

Early Head Start Bulletin



338 SE 1st Street - Phone: 701-227-3010 option 2 - Toll Free: 877-546-9420 - Fax: 701-225-1968

November EHS Events

Nov. 1 & 22 - Rhame
Socializations 10am-1pm

Nov. 8 & 22 - Dickinson
Socializations 10-11:30am

Nov. 15, - Closed for All
Staff Meeting

Nov. 28 & 29 - Closed

Child Staffing

Early Head Start has entered into an agreement with Badlands Human Service Center to hold monthly meetings with parents/guardians and program staff, to provide support to parents/guardians and teaching staff.

If you would like to schedule a meeting, please contact:

Your home visitor or your child's teacher.

Winter Car Safety



Brrrrrrr

It's important to make sure your vehicle is ready for the cold winter months. Having your vehicle prepared can help you and your family to stay safe if you are caught in bad winter conditions. It's important to check your tires to make sure they are in good condition and replace them if needed. Having bad tires can cause you to have an accident when roads are slushy or icy. A very important thing to have in your vehicle is a winter survival kit to use if you get stranded. Here is a list of items that are important to have in your winter survival kit:

- Flashlight - make sure to check your batteries monthly or before going on a trip when bad weather is expected and have extra batteries.
- Blankets
- Non-perishable Snacks and/or cans of food
- Water (make sure it isn't frozen on road trips)
- Extra Warm clothing - scarf, gloves, boots, hat, and extra jacket
- Shovel
- Kitty Litter - to use for traction if you get stuck on ice. You also can use your floor mats if in a bind.
- First Aid Kit

So, make your winter survival kit and check your vehicle to make sure you and your family have a safe winter when driving in winter conditions.



NEW DPRD App!



Exciting news! The Dickinson Park District's NEW mobile app is now available for download! Stay connected with your community by exploring program offerings, accessing park and facility information, and receiving real-time news and announcements. With push notifications for special alerts, you'll never miss out on local events.

DICKINSON COMMUNITY

THANKS giving DINNER

THURSDAY
NOVEMBER
28
11:30AM TO 1:30PM
DICKINSON STATE UNIVERSITY
DOWNSTAIRS DINING ROOM
291 CAMPUS DRIVE

Join us for a warm and hearty Thanksgiving meal, completely free of charge.

Whether you're alone this holiday or just want to share in the spirit of community, we'd love to have you at our table!

Can't make it?
No worries! We'll bring the feast to you. Just let us know, and we'll deliver a meal to your door.

RESERVE YOUR MEAL STARTING NOVEMBER 11-25TH FROM 9:00AM-7:00PM
DELIVERIES: Contact Sandy at 701-290-7509
PICK UP ORDERS: Contact Staci at 701-590-8996

VOLUNTEERS
We can only provide this service with the help of our wonderful volunteers. If interested in volunteering please contact Staci at 701-590-8996.

DONATIONS OR OTHER QUESTIONS
Contact 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

West Dakota Parent and Family Resource Center

Whether parenting young or not-so-young children, recovering from a divorce or separation, or coping with the day-to-day struggles family life can bring, these programs and resources are here to help.

- Parental self-confidence
- Effective tools for difficult behavior
- Communication skills between school and home
- Tools for child's social and academic success
- Meet other parents
- Learn more about parenting skills from each other



Call 701-456-0007 or email:
parentresource@dpsnd.org for more information.

Get in touch with Dickinson Public Library for upcoming events they have for all ages:

GET IN TOUCH

139 3rd Street West Dickinson, ND 58601-5147
Ph: 701-456-7700 Fax: 701-456-7702
dickinson.library@dickinson.gov

From the Family Partnership Desk

Shared family meals are healthy for both the body and mind. Even the grownups can benefit. Just three meals a week together can make a difference.

Here are five reasons for shared meal time:

- 1) Introducing your kids to tasty, healthy food.
- 2) Fuel young brains and bodies
- 3) Help everyone eat healthier & maintain a healthy weight
- 4) Enhance Mental health
- 5) Model healthy habits

Do you love the idea of family meal time, but aren't sure how to start? Here are some tips and tricks!

- 1) Go for practical, not perfect! Leftovers are perfectly acceptable.
- 2) Keep the menu simple.
- 3) Get the kids involved.
- 4) Focus on love & listening!

And to make it easier, each month through the year, I will be giving you a conversation starter to try out at meal time. I'd love to hear the responses you get! Text them to 701-590-5296 - or stop by my office and let me know!

- Brittany B., Family Partnership Coordinator



Table Talk

**If you were in charge
at your house for a
day, what would you
have everyone do?**



parentslead.org



Sign up for **YOUR English class or GED** or enroll in a [Computer course](#). Now is the time to take the **first step in reaching your goals**. Students are allowed to bring babies, age 6 months and under, with them to classes at the DALC.

Call today to register for GED or Computer or English Language classes!

701-456-0008

Call or stop in today for more information or to register for your class!

OFFICE HOURS

8am-12pm & 1pm-4pm
402 4th St West
(Use North door #3 to enter
Dickinson, ND 58601



Mobile Food Bank

Wednesday, November 6th
9:30AM

Southwestern District Health Unit Garage
528 21st St. West, Dickinson



USDA is an equal opportunity provider, employer, and lender.