



Oahe Child Development Center

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Early Head Start & Head Start News

www.oahechild.com

November/December 2010

Head Start/Early Head Start Resources

Greetings from Cindy and Mandy,

We are the Family & Community Partnership Specialists for the Head Start/Early Head Start program.

Part of our job is to provide resources to families. There is an awesome website called militaryonesource.com that is intended to assist anyone that has connections to the military. Please check it out if you are interested!

We also have a parent room at the Pierre Center, located straight in the main entrance and to the left-- Room # 117. The parent room is a great resource and offers a phone to make local calls and a computer with internet access. There is a lost and found drawer, so if you are missing gloves, hats, etc., please check in there. Policy Board and Board Meeting Minutes are posted, as well as brochures on various subjects. A parent library cabinet containing self help books and videos are also available for checkout.

The parent room is available for use Monday – Thursday 7:45 a.m. – 4:00 p.m. and Friday 8:00 a.m – 3:00 p.m.

Happy New Year Head Start and Early Head Start families!!!

With the very busy season finally behind us, I thought some ideas of activities to do with your child(ren) would be helpful.

Babies: music, talking together, playing with pots and pans, mirrors, touching different textures, reading, movement. Each baby is unique and develops at a different speed. Keep in mind the development of your infant.

Toddlers: any “pretend” play, reading together, dancing, boxes, pots and pans, singing, play dough, cause and effect toys. Repetition is an important part of this stage of development. Even if it is cumbersome to repeat over and over, it is a great way for them to learn. A child at this age likes to imitate you.

Preschoolers: games, finger plays, rhyming, letter/colors/shapes/number activities, chores or “jobs” to do, writing, gluing, cutting, reading and letting them “read”. During pre-school years, they learn cooperative play, so playing anything that requires sharing or turn-taking is a great skill to practice.

Things to make at home: noise makers, photo book, any kind of collage, play dough, sock puppets, make a tent and read in it, dancing ribbons. Take out assorted writing items such as markers, crayons, chalk, pens, pencils and different textured papers. Write letters to relatives for the holidays .

Remember that it doesn't matter what kind of toy, how big it is, or even how many things we get, the best memories are the ones we provide to our children through interactions, our affection and just spending quality time with them that mean the most.

I hope you had a great and safe holiday season! Have A Great Year!! Jodi Berscheid,

Mellette County
Miss Bonnie

On Home Visits during the past several months, the children have learned about leaves, made leaf rubbings, studied about the animals that live in the ocean, and even listened to the sound of the ocean in a sea shell. We are also working on skills such as shoe tying, writing our name, and letter and number recognition.



We have had very good attendance at our socials, probably because Ms Donna is such a good cook! We even made real gingerbread houses at our social in December.



Jones County and Mellette County
Early Head Start
Miss Donna

Well November and December have been very eventful. Thanks to all the families that turned out for our socials. We made gingerbread houses out of milk cartons and the kids and parents had a lot of fun.



We have been working a lot on fine motor skills. We also did dental packets with the families. Everyone received new toothbrushes. This time of year, with all the sickness, it's a good idea to change tooth brushes often.



I hope everyone had a great holiday break! I wanted to share a great resource for parents and educators. The South Dakota Parent Information Resource Center has a website with excellent information and resources for parents. The website is <http://www.sdpirc.org>. Click on the Parent section and then publications. There are several topics with information regarding parenting and children. The following article was taken from this website:

They Never Listen to Me!

If you read the title of this article and assumed it was a parent's statement. Guess again. Our local newspaper asked 100 kids, aged 7 to 17, the question, "What do you wish your parents did differently?" The most common answer? No, it was not more junk food, later curfews or unlimited TV. The most common answer was, "I wish they would listen to me."

What do they mean?

When kids want parents to listen to them, they don't mean listen and judge, or listen and nag or even listen and solve. What they mean is they would like their attention and interest. What they want is a parent who will put down the remote control, the newspaper or the dishtowel and give them a few minutes of eyeball-to-eyeball listening.

Be an available parent.

Being available when your children want you or need you is a powerful expression of love. Too many times parents tell children that they'll talk "later" or "in a minute" and "late" never comes. Typically, when your child wants your attention, and you respond immediately and totally, your child's needs will be met rather quickly. If, however, your child must wait endlessly for your attention, the problem will grow as he waits, or even worse, he'll take his thoughts to someone else, and you'll never know what you've missed.

Listen for the real meaning.

Children aren't always accurate and articulate when they talk. Often, parents need to "read between the lines". Even as teenagers our children sometimes deliver words that are very different from their intended meaning. It's an astute parent who can get past the words being said to the intended meaning. We sometimes find it hard to do this because we get caught up in our child's tone of voice or manner of speaking. Or we make up our minds quickly as we assume the conversation will be a copy of past experiences. It's a smart parent who will try to get beyond simply listening and move toward understanding.

What's the end result?

Several things happen when a parent is doing more listening and understanding. One clear benefit is that your children begin to talk to you about the important things in their lives without fear of judgement or criticism. They become much more honest and open, giving you an opportunity to share your thoughts and values in a nonthreatening environment. In addition, when you begin to see your child with new eyes you'll like what you see, you'll feel more love for your child, and you'll be a happier parent.

The Listening Quiz

At the end of each day, can you answer "YES" to these questions?

- Today my child told me something I didn't know.
- Today I looked into my child's eyes as I listened.
- Today I asked my child a question and then listened to the entire answer without interrupting.
- Today I put down whatever was in my hands to show my child my full attention.
- Today I was available to my child when he/she wanted to talk to me.
- Today, as I listened to my child, I held back at least one unproductive comment.
- Today I asked my child at least one helpful question.
- Today I laughed at something my child said.

By Elizabeth Pantley, author of *Kid Cooperation and Perfect Parenting*

I am looking forward to seeing the children again! They brighten our day and we enjoy getting to spend time with them. Best wishes to your families for the new year!

Health & Safety

Dress for Weather



Outdoor exercise is good for children.

Dress your child in layers of play clothes that can be removed if he becomes too warm. Don't forget to send a jacket during cold weather.

Choose comfortable play clothes that your child can run, play and roll in. Remember, play clothes get dirty.

Buy well-fitted shoes good for running and playing. Select shoes with rough soles so that your child won't slip when running.

Pierre Center Class 2

Ms. Lauriann & Ms.Tami

Class 2 has been getting ready for our Winter Program by making invitations, making props and practicing songs and finger plays. They were very excited to perform for all of you. They did a wonderful job.

The upcoming themes we will be talking about are Winter, Nursery Rhymes and Penguins & Polar Bears.

We look forward to a great year.

