



# Oglala Lakota College



## Head Start/Early Head Start Program

### From the Administration...



#### 15 Simple Ways to Get Moving

1. Spread paper plates on the ground. Pretend they are rocks in a stream. Get from one side to the other without stepping in the stream.
2. Work on moving in different ways-go outside and practice walking , running, galloping, skipping, jumping and hopping.
3. Time to march! Pretend to have your favorite instrument and march as you play. Can someone guess what instrument you are playing? Bring real instruments outside and march in a band with friends.
4. Rainbow run-talk about the colors of the rainbow as you name colors, run & touch 3 things that are that color.
5. Go for a walk-breathe in the air as you swing your arms and hold your head high.
6. Take a walk; first go in straight lines, then curvy lines and then try walking backwards.
7. Get outside and practice running. When you are running work on pumping your arms front and back and moving in a straight line.
8. Set up an obstacle course using things to jump over, go around, and even under. See how fast you can do it.
9. Find an open space and work on rolling different ways...long, straight body and a curled up small body. Rolling down a hill is fun!
10. Blow bubbles outdoors. Chase and catch the bubble before it pops.
11. Pretend you are at a zoo. Identify an animal-move and sound like that animal.
12. Pretend to be a balloon-first without air, being blown up, floating around , and then being popped.
13. Pretend to be a growing flower. First you are a tiny seed in the ground and then grow into a big flower.
14. Motions of the weather-use your body to pretend to be different types of weather. Rain, wind, thunder, snow...get creative.

#### Take it Outside!

#### Week

Use these simple 14 outdoor Activities to get Your children Moving. The Activities listed Only require

You, your child, And your Imagination.

#### Did You Know?

Physical activity for young children is an important component of early brain development and learning.

When adults model and teach the importance of physical activity, young children are more likely to adopt a lifetime of healthful practices and behaviors.

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#### Special points of interest:

#### 1. Get Moving

#### 2. Your Childs ears

#### 3. Biting at a young age

#### 4. Monthly Calendar

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## From the ...Education Coordinator



### Reading Begins in Your Child's Ears

Neurologists at Yale have peeked inside children's brains while they did reading tasks, from MRI brain scans, scientist discovered that the auditory language centers of children who read will light up with lots off blood flowing. Other children with less blood flow in those areas had difficulty in reading. In other words, children who have a strong ear-brain connection tend to be good readers.

Additional studies suggest that children with multiple ear infections, a speech impediment, or weaknesses in auditory skills are at risk for having reading disorders.

Here's the good news-even though your young child has one or two or even three of the risk factors mentioned above, don't rush out to buy him a talking pen or talking computer programs. We now know that children can improve in auditory skills, with proper help.

In just fifteen minutes a day of playing auditory games and reading a good book out loud to your child, you can improve her language/auditory processing skills. In fact every child will benefit from doing these activities. She will gain to tools, such as rhyming and audiology memory, needs to become a great reader.

Do these activities for a few minutes each day, in the care at bedtime, or while suppers cooking and your child's language center in the brain will light up like a Christmas tree. The rule of thumb is :Keep it short and make if fun!

Rhyme with me (Rhyming is a major language skill. It will be used down the road to help your child learn to read word families i.e. bat, cat, mat rat, pat) Begin by modeling how to rhyme. Put the sounds of rhyming into your child's ear first Point to parts of you body , day a body part and a "Nose/rose-they sound the same, don't they?"

Here's a list of body parts and rhyming words:

- |               |               |
|---------------|---------------|
| 1. ear-dear   | 11. Foot-put  |
| 2. Toe-go     | 12. Knee-see  |
| 3. Eye-bye    | 13. hand-band |
| 4. Hair-bare  | 14. heel-feel |
| 5. Cheek-peek | 15. Back-sack |
| 6. Thumb-gum  |               |
| 7. Chin-pin   |               |
| 8. Neck-deck  |               |
| 9. Arm-farm   |               |



## **From the ...Health Coordinator**

### **Why do young children bite?**

The literature suggests that biting may be a normal developmental phase for infants and toddlers, with virtually no long-lasting developmental significance. Once a child turns 3 years old, however, biting may indicate other behavioral problems, especially if the biting incidents are frequent. Because of the developmental nature of most biting, experts stress that biting is not something to blame on the child, parents, or teachers.



#### **Infants:**

For infants biting is probably a form of exploration—infants use their mouths to explore because it is one of the most developed parts of their bodies. Biting in infants may also be a primitive form of communication; it is likely that the infant does not connect biting with pain experienced by others, infants also are impulsive and lack self control; some babies may bite when they are excited or over stimulated, infants bite because they want to smell and touch objects, experiment with cause and effect, or relieve teething pain (NAEYC) suggests offering infants who are teething chew toys, frozen bagels, or other safe items

#### **Toddlers:**

Biting in toddlers between 12 & 36 months old is a form of communication (i.e. to communicate frustration while learning social, language, and self-control skills) Toddlers seldom plan ahead, but rather that they see and act on what they see and act on what they are experiencing at the moment. Toddlers do not have the language necessary to control a situation, or their attempts at communication are not understood or respected. Biting becomes a powerful way to communicate with and control others and the environment. Many toddlers display extreme ranges of emotions & to many challenges demands, wants and obstacles can anger and frustrate toddlers and may lead to biting. Many toddlers do not yet understand sharing or that touch can hurt and they need to learn other ways to communicate besides biting.

#### **Preschoolers:**

Occasional or rare biting from preschoolers may occur for some of the same reasons as it does for infants and toddlers—to exert control over a situation, for attention, as a self-defense strategy, or out of extreme frustration and anger. Frequent biting after a child turns 3, may indicate other behavior problems, because by that time many children have the communication skills necessary to relate their needs without biting. Biting may also be caused by sensory integration dysfunction and a developmental screening for preschoolers may be useful to identify children with tactile dysfunction.



## 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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## September 2011

SUN	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
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