



May 2023

Head Start Newsletter for Parents of Preschool Children

Northeast South Dakota Head Start Program, Inc.
200 South Harrison Street, #1 Aberdeen, SD 57401



RECRUITMENT



Head Start is taking applications for the 2023-2024 Program year. Children need to be 3 or 4 years old by September 1st. If you know of any interested families, please have them contact the Family Services Coordinator in their area or call the Head Start Office at 605-229-4506 or toll free at 1-888-734-8143 for an application. Applications may also be obtained from our website at www.nesdhs.org.

5 TIPS FOR SUN SAFETY



Wear A Hat



Protect Your Eyes



Apply Sunscreen



Seek Shade



Cover Up



Source: CDC Sun Safety Tips

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No. 419
nutrition tips for today's families

Frozen Berry Cups:

Place crushed graham crackers, yogurt and berries in muffin liners. Freeze.



Baked Apples:

Toss apple slices with a little cinnamon. Microwave for 2 minutes.

Let your child help in the kitchen.

- Rinse the berries
- Toss apples slices with cinnamon
- Place fruit in bowl or on top of the yogurt cups

Find more recipes & tips like this in our *Kids in the Market* booklet!



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nutrition tips for today's families en Español

Tazas de frutos rojos congelados:

Pon las galletas graham trituradas, el yogurt y los frutos rojos en los moldes para muffins. Congélos.



Manzanas asadas:

Mezcla las rebanadas de manzana con un poco de canela. Cocínalas en el microondas por 2 minutos.

Permita que su hijo ayude en la cocina.

- Enjuagar los frutos rojos
- Mezclar las rodajas de manzana con canela
- Poner la fruta en un bol o sobre las tazas de yogurt



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SUGARY DRINKS...

DRINK WATER!

Put limits on juice!

- Juice products labeled “-ade,” “drink,” or “punch” often contain 5% juice or less. Sometimes, the only difference between these “juices” and soda is that they have added Vitamin C.
- Always try to choose whole fruits over juice.
- Suggest a glass of water or milk instead of juice.
- If you choose to serve juice:
 - Buy 100% juice.
 - Each day, juice should be limited to:
 - 4-6 ounces for children 1-6 years old.
 - 8-12 ounces for children 7-18 years old.
 - No juice for children 6 months and under.

Did you know?

Soda has no nutritional value and is high in sugar. Just 9 ounces of soda has up to 150 empty calories. Many sodas also contain caffeine, which kids don't need.



Water!

Keep It Handy, Keep It Cold:

- Keep bottled water or a water bottle on hand.
- Fill a pitcher of water and keep it in the fridge.

Liven It Up, Make It Fruity:

- Add fresh lemon, lime, or orange wedges to water for some natural flavor.
- Try mixing seltzer with a splash of juice.

Be a Role Model:

- Drink water when you're thirsty.
- Replace soda with water, instead of other sugar-sweetened beverages, such as juice or sports drinks.

Water is fuel for your body:

- Between 70-80% of our body is made up of water.
- When you exercise, you sweat, and when you sweat, you LOSE water– it is important to replace the water you lose when you sweat.
- Water is the #1 thirst quencher!



Do you receive Supplemental Nutrition Assistance Program benefits?



Your child may be eligible for free **Head Start or Early Head Start** services!



Office of **Head Start**

Head Start and Early Head Start programs deliver free, comprehensive services to children ages birth to 5 and their families in core areas of early learning, health, nutrition, and family well-being. For more information on Head Start programs, please visit <https://eclkc.ohs.acf.hhs.gov/programs/article/head-start-programs>

Find your local program and apply for Head Start services today:



It's easy to prove eligibility with any of the following:



A copy of notice of SNAP approval



Other documentation of eligibility or benefits from the SNAP agency, such as a screenshot from a SNAP mobile app



Your household's SNAP card (Electronic Benefit Transfer [EBT] card)

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SUMMER TIME!

SCAVENGER HUNT

- birds 
- sunshine 
- sunglasses 
- clouds 
- sunscreen 
- hat 
- flip-flops 
- rainbow 
- green grass 
- flower 
- bumblebee 
- popsicle 
- lemonade 
- something green 
- watermelon 
- ice cube 
- something yellow 
- ball 
- ice-cream 
- butterfly 



Health & Safety

Safety Means More Than Car Seats



Car safety begins with an approved car seat, but does not end with its use. Here are some tips to aid you in making car trips safer for you and your children.

- ❖ **Start a routine.** From the beginning, put your child in the car seat every time. If he cries or fusses, say or sing the same thing each time: "We're going for a ride; time to buckle in."
- ❖ **Always buckle your seatbelt and insist other riders do the same.** Children more easily accept being restrained themselves if they realize that this is part of automobile riding for everyone.
- ❖ **Make it clear that riding in the car is not a game.** This doesn't mean you shouldn't try to make rides as interesting and fun as possible for your kids, but they need to understand that your attention must be on the road and not on them.
- ❖ **Learn to block out crying.** If you get upset, your chances of having an accident are greatly increased. Parents know when it's time to address a crying, upset child. Stop the car in a safe location and attend to the child. If it is apparent that your child's cries are from crankiness or boredom and there is no place to stop, sing to the radio or talk to your baby over the cries. Try not to get upset.
- ❖ **NEVER LEAVE YOUR CHILD UNATTENDED IN THE CAR.** It is true that getting a child in and out of a car seat can be cumbersome, but don't leave your child in the car, even if you are "just running in." Bring him along even if you can see your car from inside the store.
- ❖ **Be extra careful.** Be aware that you are more distracted with a child in the car. Pay even more attention to what you're doing. After a hectic day and then getting a fussy child in her car seat, it's easy to forget to look behind you before pulling out of the parking space.
- ❖ **Always use a car seat.** No safety tips can replace the invaluable protection a car seat offers your child.

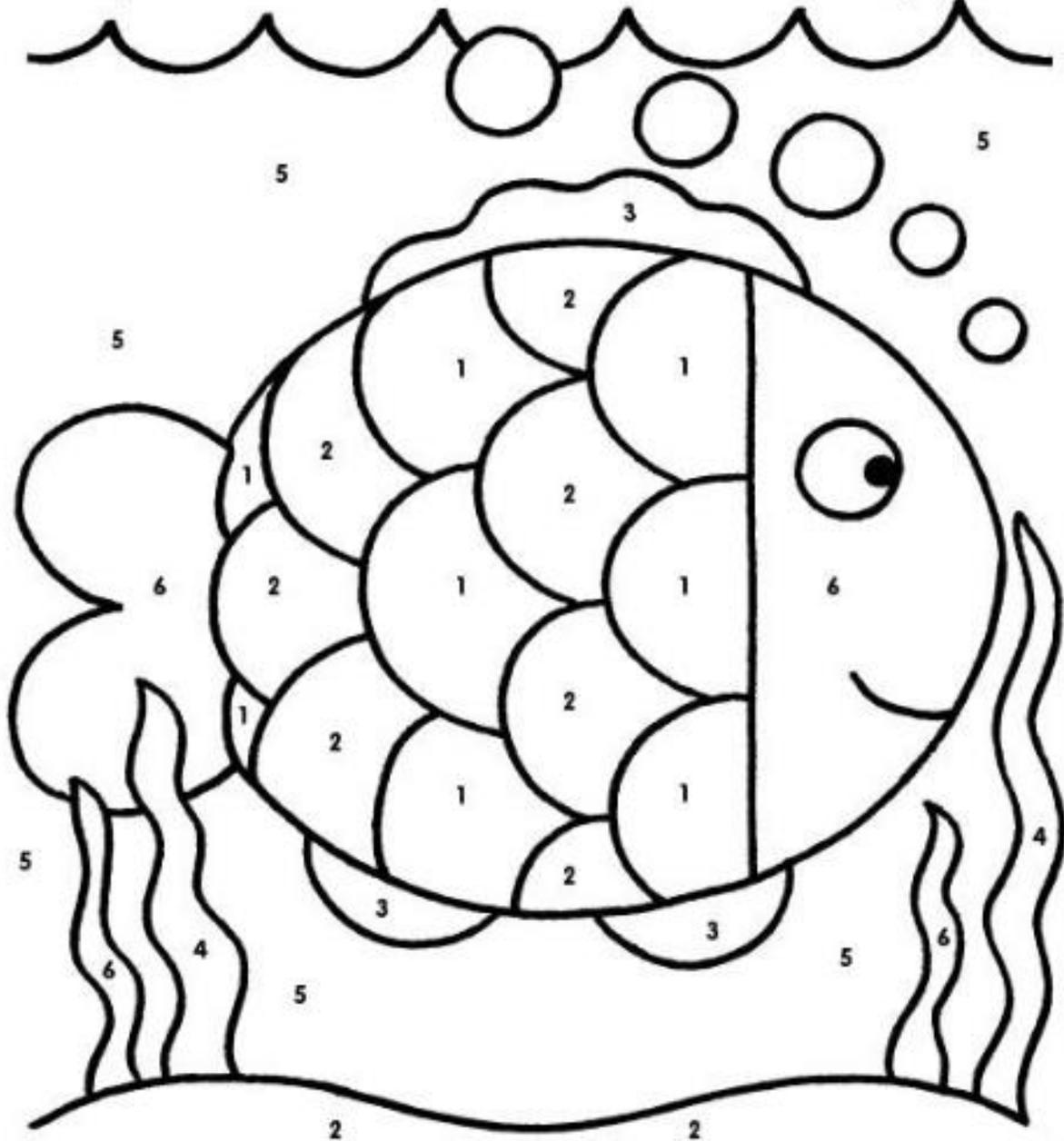
If your spouse is driving and your child is screaming, don't take him out of his car seat "just for a minute." Beside sending your child mixed signals on the use of a car seat, this is dangerous and against the law. Instead, when it's time for a break, take a few minutes to stop in a safe location where the child can be calmed and everybody can regroup before continuing on your way.



1-red
2-orange
3-yellow

Color by number rainbow

4-green
5-blue
6-purple



SUMMER Activities to Help Prepare for KINDERGARTEN

By Donna D. Elder, Ph.D.—Dinwiddle County Public Schools

- ◆ Practice writing with crayons, pencils, chalk and markers. Make sure your child is holding the crayon or pencil correctly. Let him use sidewalk chalk outside. Encourage your child to trace letters in the sand. Draw big dots on the paper and have the child connect them with lines. Make a dotted outline of the child's name and have your child trace over it. Gradually reduce the number of dots in the outline. Teach the names of the letters as your child draws. If they have their first name down, move on to last name, familiar words, etc.
- ◆ Practice cutting with blunt scissors. Give your child old magazines and let him cut them up into little bits. Give the child a bowl to put the paper in and let him pretend to stir with a big spoon.
- ◆ Your child will need to be more independent in kindergarten. Teach the proper way to use a tissue. Have your child practice coming and brushing hair. Review bathroom routines so that the child knows to flush the toilet and wash hands.
- ◆ Encourage your child to sing along with recorded music. CDs and tapes are available at the library. This helps develop listening skills and recognition of sounds that will help the child learn to read.
- ◆ Teach your child his/her full name, address, and telephone number.
- ◆ Count any and everything...it is more important that the child learns that each number corresponds to one object rather than being able to count by rote to a certain number.
- ◆ Young children enjoy activities in the kitchen that help them develop motor and thinking skills. Let your child stir mixes, pour from one small container to another, spread jelly or peanut butter with a blunt knife, and set the table.
- ◆ Practice safety procedures. Your child should know who is a stranger. Teach a family code word to identify who can pick up the child.
- ◆ Contact your local Parks & Recreation Division. They often have free and low-cost classes and activities throughout the year.

THANK YOU!

To everyone who helped make our entire school year a success – especially our Head Start Parents for turning in In-Kind, attending parent meetings, working with your children, and allowing Head Start to be a part of your lives!

Thank you to the Policy Council Parents, Board Members, and Community Members who helped with our program Self-Assessment. Please remember that we need Policy Council Members to stay involved through October when the 2023-2024 members are seated!

