



Oglala Lakota College



Head Start/Early Head Start Program

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Native American Month

nativeamericanheritagemonth.gov

Information courtesy of the Bureau of Indian Affairs, U.S. Department of the Interior



What started at the turn of the century as an effort to gain a day of recognition for the significant contributions the first Americans made to the establishment and growth of the U.S., has resulted in a whole month being designated for that purpose.

One of the very proponents of an American Indian Day was Dr. Arthur C. Parker, a Seneca Indian, who was the director of the Museum of Arts and Science in Rochester, N.Y. He persuaded the Boy Scouts of America to set aside a day for the "First Americans" and for three years they adopted such a day. In 1915, the annual Congress of the American Indian Association meeting in Lawrence,

Kans., formally approved a plan concerning American Indian Day. It directed its president, Rev. Sherman Coolidge, an Arapahoe, to call upon the country to observe such a day. Coolidge issued a proclamation on Sept. 28, 1915, which declared the second Saturday of each May as an American Indian Day and contained the first formal appeal for recognition of Indians as citizens.

The year before this proclamation was issued, Red Fox James, a Blackfoot Indian, rode horseback from state to state seeking approval for a day to honor Indians. On December 14, 1915, he presented the endorsements of 24 state governments at the White House. There is no record, however, of such a national day being proclaimed.

The first American Indian Day in

a state was declared on the second Saturday in May 1916 by the governor of New York. Several states celebrate the fourth Friday in September. In Illinois, for example, legislators enacted such a day in 1919. Presently, several states have designated Columbus Day as Native American Day, but it continues to be a day we observe without any recognition as a national legal holiday.

In 1990 President George H. W. Bush approved a joint resolution designating November 1990 "National American Indian Heritage Month." Similar proclamations, under variants on the name (including "Native American Heritage Month" and "National American Indian and Alaska Native Heritage Month") have been issued each year since 1994.



*Today you are
YOU! That is
truer than
TRUE! This no
one alive that
you-er than
YOU!!*

Dr. Seuss



American Diabetes Month®

The vision of the American Diabetes Association is a life free of diabetes and all of its burdens. Raising awareness of this ever-growing disease is one of the main efforts behind the mission of the Association. American Diabetes Month® (ADM) is an important element in this effort, with programs designed to focus the nation's attention on the issues surrounding diabetes and the many people who are impacted by the disease.

Here are just a few of the recent statistics on diabetes:

Nearly 26 million children and adults in the United States have diabetes.

Another 79 million Americans have pre-diabetes and are at risk for developing type 2 diabetes.

The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$174 billion.

American Diabetes Month takes place each November and is a time to come together as a community to Stop Diabetes®. Please visit this link to become a part of the movement.



Child Safety Protection Month

ocean.happzningmag.com

A person
is a person
not matter
how small

Dr. Seuss



November is child Safety Protection Month. The goal of Child Safety Protection Month is to create awareness about the potential dangers children face in everyday situations and to use this new knowledge to prevent any dangers. This also deals with baby safety. As a parent, child safety is something that is often overlooked and relatable to personal safety. We try to protect our kids from all of the dangers of the outside World, but sometimes we forget about the dangers that kids face in their own homes, Childhood accidents put our kids lives at risk

You know how Smokey the Bear famously says:

“Only You Can Prevent Forest Fires;” Well, in child safety, as a parent: “Only You Can Prevent Childhood Accidents.”

According to the Nations Network of Child Care, here’s a few child safety tips and facts that you need to know about, such as:

- Some Foods are difficult to chew such as hot doge, hard candies and nuts and may cause 40% of all childhood choking deaths.

- Using child safety seats in the rear of the car, not the front seat.
- Keeping small children away from workout equipment.
- Putting outlet covers on outlets.

Have a safe Child Safety Protection Month!!



The more
that you
READ, the
more
things you
will KNOW.
The more
that you
LEARN the
more
places you
will GO.

Dr. Seuss



The Benefits of Reading to Your Newborn www.parents.com

Think your baby is too young to reap the rewards of reading? Think again. Research shows it's never too early to start enjoying books with your little one. So get ready to break out your copy of Goodnight, Moon and enjoy this ritual with your newest addition.

It's bonding time

"Reading a book to your newborn is a one-on-one activity that you can really turn into a special time with your baby," says Mary Ann Abrams, MD, Reach Out and Read's Medical Director (reachoutandread.org). "It exposes the baby to the

sound of your voice, which is soothing for him." In fact, a recent study in the Journal of Developmental and Behavioral Pediatrics found that reading to babies in the NICU can help parents develop the same feelings of intimacy that parents of healthy newborns cultivate in the days and weeks after a baby's birth.

It preps him for reading on his own

While your newborn doesn't understand what you're saying, he can still begin to pick up the rhythm, tones and inflections of your voice, says Kenneth Wible, MD, of

Children's Mercy Hospitals and Clinics in Kansas City, Missouri. Research shows that the more words a baby is exposed to, the better prepared he is to eventually start reading on his own.



How to Sooth a Colicky Baby

Colic is a condition that causes pain in your infant's gastrointestinal tract. Fortunately, it rarely lasts beyond your baby's third month, and usually peaks at about four to six weeks of age.

Symptoms include apparent abdominal pain, gassiness, a distended belly, irritability, and long, inconsolable bouts of crying, usually starting in the early evening and lasting for hours. No one is really sure of the cause, but many physicians cite the baby's diet -- either something the nursing mother is eating, or a sensitivity to formula. To soothe your child during bouts of colic:

- Walk him kangaroo-style. With your baby in a front carrier (facing either in or out, depending on what seems to be his preference) walk him around the house, or, if weather permits, outside.
- Hold him in the

"colic carry." Position your baby so that his stomach rests on your forearm and his head is supported in the palm of your hand or the crook of your arm.

- Rock and roll him. Rock your baby in your arms. Take him for a ride in the car, or for a walk in his stroller. The steady rhythm of any kind of movement is soothing.
- Make good vibrations. Place your child, securely strapped in his car seat, on top of a running clothes dryer, being sure to hold the seat to prevent it from vibrating off the machine.
- Swaddle him. Some babies respond well to being wrapped tightly, especially while being rocked.
- Give him a massage. Lay him tummy-down across your legs and gently rub his back to help release pent-up gas.
- Play "white noise." A single sound, such as a recording of rain or even the sound of a hair dryer, can calm your baby.
- Reduce outside stimulation. Lower the lights, reduce the noise around the house, and speak or sing softly to your baby.
- Provide warmth. Place a warm (not hot) washcloth on his tummy or give him a warm bath.
- Pedal his legs. With your baby on his back, gently move his legs in a pedaling motion to help him release gas.
- Adjust his diet. If you're nursing and if none of the above seems to help, try changing your own diet by eliminating dairy products, caffeine, onions, cabbage, broccoli, garlic, and spicy foods. If your

baby is formula-fed, ask the pediatrician about switching to a soy-based, predigested, or other hypoallergenic formula. Formula-fed babies need iron, so low-iron formulas are rarely recommended.

- Calm yourself. If all else fails, put the baby down, make yourself a cup of tea and calm yourself down. Don't let him pick up on your own anxiety. Then snuggle your baby and realize that you're the best person to comfort him and if you can't do it, nobody can.



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WE ARE ON THE WEB
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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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