



Head Start/Early Head Start Program

From the Administration...

MARCH IS NATIONAL NUTRITION MONTH

Celebrate National Nutrition Month at your site! National Nutrition Month is a nutrition education and information campaign created annually in March by the American Dietician Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Visit www.eatright.org/nm for more information.



This is a great month to get your kids involved in healthy shopping and cooking.

- ◇ Let kids help select, wash, chop, snap, peel, stir, measure and mash fruits and vegetables you are preparing for meals and snacks
- ◇ Play games that teach about healthy eating. Schick out foodchamps.org
- ◇ Pick stories to read that talk about healthy eating
- ◇ Try a new healthy food each week (like a fruit, vegetable, bean, whole grain, lean meat/poultry/fish, or low fat dairy product)
- ◇ Make a picture collage of all the healthy foods your family likes to eat.
- ◇ Take a recipe you like and experiment to see if you can make it healthier.

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Special points of interest:

1. *March is Nutrition month*
2. *Better Behavior*
3. *Spring has Sprung*
4. *Calendar*



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From the ...Education/Disabilities Coordinator

Better Behavior, Through Loving Discipline!!

As your children grow up, it's natural for them to challenge you. Sometimes, it seems easier to just let them have their way. But all youngsters need limits, and they need parents to guide them.

Discipline works best with a balance of love, respect, clearly defined rules and understanding here are some secrets of effective discipline.

Make the rules clear: Children do best when they know what to expect. Talk about family rules, explaining the consequences clearly. For example, for a rule such as "take care of belongings," you might tell them if they leave their bikes out, they don't get to ride them the next day. As your youngsters learn to read, write down the rules and put them on the refrigerator as a reminder. Tip: children are more likely to remember the rules if there are a few broad ones, rather than many specific ones.

Be consistent and firm: you can expect your youngsters to "test" the rules from time to time. When they do, try to stand your ground and apply the set consequences. Being firm and consistent lets them know that you mean business.

Give positive feedback: try to focus more on what our children do right than on what they do wrong. This will encourage them to try even harder to behave. So, when you see behavior you'd like repeated let them know. Example: "Thanks for hanging up your coat and backpack!"



From the ...Health/Mental Health Coordinator

Spring has SPRUNG!!

Like many children, my kids love being outdoors. We are done with our winter hibernation and ready to stretch our legs outside once again, enjoying our favorite springtime activities. I've put together a list of some of our favorite outdoor diversions, most of them appealing to the preschool age group.

- ◆ Set up a small-scale zoo-small plastic or wooden animals of various species and sizes.
- ◆ Sidewalk chalk-spray the pavement with water and then let the kids draw; colors appear more vibrant and darker.
- ◆ Garden planning-let them draw made-up, fantastical plants and trees to make a one-of-a-kind garden of their own.
- ◆ Miniature laundry-if you have a small folding clothesline and wooden clothespins for drying, but you can always have the kids drape laundry over chairs or fences.
- ◆ Construct fairy houses-gather small pebbles, twigs, acorn caps, and flower petals and let your children's imaginations run wild.
- ◆ Have a toy car wash-pull out toy cars, trains, trikes and other riding toys on a warm sunny day and set up a line of sprinklers and hoses.
- ◆ Check out local farms-Farms are very interesting places to visit in the spring time.
- ◆ Photographic scavenger hunt-make up a visual list ahead of time, give it to them on a clipboard as a checklist, along with a pencil and a digital camera, have them take photos of each object and bring the list back.





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
 Head Start/Early Head Start Program

March 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15 <i>PD-NO SCHOOL</i>	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29 <i>GOOD FRI- DAY NO SCHOOL</i>	30