



## Head Start/Early Head Start Program

### From the Administration...

### September is National Baby Safety Month

- Babies should always be placed on their backs to sleep—unless your pediatrician advises you otherwise for medical concerns. Remember, bumpers and blankets in the crib are a no-no for infants.
- Be sure to child-proof your home before your baby begins to crawl. Get down to a baby’s level and crawl around—really look at your home from a baby’s point of view. Child-proof cords, electrical outlets, TVs, etc. accordingly.
- Until your baby can safely hold her own bottle, be sure an adult feeds baby. Bottle propping can be dangerous.
- Be sure that all toys are age appropriate. A great rule of thumb: if a toy can fit in an empty toilet paper tube, that toy is too small for baby.
- Babies are naturally very curious. Be sure to save “No!” for when it really matters—in the case of safety or something you feel most strongly about.



[blog.goddardschool.com/](http://blog.goddardschool.com/)

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#### Special points of interest:

- 1. Baby Safety month*
- 2. Juice or Fruit Drinks?*
- 3. Bulding Self-esteem*
- 4. Monthly Calendar*

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## From the ...Nutrition Manager

### Juice or Fruit Drinks?

Juice is an easy way to enjoy fruit. Keeping juice on hand is good for your whole family! Here's what juice provides.

- **Vitamin C**– to help heal cuts and bruises, fight infection and use iron from food
- **Vitamin A**– in some juices for healthy eyes and skin
- **Carbohydrates**– for energy. Sugar from fruit is the carbohydrate in 100% juice.



Juice is mostly water. Like you, your child needs enough fluid to stay healthy.

#### **How much juice?**

Offer your child enough, but not too much– age's 1-6 years 1/2 to 3/4 cup of juice a day.

#### **Go Easy...**

Because juice is convenient, it's easy to drink too much of it. Here's why drinking too much juice can be a problem:

- Juice has calories. Too much may give your child more calories than he or she needs. That may contribute to overweight. Go easy for yourself, too!
- If juice replaces milk or calcium-fortified soy beverage, your child may not get enough done building calcium.
- Sipping juice a lot promotes cavities. Sometimes diarrhea is a problem too.



## From the ...Health Coordinator

### *Building Self-Esteem in Preschool*

Building self-esteem begins in infancy, and by the time they reach the preschool year children already have the foundation for their self-esteem. However, parents and preschool teachers can do many things to build on that base so that your child retains a sense of self-esteem throughout his growth and development.

“Self-esteem comes from having a sense of belonging, believing that we’re capable, and knowing our contributions are valued and worthwhile,” says Jane Nelsen, California family therapist and author of *Positive Discipline*. Children with good self-esteem are more resilient, weather storms more easily and perform with confidence because they expect positive outcomes. Want to help your preschooler build strong self-esteem early? Here’s a list how:

1. Foster Feelings of Belonging
2. Be a Role Model
3. Foster a Can-do Attitude
4. Identify Strengths
5. Encourage Talents



“Help your child to love and accept all parts of them, so that they may achieve wholeness, love and a lifelong connection to themselves and the world “Says Sacks. The connection to the world and self-acceptance that accompanies it are vital to healthy self-esteem, and encourage a preschooler’s self-esteem is on of the most valuable gifts you can give.



## 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.



Oglala Lakota College  
Head Start/Early Head Start Program

## September 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <i>No School Labor Day</i>	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21 <i>No School Proff. Day</i>	22
23/30	24 <i>Life Touch Ad- min. Conf. Room</i>	25 <i>Life Touch Ad- min Conf. Room.</i>	26	27 <i>Life Touch @ PRHS</i>	28	29