



## Head Start/Early Head Start Program

From the Administration...

### *Celebrate take it outside week with these fun ideas:*

- \* Go on a nature hike
- \* Build forts & dens
- \* Rake piles of leaves & jump into them
- \* Go pumpkin or apple picking
- \* Fly a kite
- \* Go on a Color orange hike
- \* Collect leaves and make leaf rubbings
- \* Visit a farmers market
- \* Go on an pine cone hunt
- \* Make a fall obstacle course
- \* Plant a class or family tree



Fall is the perfect time of year to head out and enjoy the great outdoors! But...did you know that children who play outdoors regularly are healthier, happier and smarter? They also sleep better, play more creatively and have a greater respect for themselves and others.

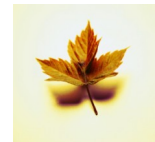
With benefits like that, what are you waiting for?

Join us—lets take it outside!

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#### Special points of interest:

1. *Celebrate outside*
2. *Good oral health*
3. *Talking about tragedy*
4. *Monthly Calendar*



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## From the ...Health Coordinator



### Good Oral Health is More Than a Pretty Smile

Good oral health is much more than a pretty smile. The health of a child's mouth can affect growth and development, ability to learn, behavior and social interactions.

Children with poor oral health may have other problems:

- They may not grow and develop as well as they should
- They might have a hard time concentrating and learning because they are in pain
- They may miss a lot of school
- They might develop serious problems such as infections
- They might not smile or may withdraw from family, friends and teachers because their teeth don't look nice
- They have less of a chance of doing well later in life compared to children with good oral health

**The good news is that tooth decay can be prevented.**

Brushing twice a day with fluoridated toothpaste; eating regularly scheduled healthy meals and snacks; drinking water containing fluoride; visiting the dental office regularly and getting preventive services are ingredients of good oral health.



## **From the ...Family Development Coordinator**

### **Helping children cope: Tips for talking about tragedy**

**When a tragedy, you might feel helpless– but your child needs your support. Here's help knowing what to say.**

When a tragedy– such as a natural disaster, mass shooting or terrorist attack– occurs, it can be harder to know how to talk to your child about what happened. what do you say? How much will he or she understand? Find out how to start the conversation and what you can do to help your child cope.

#### **1. Do I need to talk to my child about a tragedy?**

Talking to your child about a tragedy can help him or her understand what's happened, feel safe and begin to cope.

#### **2. How do I start a conversation with my child about a tragedy?**

There's not necessarily a right or wrong way to talk to your child about a tragic event. Start by taking time to think about what you want to say.

#### **3. how do I explain the tragedy to my child?**

When talking to your child about a tragedy, tell the truth. Focus on the basics, and avoid sharing unnecessary details. Don't exaggerate or speculate about what might happen. Avoid dwelling on the scale or scope of the tragedy.

**Be prepared to repeat information that might be hard for your child to understand or accept. If your child asks the same question repeatedly, keep in mind that he or she might be looking for reassurance.**





## 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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# November 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12 <i>Veteran's Day!</i>	13	14	15	16 <i>Professional Development</i>	17
18	19	20	21	22 <i>Thanksgiving Day! No school</i>	23 <i>Thanksgiving Vacation No school</i>	24
25	26 <i>Back to School</i>	27	28	29	30	