



NORTHEAST SOUTH DAKOTA HEAD START PROGRAM, INC. 200 SOUTH HARRISON STREET, #1 ABERDEEN, SD 57401

The Months of November and December

A note from the Director:

This holiday season, our program has gone above and beyond to provide extra support to our community. We have distributed quilts, Toys for Tots, Winter Gear, Blankets and cozy pajamas to families in our program. Thank you to all of our amazing donors that have helped contribute these times, monetary donations, and so many additional resources to help our families. We welcomed a site visit from our Region 8 Program Specialist, who was very impressed with the quality of our program and the dedication of our staff to the education of our students and family engagement. Thank you all Head Start staff for your hard work and commitment to making a positive impact! Additionally, thank you to all of the parents, family members, and friends involved in our head start program that are dedicated to your child's attendance and academic success. We couldn't do it without all of you.



Your Director
Juli Schultz



Upcoming events:

- Nov, 11th Veteran's Day
No Classes
- Nov, 12th Policy Council and Board Meeting
- Nov, 27th, 28th and 29th
No Classes
- Dec, 10th Policy Council and Board Meeting
- Dec 19th, Last Day of Classes before Winter Break
- Jan 1st, New Years Day
- Jan 6th, All kids resume classes
- Jan 20th Martin Luther King Day
No Classes



Fall and Winter Immunization Guide

COVID-19 and Flu
Updated 2024-25 Vaccines

Everyone 6 months
and older

RSV Immunization
to Protect Babies

Vaccine
Pregnant parents
during weeks 32-36 of
pregnancy during RSV
season

OR

Monoclonal Antibodies
Babies entering or
born during the RSV
season

RSV Vaccine
for Older Adults

(currently, older adults only need to get
the RSV vaccine once; not annually)

People ages 60 and
over at high risk of
severe RSV

AND

Everyone ages 75 and
older



cdc.gov/respiratory-viruses/prevention/immunizations.html



REDUCE YOUR RISK FROM RESPIRATORY VIRUSES THIS HOLIDAY SEASON

- **FLU, COVID-19, AND RSV ILLNESSES ARE AT LOW LEVELS RIGHT NOW OVERALL IN THE UNITED STATES, BUT WE EXPECT THEM TO INCREASE IN THE COMING WEEKS, AS THEY USUALLY DO IN FALL AND WINTER.**
- **INDIVIDUALS, FAMILIES, HEALTHCARE PROVIDERS, AND HEALTH DEPARTMENTS CAN ALL TAKE ACTIONS TO HELP PREVENT SERIOUS RESPIRATORY ILLNESSES.**
- **THE MOST IMPORTANT ACTION IS GETTING THE IMMUNIZATIONS RECOMMENDED FOR YOU.**
- **IF YOU DO GET SICK, THESE IMMUNIZATIONS CAN MAKE YOUR ILLNESS LESS SEVERE AND CAN HELP YOU AVOID HOSPITALIZATION.**

SEE MORE AT [HTTPS://WWW.CDC.GOV/NCIRD/WHATS-NEW/REDUCE-YOUR-RISK-FROM-RESPIRATORY-VIRUSES-THIS-HOLIDAY-SEASON.HTML](https://www.cdc.gov/ncird/whats-new/reduce-your-risk-from-respiratory-viruses-this-holiday-season.html)

Cold Weather Safety

Children are more vulnerable than adults to the effects of cold weather. These tips help Head Start families and staff keep children safe, healthy, and warm in the winter.

Bundle up!

- Children are at greater risk for frostbite than adults. The best way to prevent frostbite is to make sure children dress warmly and don't spend too much time outside in extreme weather.
- Dress children in layers of warm clothing. If the top layer gets wet, they will still have a dry layer under neath.
- Tuck scarves inside coats and jackets to prevent them from becoming strangulation hazards.
- Car seats and winter coats don't mix. Bulky coats can compress in a crash and create a loose car seat harness. Instead, lay the jacket or a blanket over children once you've safely strapped them into their car seat.



Keeping Healthy Outdoors

- There's no set amount of time for children to play outside safely when the weather is cold. Use your best judgment. When the cold becomes unpleasant, it's time to go inside.
- If you are unsure if weather conditions are safe for outdoor play, check the [Child Care Weather-Watch Chart](#).

Have children come indoors periodically to prevent hypothermia or frostbite. A temperature of 0 degrees Fahrenheit and a wind speed of 15 mph creates a wind chill temperature of -19 F. Under these conditions, frostbite can occur in just 30 minutes.

Frost nip is an early warning sign of frostbite. The skin may feel numb or tingly or appear red (on lighter skin).

To prevent frostbite, check that mittens and socks are dry and warm. Frostbite occurs mostly on fingers, toes, ears, noses, and cheeks. The affected area becomes very cold, firm, and, depending on the color of the skin, turns white, yellowish-gray, or gray.

Even though it's cold outside, it's important to use sunscreen and stay hydrated. Children are more likely than adults to become dehydrated.

Staying Safe Indoors and in Vehicles

- Keep anything that can burn at least three feet away from heating equipment, including furnaces, fireplaces, wood stoves, and portable space heaters.
- Set up a 3-foot "kid-free zone" around open fires and space heaters.
- Remember to turn portable heaters off when leaving the room.
- Test smoke alarms at least once a month.
- Vent all fuel-burning equipment to the outside to avoid carbon monoxide (CO) poisoning.
- Install and maintain CO alarms. Keep alarms at least 15 feet away from fuel-burning appliances.
- If you need to warm up your vehicle, remove it from the garage as soon as you start it to avoid the risk of CO poisoning. Don't leave a vehicle running inside a garage.
- If vehicles are parked outside, check to make sure the tailpipe is not blocked with snow, which can also cause problems with CO.

Sleeping Safely in Any Season

- Keep babies' cribs free of stuffed animals and blankets. A firm mattress covered with a tight-fitting crib sheet is all that an infant needs to sleep safely.
- If you are worried about keeping babies warm, dress them in a wearable blanket, also known as a sleep sack.



Infection Control

- Cold weather does not cause colds or flu. However, viruses that cause a cold and the flu are more common in the winter when children spend more time indoors.
- Keeping everyone's hands clean is one of the most important ways to avoid getting sick and spreading germs to others. Wash hands with soap and clean running water and rub them together for at least 20 seconds.
- Teach children to cough or sneeze into their upper sleeve or elbow, not their hands. Adults should model this behavior.
- Review program policies on handwashing; cleaning, sanitizing, and disinfecting; and excluding children and caregivers who are sick.
- The U.S. Centers for Disease Control and Prevention and the American Academy of Pediatrics recommend that all children 6 months and older receive the seasonal flu vaccine every year. All early care and education program staff should also get vaccinated for the flu.



Seasonal Affective Disorder (SAD):

More Than the Winter Blues

As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the “winter blues,” some people may have a type of depression called seasonal affective disorder (SAD).

The first step is to determine how much your symptoms interfere with your daily life.

Do you have mild symptoms that have lasted less than 2 weeks?



- Feeling down but still able to take care of yourself and others
- Having some trouble sleeping
- Having less energy than usual but still able to do your job, schoolwork, or housework

These activities can make you feel better:



- Doing something you enjoy
- Going outside in the sunlight
- Spending time with family and friends
- Eating healthy and avoiding foods with lots of sugar

If these activities do not help or your symptoms are getting worse, talk to a health care provider.

Do you have more severe symptoms that have lasted more than 2 weeks?



- Social withdrawal
- Oversleeping
- Gaining weight
- Craving foods with lots of sugar like cakes, candies, and cookies

Seek professional help:



- Light therapy
- Psychotherapy (talk therapy)
- Medications
- Vitamin D supplements

For help finding treatment, visit [nimh.nih.gov/findhelp](https://www.nimh.nih.gov/findhelp).

If you or someone you know is in immediate distress or is thinking about hurting themselves, call or text the 988 Suicide & Crisis Lifeline at **988** or chat at 988lifeline.org.

Winter Break

Bucket List



for a preschooler

Bake cookies. Watch a new movie at home or the theatre. Play your favorite board game with your family. Go ice skating. Read a new book. Paint with watercolors. Play hide and seek. Measure everyone in your family to see who is the tallest. Help make dinner. Sing! Build with Lego. Go for a walk. Draw a self portrait. Have a bubble bath. Go to the library. Play tic tac toe. Have some hot chocolate. Donate old toys to charity. Try a new food. Practice your phone number & your home address in case of emergency. Play Go Fish! Write a letter to a friend. Eat a candy cane. Play with play dough. Read your favorite book. Build a fort.





How Can Eating Meals With Your Child Benefit Your Family

Eating together as a family can have many benefits for preschoolers, including improved communication, better nutrition, and stronger relationships.

Communication

Children can learn new words and practice communication skills

Express feelings: Children can talk about their day and express their thoughts and feelings

Nutrition

Children can learn how to make healthy food choices and eat more fruits and vegetables

Avoid unhealthy foods: Children can learn to eat fewer fried foods, snacks, and sodas

Maintain a healthy weight: Children can learn to eat regular meals and avoid weight problems

Relationship Building

Children can feel loved and secure in a supportive environment

Children can feel a sense of belonging and strengthen relationships with their family

Learn from others: Children can learn how to use utensils and model manners from others

Other benefits

Children can experience increased self-esteem and resiliency

Children can experience less stress, depression, and anxiety

Children can improve their speech and educational skills.



DINNER TIME CHATS

CONVERSATION STARTERS FOR

TODDLERS

-What was your favorite part of today?

-What was the least favorite part?

-If you could be any animal, what would it be?

-What is your favorite book? Which character would you like to be from that book?

If there was a meal you would learn to cook all by yourself, what would it be?

-If you could only pick one toy to play with tomorrow, which would you choose? Why?

-Who is your best friend? What makes them such a good friend?

-If you could make your own movie, what would you make it about?

-If you could spend the whole day with anyone in our family, who would it be? What would you do?

-How would you describe our family to someone who has never met us?

The **Strengths** of **Father Presence**

Children with involved fathers
have a **strong foundation**
for child well-being.

They are at **lower risk**
for a host of **poor**
childhood outcomes.



- ✔ Infant Mortality
- ✔ Low Birth Weight
- ✔ Emotional and Behavioral Problems
- ✔ Neglect and Abuse
- ✔ Injury
- ✔ Obesity
- ✔ Poor School Performance
- ✔ Teen Pregnancy
- ✔ Incarceration as Juveniles
- ✔ Alcohol and Substance Abuse
- ✔ Criminal Activity
- ✔ Suicide