

Early Head Start Bulletin



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

April EHS Events

April 9th, 10th and 11th -
EHS Closed for ECE
Conference.

April 4th & 25th - Rhame
Socialization 10am-1pm
Rhame School

April 25th - Dickinson
Socialization 11am-
12:30pm

April 18th & 21st - EHS
Closed

Make
Today
Amazing

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.

9 tips for being a more light-hearted parent

1. Laugh! At least once a day, make each child helpless with laughter.
2. Sing in the morning. It's hard both to sing and to maintain a grouchy mood.
3. Get enough sleep yourself.
4. Most messages to kids are negative: "stop," "don't," "no." Try to say "yes." "Yes, we'll go as soon as you've finished eating."
5. Say "no" only when it really matters. Wear a bright red shirt with bright orange shorts? Sure.
6. Use school mantras: "Sit square in your chair," "You get what you get, and you don't get upset," "Don't yuck my yum."
7. Give yourself plenty of time to get anyplace.
8. Make it fun to get the job done: race to see who can get dressed fastest, try to break the record on cleaning the kitchen, turn chores into scenes from a play.
9. Remember: The age of crayons and the Tooth Fairy is fleeting. The days are long, but the years are short.

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

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



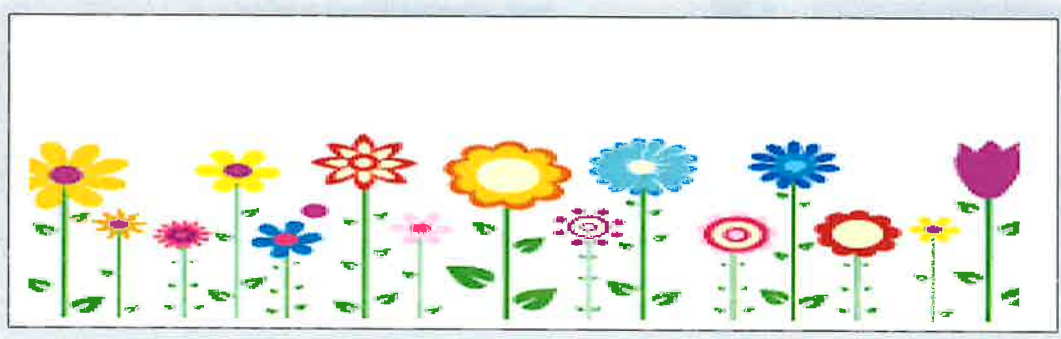
April 2 @ 12:00 pm

Summer Registration Begins
 Dickinson Parks & Recreation 2004
 Fairway Street, Dickinson, ND, United States

Summer registration begins at 12:00 pm on Wednesday, April 2nd. This includes all youth summer programs with the exception of aquatic lessons.



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





Easter Egg Pool Hunt

Where: West River Community Center 2004 Fairway Street

When: April 13 @ 12:30 pm - 2:30 pm

Cost: FREE

Hunt for Easter Eggs in the WRCC Pool! Plastic eggs will be floating and some will be sinking in the pool. Children ages 2-12 are invited to collect the eggs and exchange them for candy and prizes.



2025 Badlands Shrine Circus EXTREME CIRCUS

When: Sunday April 13 - 12:00, 3:00 and 7:00 PM

Monday April 14 - 6:30 PM

Where: West River Ice Center

Cost: Adults 13+ - \$16.00

Children - \$5.00 (Look for Sponsors Offering free tickets.)

Acrobats, Jugglers, Clowns, Animals, Trapeze, Globe, BMZ, and more! Can't wait to see you!!

 A colorful graphic for a Parent Fair. It features a red banner with "Parent Fair" in cursive, "PALOOZA" in large red letters, and "Celebrating Parents! Strong Families Today and Tomorrow." Below that, the date "Saturday, April 5, 2025" and time "10:00AM- 2:00PM" are listed, along with the location "Dickinson High School Gym 979 13th Ave W". A list of activities includes "Yummy Hot Dog meal & all the fixins'", "Book Corral", "Dickinson Public Library", "Vendors and Community Resources/Information", and "Games, Puzzles, FUN and Adventure". A "FREE! FOR ALL" badge is on the left, and a "BOOK CORRAL" sign is on the right. The graphic is decorated with stars and a colorful border.

2nd Annual

Parent Fair

PALOOZA

Celebrating Parents!
Strong Families
Today and Tomorrow.

Saturday, April 5, 2025
10:00AM- 2:00PM
Dickinson High School Gym 979 13th Ave W

- Yummy Hot Dog meal & all the fixins'
- Book Corral
- Dickinson Public Library
- Vendors and Community Resources/Information
- Games, Puzzles, FUN and Adventure

FREE!
FOR ALL

BOOK CORRAL

Navigating care systems and finding community resources



Table Talk



**What is your favorite
outside activity?**

parentslead.org



**12TH ANNUAL
KIDS
Health & Safety
FAIR!**
THURS. MAY 8, 2025
**3-6PM AT WEST RIVER ICE CENTER
DICKINSON, ND**

*Dress up in your beach attire
or your favorite costume!*

**FREE FOR
KIDS AND FAMILIES**
Door prizes, educational
activities and much more!

Brought to you by
Southwestern District Health Unit



April 2025 Early Head Start Center Breakfast, Lunch & Snack Menu



	<p>1 Breakfast Fresh Apples, Cheese, WG Mult Crisps, Milk Lunch: Hamburger, WG Bun, Corn, Fruit Cocktail, Milk Snack: Yogurt, Graham Crackers</p>	<p>2 Breakfast Rice Krispies, Banana, Milk Lunch: Popcorn Chicken, Carrots, , Slice o WG Bread, Pineapple, Milk Snack: Summer Sausage, Crackers</p>	<p>3 Breakfast WG French Toast Sticks, Peaches, Milk Lunch: Meatballs/Gravu. Mppd:es. Green Beans. Applesauce, Milk Snack: Muffin, Milk</p>	<p>4 Breakfast WG French Toast Sticks, Peaches, Milk Lunch: Tuna, ,WG Bread, Peas, Pears, Milk Snack: Graham Craclers. Milk</p>
<p>7 Breakfast: Corn Flakes, Mandarin Oranges, Milk Lunch: Turkey, WG Bun, Cucumbers, Pears, Milk Snack: Crackers, Juice</p>	<p>8 Breakfast: Yogurt, Pineapples, Milk Lunch: Chicken Patty, Peas, WG Slice of Bread, Peaches, Milk Snack: Fresh Apples, Cheesestick</p>	<p>9 EHS CLOSED</p>	<p>10 EHS CLOSED</p>	<p>11 EHS CLOSED</p>
<p>14 Breakfast: Cheerios, Peaches Milk Lunch: Ham & Cheese,, WG Bread, Carrots, Fruit Cocktail, Milk Snack: Orange Slices, Crackers</p>	<p>15 Breakfast: Waffles, Applesauce, Milk Lunch: Sloppy Joe, WG Bun, Corn, Pears, Milk Snack: Pretzels, Cheese,</p>	<p>16 Breakfast: Cereal, Mandarin Oranges, Milk Lunch: Sweet & Sour Chicken, WG Brown Rice, Broccoli, Pineapple, Milk Snack: Goldfish, Milk</p>	<p>17 Breakfast: Turkey Sausage, Biscuit, Apple Juice, Milk Lunch: Fish Nuggets, Peas, Slice of Bread, Peaches, Milk Snack: Yogurt, Crackers</p>	<p>18 EHS CLOSED</p>
<p>21 EHS CLOSED</p>	<p>22 Breakfast: Rice Krispies, Pears, Milk Lunch: Hamburger, WG Bun, Corn, Fruit Cocktail, Milk Snack: Chex Mix, Fruit</p>	<p>23 Breakfast: Yogurt, Pineapple, Milk Lunch: Popcorn Chicken, Mashed Potatoes, WG Bun, Peaches, Milk Snack: Crackers, Sunbutter, Milk</p>	<p>24 Breakfast: Waffles, Mandarin Oranges, Milk Lunch: Taco Meat, Tortilla Chips, Cucumbers, Applesauce, Milk Snack: Cereal, Milk</p>	<p>25 Breakfast: Cheerios, Mixed Fruit, Milk Lunch: Ham & vCheese, WG Bread, Peas, Mixed Fruit, Milk Snack: Teddy Grahams, Milk</p>
<p>28 Breakfast: Corn Flakes, Peaches, Milk Lunch: Turkey, WG Bread, Peas, Pineapple, Milk Snack: Fresh Oranges, Crackers</p>	<p>29 Breakfast: WG Muffin, Pears, Milk Lunch: Chicken Patty, WG Bun, Carrots, Fruit Cocktail, Milk Snack: Pretzels, Cheese</p>	<p>30 Breakfast: Multigrain Crisps, Applesauce, Cheese, Milk Lunch: Meatballs/Sauce, WG Pasta, Green Beans, Peaches, Milk Snack: Yogurt, Craclers</p>	<p>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."</p>	



April

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			EHS Closed Professional Development	EHS Closed Professional Development	EHS Closed - ECE Conference	5
6	7	8	9	10	11	12
			EHS Closed Professional Development	EHS Closed Professional Development	EHS Closed	
13	14	15	16	17	18	19
			Policy Council Meeting 12pm - 1pm			
20	21	22	23	24	25	26
EHS Closed						
27	28	29	30			