



Oglala Lakota College



Head Start/Early Head Start Program

From the Administration...



Save the Eagles Day January 10th 2012

The eagle is present across a range of beliefs or philo- sophies

The Eagle represents spiritual protection, carries prayers, and brings strength, courage, wisdom, illumination of spirit, healing, creation, and a knowledge of magic. The eagle has an ability to see hidden spiritual truths, rising above the material to see the spiritual. The eagle has an ability to see the overall pattern, and the connection to spirit guides and teachers. The eagle represents great power and balance, dignity with grace, a connection with higher truths, intuition and a creative spirit grace achieved through knowledge and hard work.

www.eaglespiritministry.com



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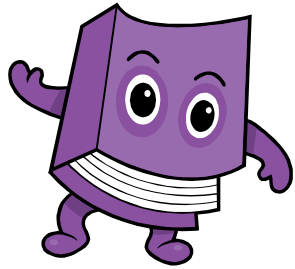
Special points of interest:

1. **Save the Eagles**
2. **Make a book**
3. **Sniffles N Sneezes**
4. **Calendar**

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From the ...Education Coordinator



Making a book with your child

Perhaps you thought that books were found only in stores and libraries. Books can also be created by you and your child simply by putting a few ingredients together. There “personal books” can become treasured selections on your child's bookshelf. If it sounds familiar, you may discover that it is simply and updated and expanded version of the old scrapbook idea.

NEED INGREDIENTS:

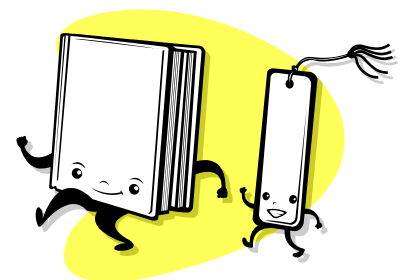
- ⇒ Photographs of Family Members
- ⇒ Art work created by your child
- ⇒ Your child's ideas and feelings expressed on paper or on a tape recorder

OPTIONAL INGREDIENTS:

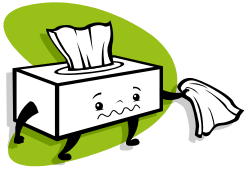
- ⇒ Postcards, tickets stubs, pressed flowers, cards, or anything that is personal and helps to convey a child's story.

Together decide on the pages that will make the book, using both text as well as art or photos. Then put the pages in order and bind together using a stapler or punching holes and tying with yarn. Be sure to have a cover page with the title and the author-none other than your child. For really lasting memories try laminating the pages so they do not fray or tear. You may even find a place to actually bind your books professionally.

Making a book is one way to help your child begin learning important reading skills and increases his interest in books. Your child's homemade books will become a source of family enjoyment and will be treasured for years to come.



From the ...Nutrition Manager



Sniffles & Sneezes

Getting through the winter without your child getting sick.

So how do you know if your child has the flu or just a cold

The common cold lasts about nine to ten days and is sometimes described as three days coming, three days here and three days going. The first three days your child may have a fever. In infants and toddlers, their temperature might reach 103-104, but if you give them some acetaminophen or ibuprofen, their temperature will lower and they will seem better. In older children, there might be a low-grade fever or none at all. But then comes the runny nose. A cold always causes a runny nose, but the flu usually does not.

During the middle phase of a cold, a child may develop a cough due to congestion from the nose, however, it will not be a deep or hacking cough, and usually there is no chest pain as they would have with the flu. During this time the fever is usually gone, and your child might be back to his activities, despite the runny nose and mild cough.

The final three days is when the mucous starts to thicken and become crusty. At this point, wipe your child's nose and use humidifiers to help your child breathe easier at night.

Flu symptoms are very specific and include high fever (usually lasting four to six days), sore aching muscles, generalized weakness, headache, pain behind the eyeballs, a sore throat and a hacking cough.

The uncomplicated flu lasts seven to ten days and does not respond to antibiotics. Treatment includes plenty of fluids, bed rest and acetaminophen or ibuprofen for fever, headache and body aches. For coughs, try a mixture of honey and lemon (if older than 1 year), non-caffeine teas or an over the counter (OTC) cough suppressants containing DM (Dextromethorphan). Remember, to prevent Reye's syndrome, a potentially fatal illness, never give aspirin to your child or adolescent with the flu.

How do I know if my child has developed bronchitis or pneumonia?

Bronchitis is an infection of the "bronchi." These are the tubes that go from our airways into the lungs. Most cases of bronchitis in small children are caused by viruses, but a small number of cases can be bacterial. Uncomplicated viral bronchitis can start like a cold, but the main symptom is cough and not a runny nose. The child may or may not have a fever. The illness can last for about ten days, although the worst of the cough will occur in the first week. If the bronchitis is caused by a bacteria, then the fever will be higher and last longer and the child may have a chest pain when they cough as well. Children with bacterial bronchitis usually look sicker.

Pneumonia is an infection of the lungs themselves. As with bronchitis, the cause of pneumonia may be viral or bacterial. Children with bacterial pneumonia look sick. They usually have a high fever and a cough, although some cases actually cause stomach pain. This is when the infection is in one of the lower lobes of the lung.

Both bronchitis and pneumonia may be complications of the flu which can be very serious, especially in small infants.

When should I call the doctor?

Call your doctor if the cough is worsening or your child is having difficulty breathing. Also call if a cough is accompanied by a very high fever or chest pain.

Be sure to call your pediatrician immediately if you suspect your infant (under 1 year old) has the flu, especially if he/she has a high fever and cough which persists for more than three days. NOTE: Any infant under 2 months with a fever (rectal temperature of 100.8 degrees or greater) must be seen.

If your older child has a high fever for more than five days, a worsening cough (with or without chest pain), a headache for more than five days or a headache which is getting worse or accompanied by a stiff neck, see a doctor.

How to avoid respiratory infections during the winter months:

- **Avoid close contact.** Keep your children away from people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- **Keep your child home.** Keep your child home if he becomes sick or if there is a known outbreak in his daycare or school.
- **Cover your mouth and nose.** Teach your child to cover his mouth and nose with a tissue when coughing or sneezing.
- **Clean your hands.** Washing your hands and your children's hands often will help protect you from germs.
- **Teach your child to avoid touching his eyes, nose or mouth.** This is a hard one for parents. Germs are often spread when a child touches something that is contaminated with germs and then touches his eyes, nose or mouth.

By Dr. Mary Ann LoFrumento M.D., FAAP





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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January 2012

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