

November

Giving Thanks



Early Literacy: Why it matters

Babies are born ready and hungry to learn. It is not too early to begin providing your child with language and literacy experiences. Researchers have found that regular, positive interactions with a parent or loving caretaker are not only essential to a child's brain development, but also create a lasting bond between child and adult.

5 Early Literacy Practices that Make a Difference

- **Talk** with your child often. It's okay if your child can't respond with words yet.
- **Sing** nursery rhymes, lullabies, or made-up silly songs.
- **Read** books together. Snuggle up. Look at the pictures or read the words.
- **Write** or draw and scribble together.

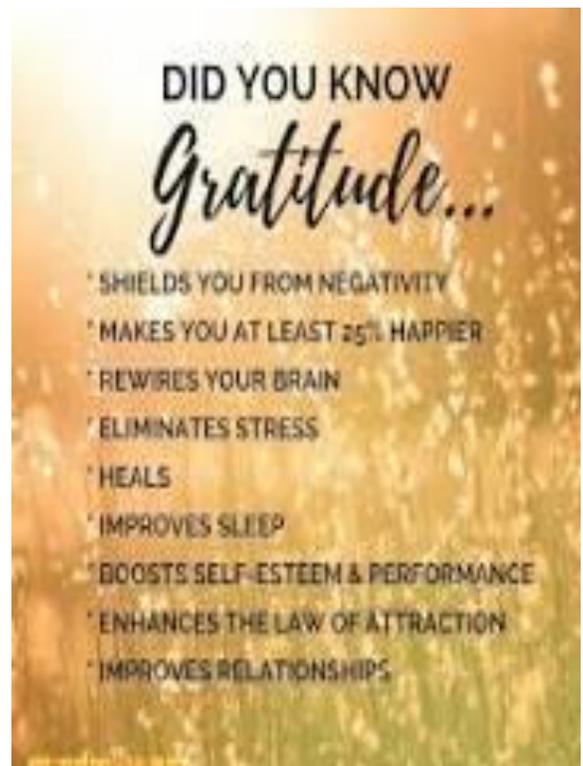


November Dates for EHS:

*November 18 - Closed to Parents
November 23 - Closed to Parents for Professional Development*

Thanksgiving

November 24 and 25 CLOSED



Events

Dickinson Area Public Library Free Events!

Contact Information: Jade Praus 701-456-7826

Go online to:

<http://dickinson.libnet.info/event/7219438>



SIMPLE, POWERFUL PARENTING STRATEGIES

Do you feel like you need an instructional manual to understand your child?

YOU HAVE ONE! IT'S YOUR CHILD...

Today's parents are constantly pressured to be perfect. In striving to do everything right, we could risk missing what children really need for lifelong emotional security.

Learn more about:

providing the secure base
providing the safe haven

Learn how to fill your child's Emotional Cup!

Call West Dakota Parent and Family Resource Center at **(701) 456-0007** or go online to <https://www.dickinson.k12.nd.us/dps->

23rd Annual Holiday and Gift show

Where: Prairie Hills Mall

When: November 12, 2022

No Admission Fee



DICKINSON COMMUNITY

Thanks giving DINNER

**THURSDAY
NOVEMBER
24**

11:30AM TO 1:30PM
DICKINSON STATE UNIVERSITY
DOWNSTAIRS DINING ROOM
291 CAMPUS DRIVE

You are invited to the Dickinson Community Thanksgiving Dinner!
The meal is FREE for anyone!
We will deliver meals to those in town who can't make it to the dinner.
Please join us, we would love to meet you and share this meal with you!
SERVING FROM 11:30AM-1:30PM

VOLUNTEERS NEEDED
Call Sandy at 701-590-8996 between 2:00pm-4:00pm from November 10th - November 20th if you would like to help.

IF YOU WOULD LIKE A MEAL DELIVERED OR TO PLACE A PICK UP ORDER...
Call Sandy at 701-290-7509 between 9:00am to 7:00pm from November 10th - November 18th. Meals will be delivered between 10:30am - Noon on Thanksgiving Day. Last day to order for delivery is November 18th.
ANY OTHER QUESTIONS, PLEASE CALL WILL AT 701-290-3100

IF YOU WOULD LIKE TO DONATE TO OUR PROJECT, PLEASE MAIL TO:
DICKINSON COMMUNITY THANKSGIVING DINNER • BOX 604 • DICKINSON, ND 58602

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How To Qualify

You can qualify for Lifeline and/or ACP through participation in government benefit programs such as:

- ✓ SNAP
- ✓ WIC
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- ✓ SSI
- ✓ Federal Public Housing Assistance
- ✓ Veterans Pension and Survivors Pension

Additionally, you may be eligible with your household income.

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- Constant access to 911 emergency services
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<https://enroll.qlinkwireless.com/signup>

Free!

UNLIMITED DATA, TALK & TEXTING EVERY MONTH

Flu Vaccine - Drive-Up - Nov. 4

*This event is from 5 - 7:30 p.m. MST

Where: Sanford East Clinic 938 Second Ave. West

Get the flu shot while you remain in your vehicle during our drive-through event.

Face masks are encouraged.

Please wear a short sleeved shirt.

Dress infants and toddlers in a diaper or shorts.

Stay in your vehicle. Your vaccine will be administered through your open car window or door.

Appointments are recommended.

Schedule your appointment by calling (701) 456-6001 or (701) 483-6017.

Flu Vaccine Myths:

The flu vaccine can give you the flu. It's impossible to get the flu from the vaccine since it uses a dead or inactive strain of influenza. You may experience mild flu-like side effects, but you won't get the actual virus.

The flu isn't a serious illness. Thousands of Americans die every year from complications of the flu. While the flu itself doesn't kill people, it lowers your ability to fight other potentially fatal infections.

You can have severe reactions to the vaccine. It's very rare to have a serious reaction. These reactions often happen within minutes or hours of getting the vaccine, so if you do have a reaction, you'll likely be near medical experts who can treat you.

Healthy people don't need vaccines. Just as you still wear your seatbelt even if you've never been in a car accident, you should still get vaccinated.

Influenza is the same as the stomach flu. The influenza virus is a respiratory illness that causes fever, chills, cough and fatigue, which are different from stomach flu symptoms, also known as gastroenteritis.

