



Closed Dates:

May 12 Closed Prof. Development

May 26 Closed Prof. Development

May 29 Closed - Memorial Day

DISASTER PREPAREDNESS TIPS:

Disasters are costly but preparing for them doesn't have to be. In fact, taking time to prepare now can help save you thousands of dollars and give you peace of mind when the next disaster or emergency occurs.

Take these simple steps now to be better prepared for any disaster or emergency that have little to no cost.

- **Know** what kind of disasters and emergencies are most common for where you live. Here in Dickinson - wildfires, home fires, tornados, high, straight-line winds in thunder storms.
- **Create** your emergency communications plan. Use our [free template](#) to conveniently record important contact and medical information about your family, which you then can share with others and store copies both digitally and on paper.
- **Make sure** you store important phone numbers somewhere besides just your cell phone.
- **Sign up** for emergency [alerts](#) in your area to receive life-saving information from your state and local municipality.
- **Download** the [FEMA App](#) (available in English and Spanish) to receive weather alerts, safety tips and reminders and be ready for the unexpected.
- **Build** your [emergency supply kit](#) over time. Start with items you may already have in your home, like a flashlight, extra batteries, copies of important documents, water and non-perishable food. When you go to the grocery store, you can pick up an extra item each time that you use regularly, especially if it's on sale! Community food banks are a potential resource for food-insecure families to stock their emergency supply kits.
- **Talk** with family or members of your household about where you will go if told to evacuate. Having a plan before disaster strikes can help you save precious time and money.
- **Store** important documents and items like passports, birth certificates, maps and electronics in a flood-safe place like a high shelf or upper floor in resealable water-tight plastic bags to help waterproof them. Have them in a place that you can grab in case of a fire or a tornado. [Store important documents](#) like insurance policies digitally.
- **Contact** your local fire department. They may have programs that provide fire or carbon monoxide detectors.
- **Check** online for free or discounted CPR courses offered near you.
- **Download** free [preparedness resources](#) at <https://www.ready.gov/be-informed>.

Upcoming May Events

10TH ANNUAL KIDS HEALTH & SAFETY FAIR

Date: May 04, 2023

Time: 3:00 PM - 6:00 PM

Location(s): West River Ice Center

The Southwestern District Health Unit is hosting the 10th annual Kids Health and Safety Fair. This year, it is a fair/carnival atmosphere with a "Safari/Jungle" theme. Exhibitors are local resources and businesses that will provide an interactive game or hands-on teaching activity related to awareness regarding children's health and safety. Children and their families are encouraged to dress up in Safari/Jungle attire or wear their favorite costume. Door prizes are given out that have been donated by local sponsors. Each year the event brings more than 1,000 participants.

Admission is FREE to public.



3RD ANNUAL
TOUCH A TRUCK
Infinity
REAL ESTATE GROUP

SATURDAY
MAY 13
11AM-4PM
WEST RIVER ICE CENTER
DICKINSON, NORTH DAKOTA

Children
Parks &
Recreation
DICKINSON, NORTH DAKOTA

Music!
Inflatables!
Food! Ice Cream!
Face Painting!
Balloons!
Toy Story Crew!
and more!



**10TH ANNUAL
KIDS HEALTH &
SAFETY FAIR**

**MAY
4TH** FROM
3 TO 6 P.M.

**WEST RIVER
ICE CENTER
IN DICKINSON**

FREE FOR KIDS AND FAMILIES, DOOR PRIZES, EDUCATIONAL ACTIVITIES AND MUCH MORE.

**DRESS UP IN YOUR SAFARI OUTFIT OR
YOUR FAVORITE COSTUME**

Brought to you by Southwestern District Health Unit.
April is child abuse prevention month. Hug your child today.

Taking a Break: Using a Calm Down Area at Home

A calm down area provides a child a place to calm down and take a break. It is one strategy that might be used when children are feeling anxious, stressed, or overwhelmed. Families can help children learn how to take a break from activities or interactions that are challenging to them. Just like adults, young children might react to stress, frustration, and disappointment by becoming angry, shouting, refusing help from adults, or engaging in other challenging behaviors. Adults might use helpful strategies such as self-talk, deep breathing, or taking a break when they are feeling the need to take a break and calm down. The calm down area provides children with a place to let go of strong emotions and begin to feel calm and ready to engage with others again.

Getting Started

The calm down area or calm down spot does not need to require a lot of space. It might be a chair that your child prefers, a group of toys that your child likes that are in a bedroom, or an area where you place a basket of calming toys. The only requirement is that it is an area that is quiet, away from interactions with others, and soothing for the child. When you create your calm down area, think of things that your child already uses to calm down. They might be stuffed animals, a favorite pillow, a puzzle, squishy toys, or books. Put those in the calm down spot. Show your child that you have created a calm down area and let your child know that they can use the area when they need to "feel better". You might explain to your child that sometimes you go to a calm down spot that helps you feel better (e.g., "When I am feeling frustrated with my work, sometimes I lay down on the couch."). Encourage your child to play with what you have put in the spot. You might add a visual that helps the child take deep breaths or a social story like "Tucker the Turtle" that might help your child calm down. Encourage your child to get familiar with the calm down area when they are calm. This will give them a chance to explore the items in the calm down area and figure out what is most soothing and calming. When you think your child might benefit from the calm down area, remind your child that they can go to the calm down area to feel better or guide your child to it (e.g., "I am going to help you go to your calm down spot so you can feel better.

Tips for Using a Calm Down Area:

- ▶ The calm down area is not used for punishment. Do not "send" your child there or use the calm down area as a punishing consequence (e.g., "If you don't calm down, you will need to go to the calm down spot."). Your instructions to your child about the use of the calm down area should be supportive (e.g., "It sounds like you are feeling really frustrated right now. I can help you go the calm down spot so that you can feel better.").
- ▶ Help children use the calm down area BEFORE they experience a meltdown or tantrum. Try to notice when your child is nearing frustration or starting to get overwhelmed and redirect them to the calm down area. Look for signs like whining, crying, or other behaviors that happen before your child experiences very strong emotions to help you know when the calm down area might help them feel better.
- ▶ While your child is in the calm down area, try to limit interactions and distractions. Help siblings and other family members understand that they should not interact with your child when they are using the calm down area.
- ▶ Check-in with your child once they are calm. Provide feedback and positive attention to your child for using the calm down area (e.g., "I noticed you read a book in the calm down corner. It looks like reading a book helped you feel better.").
- ▶ Once your child is calm, discuss their emotions. Help them compare how they might have felt before and after using the calm down area (e.g., "Before you went to the calm down area you were crying and very sad. How do you feel now?").



Example of a home Calm Down Space

RENTAL HELP



ND Rent Help

The ND Rent Help program is still assisting North Dakota renters who are struggling. This program can provide up to 12 months of temporary rental assistance and other housing supports to those who qualify.

Community Action Agencies across North Dakota have Application Counselors available to assist with the application for both rent and utilities! For more information or to apply on your own, visit the ND Rent Help website: www.applyforhelp.nd.gov/nd-rent-help

For assistance applying, contact your local Community Action Agency.

Community Action Partnership
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Dickinson ND 58601
701-227-3010



Medora Musical is giving away \$100,000 of Free Tickets for kids 17 and under for shows June 7 - June 21.

To Get the Free Tickets, Go online to Medora.com/MedoraMusical. (All Kids must be accompanied by an adult.)