



# JANUARY

**Early Head Start** 338 1<sup>st</sup> ST SE Dickinson ND 58601 701-227-3010 Option #2



## ALL ENROLLED HEAD START & EARLY HEAD START

**Did you know that you are automatically eligible for WIC?**

**Call 701-227-3010 for a referral**

WIC is a program for pregnant and breastfeeding women, infants, and children younger than 5 and is available in all counties in North Dakota.

WIC offers healthy food for proper growth and development and helps families choose healthier ways of eating.

**WIC is a federal nutrition program that gives you:**

- nutrition information, counseling and support
- breastfeeding information and support
- nutritious foods
- health screenings
- referrals to other services
- **Eligibility:**
- pregnant woman
- breastfeeding woman
- new mother (up to six months after giving birth)
- parent, guardian or caretaker with an infant or child younger than 5 years of age
- Must have a nutritional health risk.

Annual household income must be within WIC Guidelines which are based on gross income unless you are self-employed.

# Dressing kids for winter

## Playing safely in cold weather

Kids can play outdoors all year long — they just need to be dressed properly for the cold. Staying dry and active will also contribute to how long they can comfortably be outside. Parents: remember, these tips apply to you as well!



### Watch for wind chill

-5

In winter the wind draws more heat from the body. Windy days can feel much colder. The temperature might be -5 but it can feel like -20 with wind chill. Check the weather forecast before going outside, and as a general rule, stay inside if wind chill goes below -27.



### Cover exposed skin

-28

Exposed skin can freeze in 10 to 30 minutes. Keep the face warm with a neck warmer, balaclava, or face mask.



### Frostbite and hypothermia

-35

Check face, hands, and feet for numbness or whiteness — this could be a sign of frostbite. If this happens, head inside immediately and warm the affected area slowly with your hands or warm (not hot!) water. Hypothermia is also a risk if outside for long periods in very cold temperatures without adequate clothing or shelter from wind and cold.

0°C



### Protect your lips and face

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The wind and cold can make skin very dry. Apply lip balm and a skincare product (e.g. moisturizing cream).



### Dress in layers

-7

Wear layers with an outer layer that is wind-resistant. Avoid cotton fabric in cold weather because it absorbs sweat and will feel cold. Layer with fleece, wool, or polyester-blends instead.

-10°C

-20°C

-30°C

-40°C





## Fire Safety Procedures for Children

### Make an [escape plan](#)

It is important to have a plan when there are children in your home. Children sometimes need help getting out of the house. They may not know how to escape or what to do unless an adult shows them.

- **Have a plan for young children who cannot get outside by themselves.** You will need to wake babies and very young children and help them get out. In your plan, talk about who will help each child get out safely.
- **It is important to find two ways out of every room in your home,** in case one exit is blocked or dangerous to use.
- **Choose a meeting place outside your home.** Children should know what to do when they hear a smoke alarm and there is no adult around. Help them practice going to the outside meeting place/neighbor's house. Teach them to never go back inside a building that is on fire. Be sure to check batteries every 6 months and no longer than 12 months.

### Keep children safe from fire and burns

Some children are curious about fire. There are simple steps you can take to keep you and the people you love safer from fire and burns.

- **Keep children 3 feet away from anything that can get hot.** Space heaters and stove-tops can cause terrible burns. Keep children at least 3 feet away from stoves, heaters or anything that gets hot.
- **Keep smoking materials locked up in a high place.** Never leave cigarette lighters or matches where children can reach them.
- **Never play with lighters or matches when you are with your children.** Children may try to do the same things they see you do.



## VITA: Voluntary Income Tax Assistance

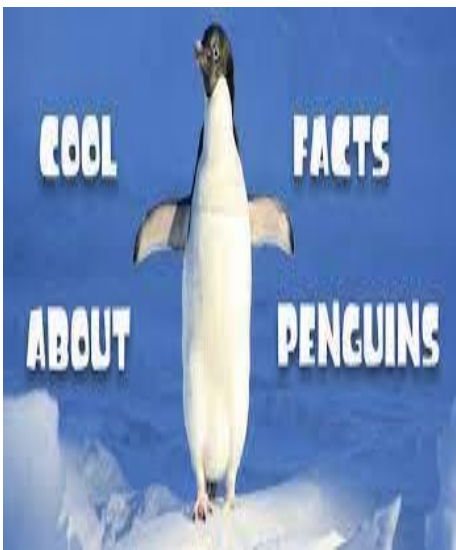
This is a free tax preparation services for low income individuals, individuals with a disability and elderly. Returns are electronically filed. This is a basic service and cannot deal with complicated returns such as self-employment, business and complicated deductions. Call 701-227-0131 to schedule an appointment.

Community Action Partnership is pleased to provide Self Reliance Case Management. Self Reliance Case Management consists of a variety of services all designed to improve the standard of living and help promote the self-sufficiency of low-income individuals. These services include:



- Money management
- Budget Planning
- Community resource information
- Furthering Education
  - Goal planning
  - Career exploration
  - Resume writing
- Training and practice for job interviews
  - Support and Encouragement

You work with a case manager to identify strategies to make your life better and then identify the steps to take to achieve that major goal. Your case manager encourages, provides information, gives guidance; but ultimately it is up to you to do the work and actually make the



- *Penguins have flippers not wings.*
- *Penguins live 15-20 years*
- *Penguins poop every 20 minutes*
- *A group of penguins in the water is called a raft but on land they're called a waddle!*
- *Penguins jump into the air before diving to swim faster.*
- *They can swim at speeds over 10 miles per hour.*
- *They can drink seawater.*
- *Penguins don't have teeth.*
- *They do not make nests but lay their eggs on the ground.*

