



# Oahe Child Development Center

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## Early Head Start & Head Start News

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

November/December 2011



Everyone should take the opportunity to visit the Capitol Building and see the Christmas trees! This year the theme is "Starlit Wonderland". The children in the Pierre center each decorated a star in which their picture was placed. The Early Head Start children made the topper with their hand prints. It turned out beautiful and sparkly! This makes a wonderful family activity this time of year.

While you are out shopping for the season, there is also a tree at the Pierre Mall decorated by children from Oahe Child Development Center.

Oahe Child Development Center Staff wishes  
each and every Head Start and  
Early Head Start child and family a very

*Happy  
Holiday  
Season*

## The Power of Play

Have you ever thought to yourself, “It seems like all the children do at Head Start is play”? At good early childhood programs, such as Head Start and Early Head Start, there **IS** a lot of play—and there should be. Research has shown that there are many benefits of play for children’s intellectual, social, emotional, physical, and language development. While children play, they are actively involved in creating themes, exploring and establishing environments, solving problems, and developing shared understandings.

Children play in many ways;

Independently: playing alone

Parallel: playing *near* other children, but engrossed in own activities

Cooperatively: together with other children organizing roles or scenarios

As children play together, they begin to see other children’s point of views and become more empathetic and caring, as well as learning to use language in new ways to describe their play and to interact with others. They begin to understand customs and rules in their own culture and to appreciate those of others. In play, children also develop muscles and coordination.

To support children’s play, as adults, we need to provide space, opportunity, and materials. We need to set up areas that are safe, allow time to choose and become engaged in their own activities, and we need to provide them with simple, interesting materials. Play is not only fun, it is a vital part of your child’s development. **Take the time to “play”!**

Jodi Berscheid  
Education Manager

With Thanksgiving just past us and Christmas looming in the near future, I pause to think about all that I am thankful for in my life. My life has not always been a bed of roses, but I’ve managed to overcome much and am quite content with my life. I am so blessed to have a good husband who loves and respects me. I’m also blessed to have two awesome kids. I think back on the past 18 years of parenting and wonder how my kids’ dad and I were able to be successful in raising the kids. I think a lot boils down to consistency, demonstrating appropriate behavior, and showing respect. I have a refrigerator magnet that I use as a reminder of how and what children learn. I would like to share it with you. — Brita Bergeson, Home Visitor/Teacher’s Assistant

### Children Learn What They Live

By Dorothy Law Nolte, Ph.D.

If children live with criticism, they learn to condemn.

If children live with hostility, they learn to fight.

If children live with fear, they learn to be apprehensive.

If children live with pity, they learn to feel sorry for themselves.

If children live with ridicule, they learn to feel shy.

If children live with jealousy, they learn to feel envy.

If children live with shame, they learn to feel guilty.

If children live with encouragement, they learn confidence.

If children live with tolerance, they learn patience.

If children live with praise, they learn appreciation.

If children live with acceptance, they learn to love.

If children live with approval, they learn to like themselves.

If children live with recognition, they learn it is good to have a goal.

If children live with sharing, they learn generosity.

If children live with honesty, they learn truthfulness.

If children live with fairness, they learn justice.

If children live with kindness and consideration, they learn respect.

If children live with security, they learn to have faith in themselves and in those about them.

If children live with friendliness, they learn the world is a nice place in which to live.

**Class B**  
**Miss Martha & Miss Karen**

Class B has been enjoying the fall season! We went apple picking in a friend's back yard and took a field trip to Rilling's Pumpkin Patch.

There were enough pumpkins for each child to take home to carve for Halloween.



In November, we learned more letters in the alphabet: "E" for EXERCISE and boy did

we move & shake! "G" for GOOP - we counted, measured, poured and stirred and got all slimy when we mixed it with our hands. "H" for HONEY – we cut "H"s out and painted them with honey. We have also been practicing name writing & cutting skills.



Playing in the Sensory Table with cake mix, measuring cups, bowls & sifters.

**Mellette County Head Start**  
**Bonnie Krogman**

We started the school year learning about how "I Am Special." We made puzzles from our photographs. We have studied about the five senses, played Listening Lotto to identify various sounds, and learned to play "What Is Missing?"

During the past several weeks, we have focused on numbers, building a giant cake with ten layers, and learning the letters in our names.

We have had six socials and had good attendance. During our Parent Meetings, we had trainings on "Taking Control" and Nutrition." The children played nutrition bingo, had a marching band, and played musical chairs while the parents attended the trainings.

In the coming weeks, we will continue to work on numbers and letters.

Our December social will be Dec. 12. We will be decorating cookies and having hot chocolate. Some of us may even wear our pajamas that night!.

**Miss Lisa & Miss Brita's Class**



The children were excited to paint Christmas ornaments, cut and glue strips to make paper chains and hand print garlands for the tree.

The tree is located in front of Christopher & Banks at the Pierre Mall. Please check out our tree.

## Inkind

As many of you know, our Early Head Start/Head Start is a federally funded program. In-kind is a vital part of our program, needed in order to keep serving children and families in central South Dakota. It is a requirement of our grant that for every dollar Oahe Child Development Center receives from the government we must obtain 25% as a local match. This local match is called "in-kind".

In-kind is not only important to our program, it is **vital** to your child's Head Start experience! In-kind is an extension of the classroom or home visit and includes activities you do with your child all the time. In-kind gives you the opportunity to be your child's teacher. What a great way to spend time together!



If each family enrolled on our Early Head Start/Head Start program provided a minimum of one hour a day of in-kind, we would reach our federal goal. There are many ways to earn in-kind hours:

- Attend socializations/center day experiences
- Keep track of time spend doing activities with your child daily (reading, singing, talking, playing, etc.)
- Eat lunch in your child's classroom

You will receive an in-kind sheet each week from your teacher or home visitor. Please make sure these forms are filled out weekly, signed, and returned to your teacher or home visitor. If you have any questions regarding the importance of in-kind or how to fill out the in-kind sheets please contact your child's teacher or home visitor, or contact Oahe Child Development Center staff at 224-6603. Remember, we couldn't have an Early Head Start/Head Start program without your help! — Pat Hoffman, Program Director

## When Preschoolers Get Frustrated

Have you ever noticed how frustrated many small children get when they try to do something "big" and it doesn't work out?

One parent commented to me, "Every time my three-year-old has trouble putting on her socks, reaching the soap in the bathroom, getting her zipper zipped, or anything else, she throws a huge screaming fit."

It has to be horribly frustrating for little ones to find themselves struggling to do things that just aren't working out! It's also frustrating for parents to hear the screaming! In our home, we've tried all sorts of ineffective techniques, such as trying to do it for them, bossing them around about how they should do the task, and even screaming about their screaming.

The technique that works like a charm involves the following five steps:

- Step one:** Empathize. "Oh that must be so frustrating."
- Step two:** Hand that problem back to the child. "What do you think you are going to do?"
- Step three:** Ask for permission to share some ideas. "Would you like to hear what other kids have tried?"
- Step four:** Give them three or four simple ideas and ask, "How will that work for you?"
- Step five:** Allow them to learn through experimentation. "Good luck. If you need any more ideas, let me know."

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

These five easy steps are a great way for children to give your child choices, autonomy (independence), and control in a safe way. It can also reduce parental frustration!

If you would like additional parenting tips or information, please contact Amy Stephens, Behavioral/Mental Health Specialist.