



# Oahe Child Development Center

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## Early Head Start & Head Start News

www.oahechild.com

September/October 2010

### Program News

Parent input is always welcome at OCDC. If you would like to be part of our curriculum committee or eligibility guidelines committee please give me a call. We believe you, as parents, are your child's first and most important educator. We enjoy seeing parents and other significant adults at our centers each day, at socializations, and parent meetings.

Families have a major influence on their children's achievement. Studies show when families and educational settings work together to support learning, children tend to do better in school, stay in school longer, and like school more. Children do best if parents can play a variety of roles in their learning: helping at home, volunteering at school, planning their children's future, and taking part in key decisions about the school program. A long term study in Chicago showed the more parents were involved in the educational setting, the less likely their children were to repeat a grade, be abused, be arrested, or require special education services.

Each year that parents took part in their child's education increased the odds that their child would complete high school by 16 percent. Over 80 percent of students whose parents were involved for six years or more graduated from high school, compared to 38 percent of the students whose parents were not involved at all. Taking part in your child's education can vary from spending time in the classroom to something as simple as praising your child for doing well at school. Thanks for all you do to contribute to your child's academic and social success. We appreciate it!

Sue Glodt, Executive Director

### Mental Health Screenings and Services

Each year our program needs to do a Social /Emotional screening for each child in the first 45 days of school. Those screenings have been completed and returned to me, and I have been reviewing and scoring them. You will be finding out the results from your child's teacher or home visitor. We use the DECA (Devereux Early Childhood Assessment) for Center Base which includes the Pierre Center, Onida and Highmore. The ASQ: SE Ages and Stages: Social and Emotional is used for the other Home Base/Combination units and Early Head Start. If you ever have any questions or would like to go over your child's screening with me just let me know. If there are concern areas I will be contacting you to make plans to work on these areas.

Once again this year we are collaborating with Capital Area Counseling by having one of their counselors at our Pierre Center Base site. Our counselor this year is Amanda Lautenschlager She is providing counseling for children and families at our center. If you are interested in her services just contact me-Rosemarie Gors, Mental Health Specialist, 224-6603, ext.115. If you live in the outlying counties, call me to make arrangements for counseling services. If you would like to discuss a problem or need information on a mental health topic you may contact me as well.

## Pierre Center Class A Miss Annette & Miss Karen

Class A started this fall, with the theme "All About Me". Each student will be recognized throughout the school year talking about themselves and their families. We are currently busy learning about "Fire Safety". In our dramatic play area, we have a pretend fire station. The children enjoyed being a firefighter with the wheels, coats, and hoses. Fireman John was able to come into the center to talk to the students about fire safety. He shared many talents and tricks with the students. Upcoming themes will be spiders and pumpkins.

Enjoy the year!!



## Jones County Head Start/ Early Head Start - Miss Misti

Greetings from Jones County Head Start/Early Head Start. We are off to a wonderful year. We were fortunate enough to move into a new building on the school grounds. We also received grants to purchase playground equipment and safety mats to go under it.

Some of the things we have been doing consist of getting to know our new friends and environment and also learning about fire safety. We have practiced our evacuation drills in the event of a fire.



A parent resource room is available at Oahe Child Development Center with books, videos and brochures on a variety of parenting topics.

## Early Head Start—Miss Kristy, Miss Nerissa and Miss Kristin

EHS has been having a great fall so far and we look forward to the winter months to come! We have had wonderful turn outs at all of our socials and the children and families have had great times participating in these activities. We kicked off our year with a very informative social on car seat safety. Parents were trained on how to properly use the seats and were able to get new ones if theirs were not working for them. It was a great opportunity to receive a brand new seat!

We have also been getting very messy this fall finger-painting with fall colors. The children really enjoyed getting messy with this fun activity! Pumpkins were the topic of another social where the children and families were able to get even more messy while exploring the insides of the pumpkins. We also discussed literacy awareness and provided parents with information on the importance of reading with their children. At our last social, the children and families made cute pumpkin and leaf crafts. The topic of conversation was first aid and the parents and children were able to make first aid kits for their homes.

We have had a great time planning and providing these fun socials for our families and hope to keep seeing such great attendance in the future!



## Tri County 1 Combination Option Miss Bobbie and Miss Kristin

Tri County 1 Combination Option has had a wonderful year so far. We started our school year learning about bugs along with frogs. We also learned about being vet's and taking care of animals. We are currently learning about construction and trucks.

While learning about pets, we ate food like a puppy. We lapped pudding with our tongues, ate puppy chow without using our hands and ate a bread dog biscuit. The children loved this activity.

Our class also enjoys going on daily walks. We walked around the school saying "hi" to the houses, grass, bugs, birds, and other items outside. The children really like when the cars and trucks drive by and wave at them.



## Nutrition Services

Mealtimes can be very stressful when introducing new foods or when you have a picky eater. Getting them to eat what you want them to can become a great battle. You may even find yourself following your child around with a spoon to get them to take a bite or two. This is not good!

Meals with your children should be positive. Here are some pointers:

- Never force your child to eat something they don't want to.
- Offer a new food along with familiar foods.
- Allow them to play with their food and explore its texture, smell, color, etc.
- Allow your child to spit out foods they don't like.
- Try to avoid labeling food as "foods he/she likes" or "foods he/she doesn't like".
- Don't give up! Expose your child to new foods 15-20 times, in the same presentation. It may take this many times for us to decide whether we like a food or not.
- Remember children have small stomachs; give small portions so they don't feel overwhelmed.
- **BE A ROLE MODEL.** Let your child see you eating and enjoying new foods.
- Be positive when eating, talk with your child and tell them you are proud of them for trying.
- **RELAX ABOUT YOUR CHILD'S EATING!**

Happy Eating!!

*Kari DeGreef*

Program Nutrition Specialist