



## Head Start/Early Head Start Program

### From the Administration...

#### October is Prevent Child Abuse Month

Research shows that as many as one in three girls and one in seven boys will be sexually abused at some point in their childhood. In addition, 90% of sexual child abuse is done by people whom the child knows and trusts. But only 15%-30% of child abuse cases are reported to authorities. Therefore, to prevent child abuse and exploitation it is important to empower the child as much as possible in order to help him/her identify an unsafe situation and be able to stop it.

#### 7 ways to Prevent Child Abuse

1. Monitor child use of technology
2. Teach children OK touch zones and Not OK touch zones
3. Talk about the meaning of secrets
4. Call local police
5. Take child to therapist or doctor
6. Teach children the power of "NO"
7. Support your local child organization



[www.childhood-usa.org/how-to-prevent-child-abuse](http://www.childhood-usa.org/how-to-prevent-child-abuse)

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#### Special points of interest:

1. *prevent abuse month*
2. *Tips for growing healthy eaters*
3. *Colors and Shapes*
4. *Monthly Calendar*

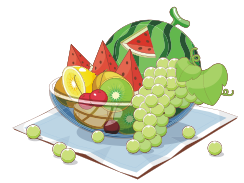
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## From the ...Nutrition Manager



### Tips for Growing Healthy Eaters



1. Parents and caregivers can be great role models for children . Let children see you trying and enjoying new foods. Kids copy what they see and hear.
2. Have your child choose a new food as you shop; try a new food is more fun for kids when they pick it out themselves. Letting kids help as you prepare food also improves children's willingness to try new foods.
3. When you are introducing a new food to your children, encourage them to try at least a bite or two. But stay away from forcing your children to taste if they are not interested. Remember, try again, some kids need to try a new food many times before they like it. It's normal for kids to be cautious at first.
4. Family meals are important for everyone. Eat around a table. During mealtime, turn off the TV and let the answering machine take your phone calls.
5. Time snacks carefully-at least two to three hours before meals, and keep snacks small. If your child is still hungry, he or she can ask for more. Skip the urge to offer a snack to quiet tears or reward behavior, these practices can lead to emotional overeating later.
6. Healthy food choices aren't the only thing needed to raise healthy kids. Children should be physically active at least 60 minutes a day. Limit screen time (this includes watching TV, playing video and computer games, and watching DVD's) then American Academy of Pediatrics recommends no more than one to two hours of quality TV and videos a day for older children and no screen time for children under the age of two.

For more specific information on food and nutrition for you and your family, go to: [www.mypyramid.gov](http://www.mypyramid.gov).

## From the ...Education Coordinator

### Shapes and Colors!

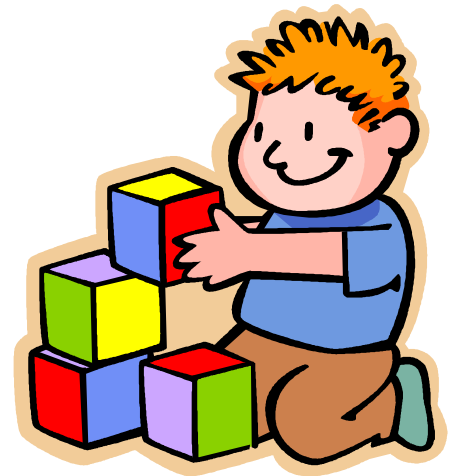
Learning shapes and colors may well be a young child's first educational endeavor. Although recognizing objects as red or blue, round or square might seem like child's play, it's actually integral to a young child's play, its actually integral to a young child's cognitive development, and sets the stage for math concepts fro sorting and patterning to geometry, and beyond!

### Color their World

- \* Add a colorful description (bring mommy the red ball)
- \* Find colorful foods (find the green peas)
- \* Color your bath time (add colorful capsules)
- \* A colorful family( everyone where the same color)
- \* Color books (there are many picture books to help master color)

### Shape Up!

- \* Shape Sort (have your child help sort lids to storage containers)
- \* Shape Search (by an inexpensive magnifying glass and look for same shapes in the house)
- \* Sensory Shapes (use pudding or finger paint to help with this)
- \* Shape Stories (find a shape book in your library to show your child shapes in print)





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olc.edu/](http://headstart.olc.edu/)**

### 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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## October 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 <i>OLC All Staff</i>	6
7	8 <i>Native American Day</i>	9	10	11	12 <i>Professional Development</i>	13
14	15	16	17	18	19	20
21	22	23	24	25	26 <i>Professional Development</i>	27
28	29	30	31			