



CLOSED

August 18 - Professional Development

August 21 - Orientation

August 22 - Professional Development

UPCOMING FREE FUN:

DROP-IN FREE - STAY & PLAY

AUGUST 1 & 8, 2023

WHERE: At Dickinson Legacy Square



Check out Legacy Square for an exciting new program! Drop-In Stay & Play at Legacy Square will provide kid's games, arts and crafts, dancing, splash pad, and more! From 9am-11am your child can enjoy a variety of activities. The event is free to the public and parents are strongly encouraged to stay and play! Please follow Dickinson Legacy Square on Facebook for more information.

45th Annual KIDS FAIR - ADMISSION, GAMES, RIDES - EVERYTHING IS FREE!

July 30 - 11am - 3pm Stark County Fair Grounds

First 100 kids get a free T-Shirt

Family photos, Win one of 2 Free I-pad Mini's, FREE LUNCH for the kids!



Free entrance to Theodore Roosevelt National Park

August 4: Anniversary of the Great American Outdoors Act

September 23: National Public Lands Day

November 11: Veterans Day



Self-Regulation Skills: Breathing Strategies

Self-Regulation is the ability to recognize and manage your emotions and behaviors in different settings and activities. Children who learn to regulate their emotions:

- ▶ Have an easier time making friends
- ▶ Handle disappointment better
- ▶ Relate more successfully with peers and adults
- ▶ Are less impulsive

Teaching this Skill

Teach the following strategies when the children are calm and engaged. Remind children of the strategies when they need to calm down through use of visuals or props.

Controlled Breathing: Smell the Flower, Blow Out the Pinwheel

Using visual on the following page, have children smell the flower (to breathe in through their nose) and blow out the pinwheel (to exhale through their mouth). Repeat several times.

Belly Breathing

Have children lie on their back on the floor and place a small stuffed animal on their stomach. When the children inhale and exhale rapidly have them notice what happens to the stuffed animal. Then have the children slow their breathing and notice what happens to the stuffed animal.

How You Can Help Children Self-Regulate

- ▶ Teach clear positive expectations/rules daily.
- ▶ Model and discuss reasons for desired behaviors.
- ▶ Validate feelings.
- ▶ Assist with language through labeling actions, feelings, and emotions.
- ▶ Provide positive feedback in response to the child regulating their behavior and help child regulate by modeling ways to calm down when needed.
- ▶ Provide opportunities for developmentally appropriate play.
- ▶ Promote children's independence across the day.
- ▶ Provide a place child can go to take a break and calm down.

Have Medicaid? Take 3 Steps to Keep Your Coverage.



1

UPDATE YOUR INFO

Make sure Medicaid has your current contact information: visit <https://www.hhs.nd.gov/human-services/medicaid/StayCoveredND> or call (844) 854-4825.

2

LOOK OUT

Check for official information (mail, email, and texts) with instructions on when and how to renew coverage.

3

REPLY ASAP

Respond right away with updated info to ensure you and your family are still eligible.

NO LONGER QUALIFY FOR MEDICAID?

Children:

Most kids can still be covered through the Children's Health Insurance Program / **CHIP**. For details, check your Medicaid notice or call **844-854-4825** for more information.

Adults:

Adults may be able to get financial assistance to pay for a health insurance plan through the health insurance **Marketplace**. Visit www.healthcare.gov or call **800-318-2596** to apply.

Questions? Call (844) 854-4825



American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



August 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
	Closed - Orientation	Closed - Professional Development			Closed - Professional Development	Dickinson Socialization 10am-11:30am
27	28	29	30	31	1	2
3	4	Notes				
	Closed - Holiday					