

# Oglala Lakota College

## Head Start/Early Head Start Program

Volume 1, Issue 4

October 1, 2013

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## October is National Book Month

[www.dominicosaxu.com](http://www.dominicosaxu.com)

### What Families Can Do

National Book Month activities aren't just for schools. When families read together, children get the positive message that a love of books can mean a lifetime of adventure and learning. Naturally, reading at home shouldn't be limited just to one month; the following activities can be introduced in October and then continued year-round.

- Make regular family visits to the local library to check out books, with parents and children each explaining why they picked particular books.
- Is your family known for its dramatic flair? Channel those theatrics in a positive direction and film a scene or two from one of your favorite books. Another idea along these lines is to organize a school or neighborhood talent night during which these

scenes are performed for others.

- Play family games with a literary twist. Turn "20 Questions" into a book quiz or make up a story, with each family member adding a segment in turn.
- For parents, read to your children every night. "The single most important activity for building the knowledge required for eventual success in reading is reading aloud to children," the National Commission on Reading noted in its report *Becoming a Nation of Readers*.

National Book Month includes National Read Aloud Day on October 22, and the national foundation offers a list of books to read aloud for middle and high school students. The suggestions include classics such as *To Kill a Mockingbird*.

Despite noting gains in reading proficiency among American youngsters, the 2011 National Assessment of Educational Progress also highlighted a troubling trend.

Among fourth-graders, 53% of girls and 39% of boys indicated that they read for fun almost every day. But those percentages declined steeply by eighth-grade, with 25% of girls and only 13% of boys indicating that they read for fun almost daily.

Incorporating structured but fun reading activities at school – and encouraging similar efforts at home – may provide a buffer against that falling level of engagement as children become teens.

As the National Book Foundation notes, **October is a great time to "Fall into a good book."**



### Halloween Fire Safety

[www.usfa.org](http://www.usfa.org)

When purchasing a Halloween costume, make sure the label reads "Flame Resistant."

Halloween is a fun holiday but it's also an important time to practice fire safety. The occurrence of fire increases around Halloween due to arson and the use of candles as decorations. Follow these tips for a happy and fire-safe Halloween:

- \* If you buy a costume, make sure the label says "Flame Resistant." Flame Resistant means the costume will be hard to catch on fire and if it does, the fire will go out fast.
- \* If you make a costume, try not to make one that is big and baggy so that the material doesn't touch candles or other flames. Use flame-resistant fabrics, such as polyester and nylon. These materials will resist burning if exposed to a flame.
- \* Tell kids to stay away from candles and jack-o'-lanterns that may be on steps and porches. Their costumes could catch fire if they get too close.
- \* Kids should never carry candles when they are trick-or-treating. Always use a flashlight, flameless candle, or light stick.

- \* Tell kids to let you know right away if they see other kids playing with matches or lighters.
- \* Don't use candles for decorations. They're dangerous, especially when left unattended.
- \* Remove any materials around your home or property, such as garbage or excess vegetation, which an arsonist could use to start a fire.

*Today you are  
you, that is truer  
than true.*

*There is no  
alive, who is  
youer than you-*

*Dr. Seuss*



## School and Asthma

[www.kidshzalth.com](http://www.kidshzalth.com)

You'll miss  
the best  
things if  
you keep  
your eyes  
shut-

Dr. Seuss



Once you and the doctor have completed the asthma action plan, make sure to give your child's school a copy. A meeting with your child's teacher and other school staff at the start of every school year can also be helpful for making sure that arrangements are in place.

You should talk about:

- the history of your child's asthma
- how independently your child is able to deal manage the asthma
- how to reach you and your child's doctor
- plans for handling treatment during any off-site activities, such as field

trips

- what the school's rules are about medication for kids old enough to handle monitoring and treatment at school (can kids keep an inhaler on hand or do they have to go the health office to use it?)
- who handles asthma medications at the school if your child isn't old enough to take care of monitoring and treatment. Someone on the school's staff should know how to work the peak flow meter and how to administer medications if

your child can't do it alone. Ideally, a health professional at the school will do this. If not, find out who will.

A supportive environment that helps kids assume responsibility for their own care is an important part of asthma management. Without it, kids might avoid taking their medications or using their peak flow meters. Encourage the school's staff to help your child settle into a routine that's efficient and low-key.



Sometimes  
you never  
know the  
value of a  
moment  
until it  
becomes a  
memory-

Dr. Seuss



## When should my child get her vision checked

[www.parents.com](http://www.parents.com)

Getting your child's eyes checked regularly is essential for spotting issues that are treatable when caught early. Kids should be screened three times in the first year, again at 3 and 5 years, then every two years from ages 5 to 18. Premies or kids with a family history of childhood eye problems may need more frequent or more detailed exams.

In most cases, your child doesn't need to go to an eye doctor to have her vision checked, since many pediatricians do screenings at well-child visits, and schools often give them yearly too (check to see whether your

child's school does). Babies 6 to 12 months can also get free eye exams through the American Optometric Association's Infant See program.

<http://www.infantsee.org/>

During an eye exam, the doctor or nurse will shine a small light into your child's eyes to check the pupils and eye alignment, and will use a special scope to look for abnormalities at the back of the eye. Kids ages 3 and up will look at an eye chart with pictures or letters. The doctor or nurse will be looking for common eye problems like refractive disorders (nearsightedness, farsighted-

ness, and astigmatism), amblyopia (decreased vision in one or both eyes that's often called lazy eye), and strabismus (eye misalignment). Amblyopia, which is hard for parents to detect, is treated with glasses and possibly an eye patch or drops. A child with strabismus or a refractive disorder will need glasses. If a screening reveals a potential problem, your child should see an ophthalmologist or optometrist who has experience with children for a more comprehensive exam.



## 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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