

Early Head Start Bulletin



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

October EHS Events

Oct. 3rd - Car Seat
Checkup 2-5pm.

Oct. 4th - Closed for All
Staff Drug and Alcohol
training.

Oct. 11th - Rhame
Socialization 10am-1pm

Oct. 11th and 25th -
Dickinson Socialization 10-
11:30am

Oct. 18th and 21st -
Closed for Professional
Development.

COLD AND FLU SEASON



Dear Parents,

Cold and flu season is upon us. The staff ask that you keep your child home if he or she is not feeling well or is exhibiting any flu-like symptoms including, but not limited to fever (101 degree or higher), cough, sore throat, body aches, headache, chills, and fatigue as well as vomiting and diarrhea. Children should not return to school until they have been symptom free for 24 hours without the use of medication.



**Car Seat Check-
up Event - Oct.
3rd - at Sax
Motor - 52 21st
St. East 2-5pm**



Child Staffing

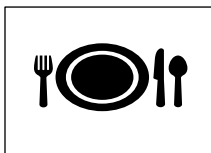
Early Head Start has entered into an agreement with Badlands Human Service Center to hold monthly meetings with parents/guardians and program staff, to provide support to parents/guardians and teaching staff.

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

Your home visitor or your child's teacher.

Family Style Eating -Why Family Style?

Family Style dining encourages learning and development, not only at the table, but away from mealtime as well. Children learn independence, social skills, and other important habits that will last them through adulthood.



There are many benefits to serving you meals family style and it is not hard to implement.

It may be as easy as putting the minimum serving of food required in serving dishes, placing it on the table and allowing children to serve themselves.

There is a learning curve to this method. However, this approach to mealtime creates a number of healthy habits that are important to the growth and development of children at any age. Children tend to eat more healthy foods if they see their friends try it. They learn skills such as taking turns, sharing and teamwork.

Family style dining opens up opportunities for conversation, which increases vocabulary, promotes proper use of language and interaction with friends.

There are more benefits that support healthy growth. Children learn:

- ✓ Portion sizes for each food group,
- ✓ To recognize when they are hungry or satisfied
- ✓ How to identify healthy foods and where they come from, and
- ✓ To improve fine motor skills.

Children are not the only ones who benefit. Providers get a better grasp of food costs, get help with mealtime service and, with less food being wasted, they save money.



TIPS for Family Style Dining

- ❖ **START WITH THE RIGHT EQUIPMENT**
When purchasing serving dishes, utensils and other place settings, keep in mind that they need to be kid-friendly and sized for little hands to maneuver.
- ❖ **REMEMBER EACH CHILD'S SKILL LEVEL** when choosing your menu. Finger foods and foods that are easy to navigate with a child-size fork or spoon are easiest to self-serve for younger children.
- ❖ **HAVE MULTIPLE SETS OF UTENSILS** and serving spoons in case someone drops one on the floor.
- ❖ **GIVE EACH CHILD A TASK** to help set the table. One child can set the plates, one can place the cups and so on. Children have a sense of pride and belonging when they have a contributing role.
- ❖ **OFFER A VARIETY OF FAMILIAR FOODS** and don't forget to introduce new foods. Children are more willing to try something new when they serve themselves.
- ❖ **PROVIDE A TRASH CAN** for children in which to dispose napkins and uneaten food. Provide a tub for them to place dirty dishes after they scrape them off.
- ❖ **KEEP CLEANING SUPPLIES NEARBY** Spills will happen. Be patient and use this opportunity as a teaching moment on how to clean-up.
- ❖ **MOST IMPORTANTLY - EAT WITH YOUR CHILDREN.** Children learn from good role models. Sitting with them while everyone eats also allows you to start positive mealtime conversations.

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:

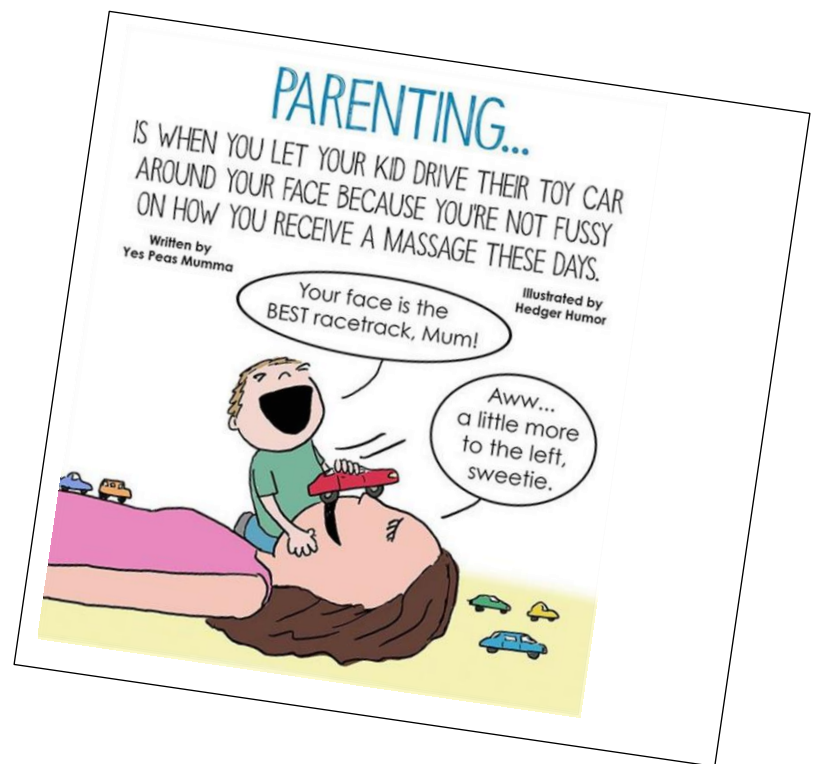
parentresource@dpsnd.org for more information.

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@dickinsongov.com

Visit Dickinson Parks and Recreation website at dpr@dickinsonparks.org to view upcoming events in town for all ages. There are a lot of upcoming events in October.



Fall Safety Tips

Walk Safely

- Cross the street at corners, using traffic signals and crosswalks.
- Look left, right, and left again when crossing and keep looking as you cross.
- Put electronic devices down and keep heads up and walk, don't run, across the street.
- Teach children to make eye contact with drivers before crossing in front on them.
- Always walk on sidewalks or paths. If there are not sidewalks, walk facing traffic, as far to the left as possible.
- Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.

Drive Extra Safely

- Slow down and be especially alert in residential neighborhoods.
- Take Extra time to look for kids at intersections, on medians, and on curbs.
- Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.
- Drive slowly, anticipate heavy pedestrian traffic.
- Be aware of popular outside hours for kids.

Keep Costumes Safe

- Decorate costumes and bags with reflective tape or stickers.
- Choose face paint or makeup whenever possible instead of masks, with can obstruct a child's view.
- Have kids carry glow sticks or flash lights to help them see and been seen by drivers.
- Make sure the costume is the right size to prevent trips and falls.

SAFETY FACT:



On Average, children are more than twice as likely to be hit by a car and killed on **October 31st** than on any other day of the year.



Winter Wear Distribution:

October 24th from 3-6pm at the Southwest District Health Unit, 528 21st St W, Dickinson, ND 58601. First come, first serve. (one coat and winter gear item per person)

First Attendees win Swap Bags

Let's Swap
Clothing Swap & Vendor Swap Event

ORGANIZED BY:
EVENTS
WWW.LETSSWAPND.COM

CLOTHING SWAP & SHOP
MENS, WOMENS, AND CHILDRENS CLOTHING

SATURDAY October 5th

HILLSIDE BAPTIST CHURCH
1123 10TH ST E, DICKINSON ND
10:00AM-3:00PM

SHOP THE SWAP AND LOCAL VENDORS!
9 am to 10 am - Reserved for Registered Swappers.
10 am to 3 pm - Event Open to the Public

DONATION=FREE BAGS OF CLOTHES BASED ON DONATION BY DEADLINE: 9/27
(PLUS a shopping hour reserved just for registered swappers)
Didn't donate that's okay make a monetary donation to shop the swap the day of the event.

DONATIONS (NOT ACCEPTED AT THE EVENT! ONLY DROP OFF SITES.)

DONATION DROP OFF LOCATIONS (MON AUG 19TH-FRI SEPT 27TH) DURING BUSINESS HOURS

DICKINSON City of Bellfield Office	AZZ Crafts and Antiques Prairie Hills Mall-Main Entrance Dakota Community Bank and Trust- North and South Locations	KILLDEER Bravera Bank
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RICHARDSON
Dakota Community Bank and Trust

LEFT OVER CLOTHES DONATED TO: FS, DEJA YU TOTS, DVREC, AND THE ARC DICKINSON

THANK YOU TO OUR EVENT SPONSORS!