



Head Start/Early Head Start Program

From the Administration...

Welcome Back To School

The First Day!!

When you enter the classroom on the first day, calmly reintroduce the teacher to your child, then step back to allow the teacher to begin forming a relationship with your child. Your endorsement of the teacher will show your child what he or she will be happy and safe in the teacher's care.

If your child clings to you or refuses to participate in the class, don't get upset-this may only upset your child more. Suggestions for leaving kids at preschool are simple but can be hard on a parent. Always say a loving goodbye to your child, but once you do, you should leave promptly. Never sneak out. As tempting as it may be, leaving without saying goodbye may make kids feel abandoned, whereas a long farewell scene might only serve to reinforce a child's sense that preschool is a bad place

A consistent and predictable farewell ritual can make leaving easier. Some parents wave from outside a certain classroom window or make a funny goodbye face, whereas others read a short book before parting. Transitional objects- a family picture, a special doll, or a favorite blanket- can also help comfort a child. Also, keep in mind that most kids do well one their parents leave.

Many preschool begin with a daily ritual, such as circle time. Preschoolers tend to respond to this kind of predictability, and follow a routine will help ease the move from home to school.



Volume I
July 1, 2012

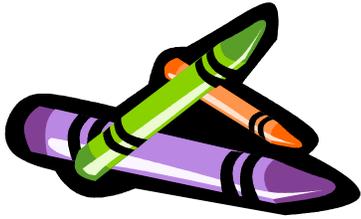
Special points of interest:

- 1. First day of school*
- 2. Easing your child's fears*
- 3. Tantrums*
- 4. Monthly calendar*

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From the ...Education Coordinator



Easing Your Child's Fears

Spend time talking with your child about preschool even before it starts. Before the first day, gradually introduce your child to activities that often take place in a classroom. A child accustomed to scribbling with paper and crayons at home, for example, will find it comforting to discover the same crayons and paper in his or her preschool classroom.

Visiting your child's first preschool classroom a few times before school starts can also ease the entrance into unfamiliar territory. This offers the opportunity to not only meet your child's teacher and ask about routines and common activities, but to then introduce some of those routines and activities at home. While your in the classroom, let your child explore and observe the class and choose whether to interact with other kids. The idea is to familiarize your child with the classroom and to let him or her get comfortable.

You can also ask how the teacher handles the first tear-filled days. How will the first week be structured to make the transition smooth for your child.

The more calm and assured you are about your choices to send your child to preschool, the more confident your child will be.

From the ...Family Development Coordinator

Temper Tantrums

Temper tantrums are a normal part of your toddler's development. They usually occur between the ages of 1 and 3 and lessen by age 4. A tantrum is one way a child can express himself. He is not being bad.

Why do tantrums occur?

They usually happen because a child is frustrated, angry or frightened:

- * He's unable to explain his needs or feelings (he doesn't know how to say it yet).
- * He's not getting his way
- * He can't fully understand what a grown-up is trying to say

Certain conditions can lead to tantrums:

- * If he is hungry, tired, or uncomfortable
- * If he is anxious, frustrated or sick



Preventing tantrums from happening

- * Avoid things that will frustrate him.
- * Don't have him do stressful things when he is tired.
- * Don't let him get too hungry. Serve healthy snacks if needed.
- * Pick your No's. Don't say no to everything or he will have more tantrums.
- * Let him say what he is feeling if he's able. Help him with the words. Give him your full attention.
- * Don't make too many plans for your toddler. Set up some quiet time every day where you give him your undivided attention.



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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

July 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 <i>EHS Back to Work</i>	17 <i>PD</i>	18 <i>PD</i>	19 <i>PD</i>	20	21
22	23	24 <i>EHS First day of school</i>	25	26	27	28
29	30	31				