

# Oglala Lakota College

## Head Start/Early Head Start Program

### Welcome Children & Families to your Classroom

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When children join a new class, they may be nervous and unsure about what to expect. Families want to know if they will be welcome and if the teachers will value their suggestions and appreciate their child. Use these tips to help ease transitions year-round and to get a new year off to a great start.

1. Start with a clean, well organized room.
2. Decorate the walls.
3. Have cubbies, labels, class lists, and name tags ready.
4. Create a new year bulletin board.
5. Display photos of the

children and their families.

6. Learn families names before the first day.
7. Set up learning centers and tables with a few engaging toys and materials.
8. Create a welcome area.
9. Offer warm greetings.
10. Follow each child's individual schedule for feeling comfortable.



*Books are the quietest and most constant of friends; they are the most accessible and wisest of counselors, and the most patient of teachers.*



www.naeyc.com

*Teachers create gardens in their classrooms. They grow "love," "hope," "learning," and "joy"*



### Dehydration

Under normal conditions, we all lose some body water every day in our sweat, tears, urine and stool. Water also evaporates from skin and leaves the body as vapor when we breathe. We usually replace this body fluid and the salts it contains with the water and salts in our regular diet.

Sometimes, however, kids lose large amounts of water and salts through fever, diarrhea, vomiting, or long periods of

exercise with excessive sweating. Some illnesses might also prevent them from taking fluids by mouth. If they're unable to adequately replace the fluid that's been lost, kids can become dehydrated.

#### Recognizing Dehydration

- Dry or Sticky mouth
- Few or no tears when crying
- Eyes that look sunken

#### into the head

- Soft spot on top of baby's head that looks sunken
- Dry, cool skin
- Lethargy or irritability
- Fatigue or dizziness in an older child



www.kidshealth.com



## Stopping the Bottle



In any profession— you first have to walk the beaten path for awhile before you blaze your own trail.

Many toddlers become attached to their bottles. They have them with them much of the time, so besides providing nourishment, bottles also mean comfort and security.

But it's important for parents to start weaning babies from bottles around the end of the first year and start getting them comfortable drinking from cups. The longer parents wait to start the transition, the more attached kids become to their bottles and the more difficult it can be to break the bottle habit. Switch-

ing from bottle to cup can be challenging, but these strategies can make the change easier for parents and kids. Age 1 is also when doctors recommend switching from formula to cow's milk, so it can be a natural transition to offer milk in a cup rather than the a bottle. If you're still breastfeeding, you can continue feeding your baby breast milk, but do so by offering it (as well as diluted juice or water) in a cup.

**More Strategies:** here are some other tips to keep in

mind

- Sill-proof cups that have spouts designed just for babies can help ease the transition from the bottle.
- Get rid of bottles or put them out of sight.
- If you keeping asked for the bottle, find out what your child really needs or wants and offer that instead. If your child is thirsty or hungry, provide nourishment on a cup or on a plate. If it's comfort, offer hugs, and if your child is bored, sit down a down play!!

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

## Becoming a reader

"Rattle, shake, screech, roar—who's knocking' at my door?"

Preschoolers know a lot of things they didn't know as babies. They don't read independently, but if they've been read to a lot, they know a thing or two about reading.

- They know books are read from front to back.
- Pictures should be right-side up.

- Reading is done from left to right.
- The language of books is different sounds in them.
- There are familiar and unfamiliar words.
- Stories have a beginning a middle and ending.

**All of these are emergent literacy skills—** important building blocks towards the day when they'll read inde-

pendently. How can you encourage further development of these skills? **Just keep reading aloud.** Choosing lots of different books to read aloud will build your preschooler's vocabulary, and help your child learn about different topics and understand how stories are structured and what characters do in them.

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

### Beyond the Page

When you finish a book, get out the writing supplies.

Invite your child to "write" a story or paint a picture of one of the characters.

Engage your budding thespian in a game of make-believe where you act out the story or play different



The more you believe in children the more they will believe in themselves.



## Child Safety- is your child in the right car seat?

Car crashes are a leading cause of death for children 1-13 year old in the US. The best way to protect them in the car is to put them in the right seat, at the right time, and use it the right way.

⇒ Rear-facing car seat- is the best seat for your young child to use. It has a harness and in a crash, cradles and moves with

your child to reduce the stress to the child's fragile neck and spinal cord.

- ⇒ Forward-facing car seat- has a harness and tether that limits your child's movement during a crash.
- ⇒ Booster seat-positions the seat belt so that it fits properly over the stronger parts of your child's

body.

- ⇒ Seat belt- should lie across the upper thighs and be snug across the shoulder and chest -restrain the child safely in a crash. It should not rest on the stomach area or across the neck.

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



## Overweight and Obesity

The percentage of overweight children in the US is growing at an alarming rate, with 1 out of 3 kids now considered overweight or obese.

Many kids are spending less time exercising and more time in front of the TV, computer, or video-game console. And today's busy families have fewer free moments to prepare nutritious, home-cooked meals. From fast food to electronics, quick and easy is the reality for many people.

### Effects of Obesity

overweight and obese kids are at risk for developing medical problems that affect their present and future health and quality of life, including:

- High blood pressure, high cholesterol, insulin resistance, type 2 diabetes, shortness of breath, etc.

Recommendations by age-

- Birth to 1- in addition to its many health benefits, breastfeeding may help prevent excessive weight

gain. Though the exact mechanism is not known, breastfed babies may be more able to control their own intake and follow their own internal hunger cues.

- 1 to 5- start good habits early. Help shape food preferences by offering a variety of healthy foods. Encourage kids' natural tendency to be active and help them build on developing skills.

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



*don't be afraid of change, you may lose something, but gain something better*

## Importance of Parent Involvement in Early Child

Preschool children soak up bits of knowledge from every day interactions, both at home and at school. Her teacher provides learning opportunities for her, but your involvement supports her development in many areas. As a parent, your involvement ranges from playing learning games at home to communicating with her teacher and volunteering at preschool.

### Academic Success:

Your involvement early in your child's life sets her on course to succeed academically. Your interest in her learning shows her that you value education. Staying connected with the classroom gives you ideas of how to expand what she learns at school. If she learns about animals, you might take her to the zoo, read animal books or do animal projects at home. Reading with your young child is another

way to set her up for academic success. She needs strong literacy skills for all academic areas. Her teacher may offer suggestions for activities at home or areas of improvement for your child.

### Quality of Care:

When you get involved in your child's education, you get a better sense of what goes on in the program. Parent committees and boards allow you to share input and make decisions that affect the early childhood program.

### Development Problems:

An involved parent has a better understanding of her child's development and abilities than a parent who is not involved. If a delay exists, and an involved parent may notice the issue early. Being involved enables you to pursue those interventions, and to follow up with the physicians and

specialists to help your child overcome the delays.

### Future Participation:

Parents who are involved at the early childhood level are more likely to stay involved in the elementary years, according to the Harvard Family Research Project. Interviews conducted through the organization showed that involved preschool parents were more likely to visit the kindergarten classroom and build relationships with other school parents. Early involvement may help prepare parents for the transition for elementary school by teaching them how to work with the school. Seeing how involvement benefits the child in preschool may encourage continued involvement.

[www.everydaylife.globalpost.com](http://www.everydaylife.globalpost.com)

***A child's mind is like a bank into which you deposit investments for the future***



*Oglala Lakota College  
HS/EHS Program*

Piya Wiconi Road  
3 mile creek  
Kyle, SD 57752  
Or  
P.O. Box 490  
Kyle, SD 57752

605-455-6114 Phone  
605-455-6116 Fax  
jwhiteelk@olc.edu

WE ARE ON THE WEB  
WWW.OLC.EDU

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.



JULY 2013



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