



Oglala Lakota College



Head Start/Early Head Start Program

From the Administration...

May is National Blood Pressure Education Month

Keep the Harmony within you-check your blood pressure!

Strength, Wisdom, and good health are American Indian birth-rights. Our elders taught us many healthy ways that were practiced for many generations. Over time, some healthy traditions have been traded for unhealthy ways that increase the chances of getting some diseases.

Heart disease is the leading cause of death for American Indians and Alaska Natives today. Knowing your blood pressure can help you prevent heart disease. High blood pressure can cause stroke, heart attack, kidney disease, and blindness. You can have high blood pressure and not ever know it.

Tips to lower your blood pressure:

Watch your weight and stay active-Lose weight by eating less and being physically active. Walking is good for all ages even if you don't need to lose weight. Start slowly. Work up to at least 30 minutes each day.

Eat Healthy-use the food label to choose foods lower in sodium. Spice your food with paprika, pepper, lemon, onion, and garlic. Try not to add salt to your food at the table. Choose a diet rich in vegetables, fruits, grain products, and low-fat dairy products.

Keep in mind drinking alcohol may raise your blood pressure.

Get your blood pressure checked at least once a year. Or more often if you have high blood pressure.

National institutes of health

Know your blood pressure
Less than 120/80 is best
140/90 or more is high
blood pressure

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Special points of interest:

1. *May is blood pressure month*
2. *Activities for pre-schoolers*
3. *family communication*
4. *monthly calendar*

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From the ...Education Coordinator



Ways to keep your preschooler active

What do you do on a rainy day when you can not send your preschool child out side to play? What you need is preschool activities for parents that will help you engage you child in a way that is interesting to them , but also challenging so that they get a learning experience out in the time you spend with them. Putting your child in front of the TV or the play station is not healthy activity that is going to teach your preschooler anything of value.

Here are a few preschool activities for parents who need ideas:

- 1) **finger painting**– what isn't fun about finger painting? Sure it can be messy, but this requires that you sit with your preschooler and work with them to create a piece of art for your refrigerator.
- 2) **Create a puzzle for your child**- Take out a piece of paper and create a maze or a simple cross-word puzzle that has pictures for clues.
- 3) **Play a board game**– a great activity that teaches your preschooler about colors, letters, and how important it is to take turns.
- 4) **Play Dress-up**-This may be more fun if you have a girl, but boys can get involved.
- 5) **Read a book and create an activity off the reading**– the activity can be a make or cross-word puzzle that is tied to the story that you just read to them



From the ...Family Development Coordinator



Communication Skills for You and Your Family

Communication is the basic building block of our relationships.

It is through communication that we convey our thoughts, feelings, and connection to one another.

Developing good communication skills is critical for successful relationships, whether parent, child, spouse, or sibling relationship. We all have had experiences where (1) we have felt heard and understood and we've all had experiences (2) where we have felt misunderstood and even ignored. Generally, when we feel heard, we are less angry, stressed, and more open to resolving problems than when we feel misunderstood. Feeling heard and understood also develops trust and caring between people.

Communication is a two-way process.

- For communication to happen there must be (1) a sender—who conveys a message—and (2) a receiver—to whom the message is sent
- In successful communication the sender is clear and accurately conveys the message she is trying to send. Also, the receiver clearly understands the message.
- Miscommunication occurs if the sender does not send a clear message and/or the receiver does not understand the message sent by the sender.

Many things can get in the way of good communication. For example:

1. When we assume we know what others are thinking, or what they should know what we are thinking.
2. When we focus on what we want to say while others are talking—instead of listening to them
3. When we bring up other problems and issues unrelated to the topic at hand.
4. When we assume we know what is right for others and try to convince them of this.

Communicating well takes practice and effort.





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.



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May 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11 <i>HS Graduation</i>	12
13	14	15	16	17	18 <i>Professional Development</i>	19
20	21	22	23	24	25	26
27	28 <i>Memorial Holiday no Work!!</i>	29	30	31		