

# Oglala Lakota College

## Head Start/Early Head Start Program

Volume 1, Issue 3

September 1, 2013

### Topic's Inside this issue:

Good Manners	1
Library Card	2
Teething Tips	3
Prevent Ear infections	4
Keep your kids Warm	5
When to Start Potty Training	6
Monthly Calendar	7

### 5 things: for Children's Good Manners Month [www.news-leader.com](http://www.news-leader.com)

#### Help your kids be kinder and more considerate of others.

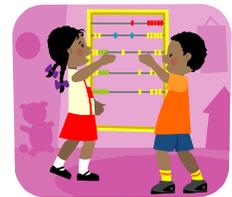
- Sit Down to dinner-** Set the table using good dishes, silverware and napkins. Practice proper table etiquette to set and example for your kids. They'll follow your lead and make you proud at the family Thanksgiving Feast and when you go to nice restaurant.
- Nice Words-** Toddler might not understand what being polite means, but they know saying "please" helps them get what they want. Teach children from a young age to say polite words like "please," "thank

you," "excuse me," and "your welcome." Use these words whenever you speak to your children and whenever they see you interacting with others.

- Teach Sensitivity-** Encourage children to keep negative opinions to themselves and never comment about a person unless it's to give a compliment. Strictly forbid name-calling and making fun of others. And remember your children are listening to your conversations.
- Polite Playtime-** Role playing can show a child what treating someone

nice and not nice looks like—without actually hurting someone's feelings.

- Give Praise-** As your child develops polite habits, show your approval but don't go overboard. When it comes to giving praise, do it effectively. Be sincere. And be specific. Children need to know exactly what they are doing right. Say, "Good job sharing your toys" rather than just "Good Job."



*Why fit in when you were born to stand out?*

*Dr. Seuss*



### Library Card Sign-up Month [www.readwritetothink.org](http://www.readwritetothink.org)

A library card is a passport. It permits its owner to travel to other places and times through the pages of a book. Membership in the community of the public library places thousands of resources at students fingertips. Celebrate National Library Card Month with a trip to the library to explore all the many resources available.

#### Top 9 reasons to go visit:

- Free programs and activities
- Story times
- Workshops
- Books
- Audio books
- Movies
- Music
- Magazines and newspapers
- Computers



## Teething Tips

What is teething?

Your baby is teething when his or her first set of teeth, called primary teeth, break through the gums. See a picture of the primary teeth .

When does teething typically start?

Teething usually begins around 6 months of age. But it is normal for teething to start at any time between 3 months and 12 months of age. By the time your child is about 3 years old, he or she will have all 20 primary teeth.

The lower front teeth usually come in first. Upper front teeth usually come in 1 to 2 months after the lower front teeth. See a picture that shows when the primary teeth come in .

What are the symptoms?

Some babies are fussier than usual when they are teething. This may be because of soreness and swelling in the gums before a tooth comes through. These symptoms usually begin about 3 to 5 days before the tooth shows, and they disappear as soon as the tooth breaks the skin. Many babies don't seem to be

affected by teething.

Babies may bite on their fingers or toys to help relieve the pressure in their gums. They may also refuse to eat and drink because their mouths hurt.

Many babies drool during teething, which can cause a rash on the chin, face, or chest.

Mild symptoms that get better usually are nothing to worry about. Call your doctor if your baby's symptoms are severe or don't get better.

How can you help your baby be more comfortable while teething?

Here are some tips to help your baby feel better while teething:

Give your baby a mild pain reliever that is labeled for his or her specific age. For example, acetaminophen (such as Tylenol) or ibuprofen (such as Advil) may help relieve your baby's discomfort. Do not give aspirin to anyone younger than 20 because it has been linked to Reye syndrome, a rare but

serious disease.

Use a clean finger (or cold teething ring) to gently rub your baby's gum for about 2 minutes at a time. Many babies find this soothing, although they may protest at first.

Provide safe objects for your baby to chew on, such as teething rings.

Many parents use other teething remedies, such as gels you put on a baby's gums. Many experts question if these work and are safe. If you want to try these products, talk to your doctor about which types are safe and how often to use them.



Sometimes the questions are complicated and the answers are simple.

Dr. Seuss

*Think left &  
think right &  
think low and  
think high  
oh, the things  
you can think up  
if you only try...*

Dr. Seuss



## Cause & Prevention of Ear Infections

What is a middle ear infection?

The middle ear is the small part of your ear behind your eardrum. It can get infected when germs from the nose and throat are trapped there.

What are the symptoms?

The main symptom is an earache. It can be mild, or it can hurt a lot. Babies and young children may be fussy. They may pull at their ears and cry. They may have trouble sleeping. They may also have a fever.

You may see thick, yellow fluid coming from their ears. This happens when the infection has caused the eardrum to burst and the fluid flows out. This is not serious and usually makes the pain go away. The eardrum usually heals on its own.

When fluid builds up but does not get infected, children often say that their ears just feel plugged. They

may have trouble hearing, but their hearing usually returns to normal after the fluid is gone. It may take weeks for the fluid to drain away.

How is it treated?

Most ear infections go away on their own, although antibiotics are recommended for children under the age of 2 and for children at high risk for complications. You can treat your child at home with an over-the-counter pain reliever like acetaminophen (such as Tylenol), a warm washcloth or heating pad on the ear, and rest. Do not give aspirin to anyone younger than 20. Your doctor may give you eardrops that can help your child's pain.

Sometimes after an infection, a child cannot hear well for a while. Call your doctor if this lasts for 3 to 4 months. Children need to be able to hear in order to learn how to talk.

Your doctor can give your child antibiotics, but ear infections often get better without them. Talk about this with your doctor. Whether you use them will depend on how old your child is and how bad the infection is.

Minor surgery to put tubes in the ears may help if your child has hearing problems or repeat infections.

Can ear infections be prevented?

There are many ways to help prevent ear infections. Do not smoke. Ear infections happen more often to children who are around cigarette smoke. Even the fumes from tobacco smoke on your hair and clothes can affect them. Hand-washing and having your child immunized can help, too.

Also, make sure your child does not go to sleep while sucking on a bottle. And try to limit the use of group child care

## Can Staying Warm Keep Your Kids Healthy

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

### Why is Staying Warm Important?

Staying warm & maintaining our body temperature helps our bodies defend against invasion of wind cold or viruses because viruses thrive and replicate faster when our body temperature drops. When the body's temperature drops even one degree it leaves it more vulnerable to developing a full blown illness. If our temperature drops even further it will cause us to have shiver and our teeth to chatter. When that happens it is almost a guarantee that we're going to get sick, especially when combined with exposure to other elements such as wind, rain or snow. This makes

sense when you look at one of the body's primary mechanisms for fighting of a virus — fever. Raising the body temperature even one degree helps the body stop or slow the replication of a virus and simultaneously improves the function of our white blood cells.

### Keeping Kids Warm Enough

Do your kids play outside and refuse to wear a jacket? Their cheeks are red and their hands are freezing, but they say they're fine. How do you know if your kids are staying warm enough when playing outside in the winter time? Do you need to bundle them up like the little boy

in *A Christmas Story*? A good way to check is to reach into their shirt and check to make sure their chest or back is warm. If this core area is warm then your child should be fine. If not, it's time to add a jacket or another layer.

### Keys to Staying Warm

- Dress in layers, wear a warm coat, scarf & hat when out in the elements
- Long Johns & thermals are totally in when it comes to staying warm
- Protect your neck & wear a scarf in the win-

ter (It's fashionable too)

- Keep your feet covered & snugly warm in smart wool socks & fabulous pair of boots (that means leave the flip-flops at home for those of you in California)
- Drink warm hot spicy soup or ginger honey tea to warm back up after being outside
- Take a warm bath if you feel like you can't warm up despite all the above



## When to start Potty Training [www.webmd.com](http://www.webmd.com)

### Toilet Training - Topic Overview

#### When should I start toilet training my child?

Your child must be both physically and emotionally ready for toilet training. Most children are ready when they are between 22 and 30 months of age, although every child is different. Toilet training usually becomes a long and frustrating process if you try to start it before your child is ready.

Before children can use the toilet, they must be able to control their bowel and bladder muscles. Some signs of this control are having bowel movements around the same time each day, not having bowel movements at night, and having a dry diaper after a nap or for at least 2 hours

at a time. Children must also be able to climb, talk, remove clothing, and have mastered other basic motor skills before they can use the toilet by themselves.

Most children are physically ready to toilet train before they are emotionally ready. Your child must want to use the toilet and be willing to cooperate with you. He or she may even talk about being a "big boy" or "big girl" and wearing underpants rather than diapers. Training generally does not go well if your child is in the stage where "no" is his or her automatic response to every request.

#### How long does it take to toilet train?

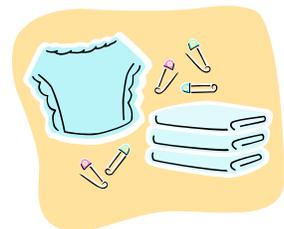
A child is considered toilet-trained when he or she knows that it is time to go to

the bathroom and is able to climb onto and use the toilet with little help. In a study of children who started training between 22 and 30 months of age, boys were fully trained at an average age of 38 months, while girls were trained slightly earlier, around 36 months.<sup>1</sup> Your child will likely need help with wiping after a bowel movement until age 4 or 5. He or she may also need extra help in unfamiliar bathrooms, such as public restrooms, until about age 5 or 6.

#### What if my child resists?

If your child resists using the toilet, he or she probably isn't ready. Sometimes toilet training disruptions or delays are caused by stress or major changes in routine. Also, a child who is doing well with toilet training may

have difficulty for no obvious reason. This is a normal part of toilet training. It is best to start or resume toilet training when your child is receptive to it and in a stable environment. Your child's toilet training experience should be positive. If it becomes a struggle or a battle of wills, it is best to ease up or stop for a while. Although you may be ready for toilet training, your child may not be.



*Oglala Lakota College  
HS/EHS Program*

Piya Wiconi Road  
3 mile creek  
Kyle, SD 57752  
Or  
P.O. Box 490  
Kyle, SD 57752

605-455-6114 Phone  
605-455-6116 Fax  
jwhiteelk@olc.edu

WE ARE ON THE WEB  
WWW.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.



September 2013



1	2 Labor Day	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20 Professional Development	21
22	23	24	25	26	27	28
29	30					