you slow down and recaptures that sweet, cuddly time you enjoyed with he was baby. Instead of being seen as a chore or a task, reading will become a nurturing activity that will bring the two of you closer together.
2. **Academic Excellence:** Primary benefits of reading to toddler and preschoolers is a higher aptitude for learning in general. Numerous studies have shown that students who are exposed to reading before preschool are more likely to do well in all facets of formal education. After all, if a student struggles to put together words, and sentences, and social concept he'll be presented with when he begins.
3. **Basic Speech Skills:** toddlerhood and preschool, your child is learning critical language and enunciation skills, by listening to you read *One Fish Two Fish Red Fish Blue Fish*, your child is reinforcing the basic sounds that for language "Pretend reading" when a toddler pages through book with squeals and jabbbers of delight is a very important pre-literacy activity. As a preschooler, your child will likely begin sounding out words on his own.
4. **The Basics of how to read a book:** Children aren't born with an innate knowledge that text is read from left to right, or that the words on a page are separated fro the images. Essential pre-reading skills like these are among the major benefits of early reading.
5. **Better Communication Skills:** When you spend time reading to toddlers they'll be much more likely to express themselves and relate to others in a healthy, constructive way. By witnessing the interactions between the characters in the books you read, as well as the contact with you during story time, your child is gaining valuable communications skills.



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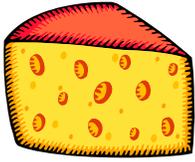
Special points of interest:

1. *January is Book month*
2. *Healthy Snacks*
3. *Tip to Prevent a Cold*
4. *Mothly Calendar*

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From the ...Nutrition Manager

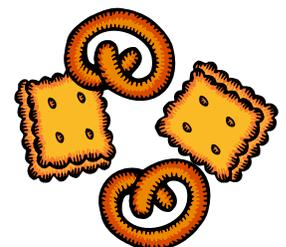


Healthy Snacks for Kids

Ideally, a healthy snack consists of a carbohydrate, a protein, and a fruit or vegetable. But in a pinch, you can simply offer your toddler a serving of whatever food groups he may have missed at mealtime. For instance, if your child had a whole-grain waffle for breakfast, he's gotten a carbohydrate serving, so at snack time you could offer a slice each of ham and cheese along with some cut up fruit. Or say your toddler ate a turkey sandwich with bread for dinner, you could serve him mixed fruit with yogurt later in the evening.

Here are some healthy snack ideas...

- Ants on a log– spread peanut butter on celery sticks and sprinkle them with raisins.
- Whole-grain tortilla chips topped with bean dip
- Apple slices with string cheese or peanut butter
- Sliced carrots or cucumber "chips" with low fat ranch
- Baked wheat crackers with melted reduced-fat cheese for dipping
- Dip a banana in yogurt, roll it in crushed cereal, and freeze if for a tasty frozen snack
- Low-fat yogurt topped with granola and fruit
- Whole grain cereal with (or without) milk
- Graham crackers with applesauce for dipping
- A graham cracker filled with peanut butter or low fat-cream cheese.



From the ...Health/Mental Health Coordinator



8 Natural tips to Help Prevent a Cold

There are no known cures for colds and Flu, so cold and flu prevention should be your goal. A proactive approach to warding off colds and flu is apt to make your whole life healthier. The most effective way for preventing the flu is to get the flu shot. It works better than anything else. But there are other strategies you can employ as well. Here are 8 tips you can use to help prevent colds and the flu naturally.

1. **Wash Your Hands:** Most cold flu viruses are spread by direct contact. Germs can live for hours only to be picked up by the next person who touches the same object. So wash your hands often.
2. **Don't Cover your Sneezes and Coughs with your hands:** When you feel a sneeze or cough coming, use a tissue, then throw it away immediately.
3. **Don't Touch your Face:** Cold and Flu viruses enter your body through the eyes, nose or mouth.
4. **Do Aerobic Exercise regularly:** Aerobic exercise speeds up the heart to pump larger quantities of blood; makes you breathe faster to help transfer oxygen from your lungs to your blood; and makes you sweat once your body heats up. These exercises help increase the body's natural virus-killing cells.
5. **Eat Foods Containing Phytochemicals:** "Phyto" mean plants, and the natural chemicals in plants give the vitamins in food a supercharged boost. So put away the vitamin pill, and eat dark green, red and yellow vegetables and fruits.
6. **Don't Smoke:** Statistics show that heavy smokers get more severe colds and more frequent ones. Smoke dries out your nasal passages and paralyzes cilia. Their wavy movements, sweep cold and flu viruses out of the nasal passages.
7. **Cut Alcohol Consumption:** Heavy drinkers are more prone to initial infections as well as secondary complications, Alcohol also dehydrates the body—it actually causes more fluid loss from your system than it puts in.
8. **Relax—** you may be able to rev up your immune system in a variety of ways. Do this at least 30 minutes a day for several months.



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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

January 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11 <i>PD Day</i>	12
13	14	15	16	17	18	19
20	21 <i>Martin Luther King Day</i>	22	23	24	25 <i>PD Day</i>	26
27	28	29	30	31		