



Oglala Lakota College



Head Start/Early Head Start Program

From the Administration...

Do you suffer from Fall Allergies?

The fall season is often associated with tree leaves turning colors, orange pumpkins, and rainy cool weather.

However, its also a time of the year when ragweed takes its toll on allergy sufferers. Allergens such as mold and dust can also contribute to a person's suffering. But ragweed is usually the chief culprit due to its high concentration of pollen.

Hay fever specifically, which is an allergic reaction to ragweed, it is the fifth element leading chronic medical condition in this country.

Fall allergy symptoms include:

1. nasal congestion and inflammation
2. Sneezing, itchy watery eyes, and a runny stuffed up nose
3. Low grade fevers and a sense of "blahness"



There are several prescriptions and over the counter medicines that can combat these symptoms, they also include antihistamines that may cause drowsiness so read labels before driving.

allergies.about.com

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Special points of interest:

1. *Did you know??*
2. *Is it a Cold or Allergies?*
3. *Getting ready for Kindergarten.*

Did You Know....

The first Monday of August in Australia is Picnic Day

The First Lincoln Penny was Issued August 2nd 1909

Columbus set sail for his 1st voyage on August 3rd 1492

Coast Guard Day was established on August 4th 1790

Neil Armstrong's Birthday is August 5th,1930

Garfield the Cat's friend Odie his Birthday is August 6th

The first Sunday in August is American Family Day

Dollar Day is August 8th, when the first Dollar was created

International Day of the World's Indigenous People day is August 9th

First Steam Locomotive was done on August 10th

Here are something's to talk about with your family and children, this info can be found at about.com



4. *Introducing Solid foods.*
5. *How to Prevent Cavities.*

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From the...Education Coordinator

Getting ready for Kindergarten

You've changed his/her diapers, tolerated his/her terrible twos and taught him/her to get dressed by them self. Now, it's time for another milestone – the first day of school. Nervous? Excited? Don't know what to expect? Welcome to kindergarten, Mom. Here's a few tips to get you and your little one ready

Name Game: Small letters are used most commonly, but it doesn't hurt to teach her both upper and lower case. And once she can write her first name, have fun with it. Move onto her last name and then her brother's name or the dog's name – any practice is good. When you're done with names, teach your child to write her address and telephone number.

Encourage independence: Before going into kindergarten, most school suggest that children be able to get dressed and undressed, and use the toilet independently. also know how to put on their own coats and shoes. Make sure you allow enough time for each stage so he/she doesn't feel pressured.

Make Getting Ready Fun: Go shopping together to help get your little one excited. With younger kids, a bag full of gadgets, a new backpack and a few new items of clothing tend to gear them up without any further encouragement.

From the ...Nutrition Manager

Introducing Solid Foods

If your six month old infant is still turning her nose up at solid food, don't panic. When babies have good head and trunk control, can sit with minimal support and can pick up objects to put in their mouths, they are showing signs they are ready to being eating solids.

A good way to test your child's readiness is by giving them a baby teething biscuit at first, later moving on to the pureed food with a spoon.

Sometimes, a child has an innate ability to reject the foods they are allergic to, and will refuse to eat them until they can be tolerated. Some children are extremely sensitive to textures or tastes and will need a slow and gentle in introduction to foods. Some stubborn babies may refuse to be spoon fed, but the secret is to allow them to scoop up finger foods and feed themselves



Virtually all babies will eventually eat solid foods, unless there is a medical condition that prevents this natural progression. It is important to keep in mind that some just might take longer than others.

From the ...Health Coordinator

Prevent Cavities



Infant and Toddler Tooth Decay or “Early Childhood Caries”

Does Your Child:

- Go to bed with a bottle or sippy cup filled with milk, formula, juice, or a sweetened drink?
- Sleep all night at the breast?
- Drink from a bottle or sippy cup throughout the day?
- Use a pacifier dipped in sugar, honey, or sweet item?
- Eat from the same spoon as other people.

If he/she does, your child has a high risk of developing “child hood Carries”.

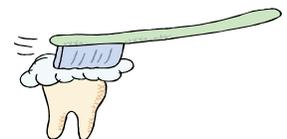
What causes cavities or “early childhood carries”?

- Leaving liquids that contain sugar in baby’s mouth for a long time. (Even breast milk and formula contain sugar)
- Germs from other peoples mouth.

Baby teeth are important! When baby teeth are decayed, poor self-image. If baby teeth are lost too early , the permanent teeth come in crowded or out of line.

Start Early to Protect Your Child’s Teeth

1. Put your child to bed without a bottle or sippy cup. Offer a blanket, stuffed animal or toy instead.
(if your baby must have a bottle to sleep, fill it with plain water only, You may need to water down the bottle contents little by little until it’s just water)
2. Don’t let your baby sleep all night at the breast.
3. Begin teaching your child to drink from a cup around six months of age. (serve juice from a cup not a bottle or sippy cup.)
4. Don’t let others put anything that goes in baby’s mouth in their mouth.
5. Avoid POP and other sweet drinks.
6. Don't let your child drink from a bottle all day long. (hold your child while feeding or have him/her sit in a high chair or at the table while eating or drinking.)
7. Clean your child’s teeth and gums with a clean washcloth or a small, soft toothbrush after eating and before bedtime.
8. Take your child to the dentist be one year of age.
9. Wean your baby from the bottle by one year of age.





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Three Mile Creek Road
P.O. Box 490
Kyle, SD 57752

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

**[http://
headstart.
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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August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 <i>KILI Radio Show</i>	4	5 <i>National Chocolate Chip Day!!Mmm</i>	6 <i>National Wiggle your toes Day!</i>	7 <i>National Friendship Day!</i>
8	9 <i>National Rice Pudding Day!</i>	10 <i>S'mores Day</i>	11	12	13 <i>Professional Development</i>	14
15 <i>National Relaxation Day</i>	16	17 <i>KILI Radio Show</i>	18	19 <i>Potato Day</i>	20	21
22 <i>Be an Angel Day</i>	23	24	25	26	27 <i>Professional Development</i>	28
29	30	31 <i>KILI Radio Show</i>				