
February



Beat the Winter Blues

February 18 @ 8:00 am - 6:00 pm

Beat the Winter Blues!

Enjoy activities all day long with inflatables, music and crafts along with a pool party, glow ball and so much more! FREE with a non-perishable food item to donate to the food pantry. Door prizes will be awarded throughout the day.

West River Community Center



Free Family Movie - DC League of Super-Pets (All Ages)

Friday, February 03
4:00pm - 5:40pm

Dickinson Area Public Library

Community Room

All ages are welcome to the free family movie. One bag of free popcorn per movie attendee! Bring your own beverage if desired!

"When the Justice League are captured by Lex Luthor, Superman's dog, Krypto, forms a team of shelter-pets who were given super-powers: A hound named Ace, who becomes super-strong, a pig named PB, who can grow to giant-size, a turtle named Merton, who becomes super-fast, and a squirrel named Chip, who gains electric-powers."

My child has a fever, but stores near me are out of over-the-counter medicines for kids. What can I do?

As a parent, it can be stressful when your child doesn't feel well. With viral illnesses on the rise for children, parents are looking for ways to manage symptoms—including reducing fevers. And many are coming up short on locating over-the-counter acetaminophen and ibuprofen products for infants and children.

If you find yourself in this situation, stay calm: it's important to know that over-the-counter fever-reducing medicines are strictly for comfort. They won't cure an illness or shorten its severity or duration. In addition, there are several things besides fever-reducing medicines that you can do to help make your child more comfortable.

A fever is a sign of the body's immune system doing its job to fight off an infection. We often treat fevers in children because it helps them be more comfortable when they are sick. The good news is there are other ways to help your child feel comfortable, such as making sure they get plenty of fluids and allowing them to get plenty of rest.

Non-Medical Methods for helping a child -

Encouraging children to drink plenty of fluids is key! Try giving small frequent sips of liquid or even popsicles.

Dress your child in comfortable and breathable clothes and give them a blanket if they have chills.

A lukewarm bath may feel nice, but avoid ice baths and cold-water baths. These will cause your child to shiver and actually create more heat.

Name brand vs generic acetaminophen or ibuprofen -

Generic or store brand medications have the same active ingredients as the name brand medications. So, you can give your child either one if needed. If a child is old enough, chewable tablets or dissolvable powders may also be an option. Just make sure to read the label and pay attention to the dosing instructions, which are based on the weight and age of your child. For example, ibuprofen is generally not recommended for babies under 6 months old.

Also, call your pediatrician before giving fever medicine if your child is under 2 months old.

Cough and cold medicine that has fever reducer in it -

Combination medications for children that are labeled to tackle a variety of symptoms including fever and cough are not typically recommended. The fever-reducing medication can be under-

dosed when given this way, making it less effective. Stick to identifying the symptoms you want to help and avoid the combo approach.

When to call your Pediatrician -

Most viral illnesses causing fevers in children will resolve after a week. Focus on how your child looks and acts while they're sick—if they have a fever but are playful, they will likely do okay at home.

However, call your pediatrician or seek immediate medical care if your child:

- has concerning symptoms such as acting very sleepy or weak, peeing less than usual, showing signs of dehydration or difficulty breathing.
- is younger than 3 months old and has a temperature of 100.4°F (38.0°C) or higher, even if they seem fine and show no other signs of illness.
- is younger than 2 years old and the fever lasts for more than 24 hours
- is 2 years of age or older and the fever lasts for more than 3 days (72 hours)

VITA

Voluntary Income Tax Assistance (VITA) is a free tax preparation service for low income individuals, individuals with a disability and the elderly. This program generally runs from the beginning of February through April 15th. Returns are electronically filed. This is a basic service and cannot deal with complicated returns such as self-employment, business and complicated deductions. For more information or to make an appointment call Community Action Partnerships 701-227-0131.

Dickinson Area Car Seat Check Up Event



BY APPOINTMENT ONLY!

Call Head Start @
701-227-3010

Please bring along with you:

- Car seat instructions
- Vehicle owner's manual
- Child using the car seat if possible

2023 Check Up Dates & Locations

February 9, 2023	Sax Motor Company (52 21st St E)	1-5pm
March 24, 2023	Time and Location TBD	
April 20, 2023	Sax Motor Company (52 21st St E)	1-5pm
June 1, 2023	West River Ice Center (1865 Empire Road)	3-6pm
August 10, 2023	West River Ice Center (1865 Empire Road)	3-6pm
October 5, 2023	Sax Motor Company (52 21st St E)	1-5pm
December 7, 2023	Sax Motor Company (52 21st St E)	1-5pm

Education & hands on assistance will be provided with:

- Installing the car seat correctly in your vehicle
- Securing the child safely in the car

Your seat will be checked to be sure:

- It is in good condition, meets federal standards & is not recalled
- It is appropriate for your child's age weight and height.

Sponsored by:

Head Start * Dickinson Police Department * North Dakota Highway Patrol * Sax Motor Company *
* Dickinson Parks and Recreation * Stark County Sheriff's Office



POLICE
DICKINSON

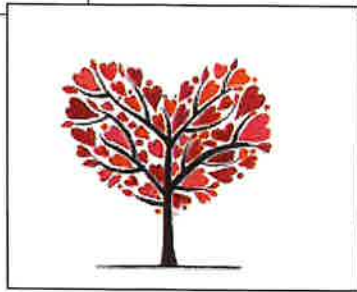


February 2023 Early Head Start Center

Breakfast, Lunch & Snack Menu



Tuesday	Wednesday	Thursday	Friday
	1 Breakfast: WG Waffle, Pears, Milk Lunch: Popcorn Chicken, Mashed Potatoes, Green Beans WG Bread, Milk Snack: WG Muffin, Milk	2 Breakfast: Oatmeal, Banana, Milk Lunch: Cheeseburger, WG Bun, Cucumbers, Peaches, Milk Snack: WG Goldfish, Applesauce	3 Breakfast: Corn Flakes, Pears, Milk Lunch: Ham and Cheese, WG Crackers, Fruit Cocktail, Milk Snack: WG Graham Crackers, Milk
6 Breakfast: Rice Krispies, Peaches, Milk Lunch: Ham, WG Bun, Peas, Fruit Cocktail, Milk Snack: WG Chex Mix, Mandarin Oranges	7 Breakfast: Yogurt, Pineapple, WG Graham Crackers, Milk Lunch: Chicken Patty, WG Bun, Carrots, Pears, Milk Snack: WG Cereal, Milk	8 Breakfast: Turkey Sausage, WG Pancake Bites, Applesauce, Milk Lunch: WG Pasta, Meatballs/Sauce, Green Beans, Peaches, Milk Snack: WG Goldfish, Cheese Stick	9 Breakfast: Corn Chex, Mandarin Oranges, Milk Lunch: Beef and Bean Chili, WG Crackers, Corn, Fruit Cocktail, Milk Snack: WG Muffin, Applesauce
13 Breakfast: Corn Flakes, Mandarin Oranges, Milk Lunch: Sun Butter & Jelly, WG Bread, Carrots, Peaches, Milk Snack: WG Cheez its, Cheese Stick	14 Breakfast: WG Muffin, Pears, Milk Lunch: Meatballs/Gravy, Mashed Potatoes, Corn, WB Bread/butter, Milk Snack: Yogurt, Pineapple	15 Breakfast: Oatmeal, Peaches, Milk Lunch: WG Noodles & Cheese, Ham Slice, Green Beans, Fruit Cocktail, Milk Snack: WG Chex Mix, Pears	16 Breakfast: WG Pancakes, Applesauce, Milk Lunch: Popcorn Chicken, Tater Tots, Pears, SG Bread/Butter, Milk Snack: WG Crackers, Pears
20 Breakfast: Rice Krispies, Applesauce, Milk Lunch: Turkey, WG Bun, Green Beans, Pears, Milk Snack: WG Goldfish, Mixed Fruit	21 Breakfast: : Yogurt, Peaches, Milk Lunch: Cheeseburger, WG Bun, Carrots, Fruit Cocktail, Milk Snack: Cereal, Milk	22 Breakfast: Oatmeal, Pears, Milk Lunch: Fish Nuggets, Mashed Potatoes, Peas, WG Bread/butter, Milk Snack: WG Cheez-its, Cheese Stick	23 Breakfast: WG Waffle, Applesauce, Milk Lunch: Sweet & Sour Chicken, Brown Rice, Broccoli, Peaches, Milk Snack: Yogurt, Pineapples
27 Breakfast: WG Cheerios, Peaches, Milk Lunch: Ham, WG Bun, Peas, Pears, Milk Snack: WG Chex Mix, Applesauce	28 Breakfast: WG Muffin, Pineapple, Milk Lunch: Chicken Patty, WG Bun, Cucumbers, Fruit Cocktail, Milk Snack: Graham Crackers, Milk	Lunch is served with Skim Milk or Whole Milk and Water. All bread/grain is whole grain. All meals are subject to change. "Head Start/Early Head Start is an equal opportunity provider."	



February 2023



shilohmsdca.com 18A72992B

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
				Positive Solutions for Families 5:30-7:30 pm	Socialization 10-11:30 am	
5	6	7	8	9	10	11
			Rhame Socialization 10-1 Policy Council 3 pm	Positive Solutions for Families 5:30-7:30 pm		
12	13	14	15	16	17	18
				Positive Solutions for Families 5:30-7:30 pm	Socialization 10-11:30 am	
19	20	21	22	23	24	25
			Rhame Socialization 10-1 pm	EHS Closed Positive Solutions for Families 5:30-7:30 pm	EHS Closed	
26	27	28	1	2	3	4
		End of Period 2		Positive Solutions for Families 5:30-7:30 pm		
5	6	Notes				