

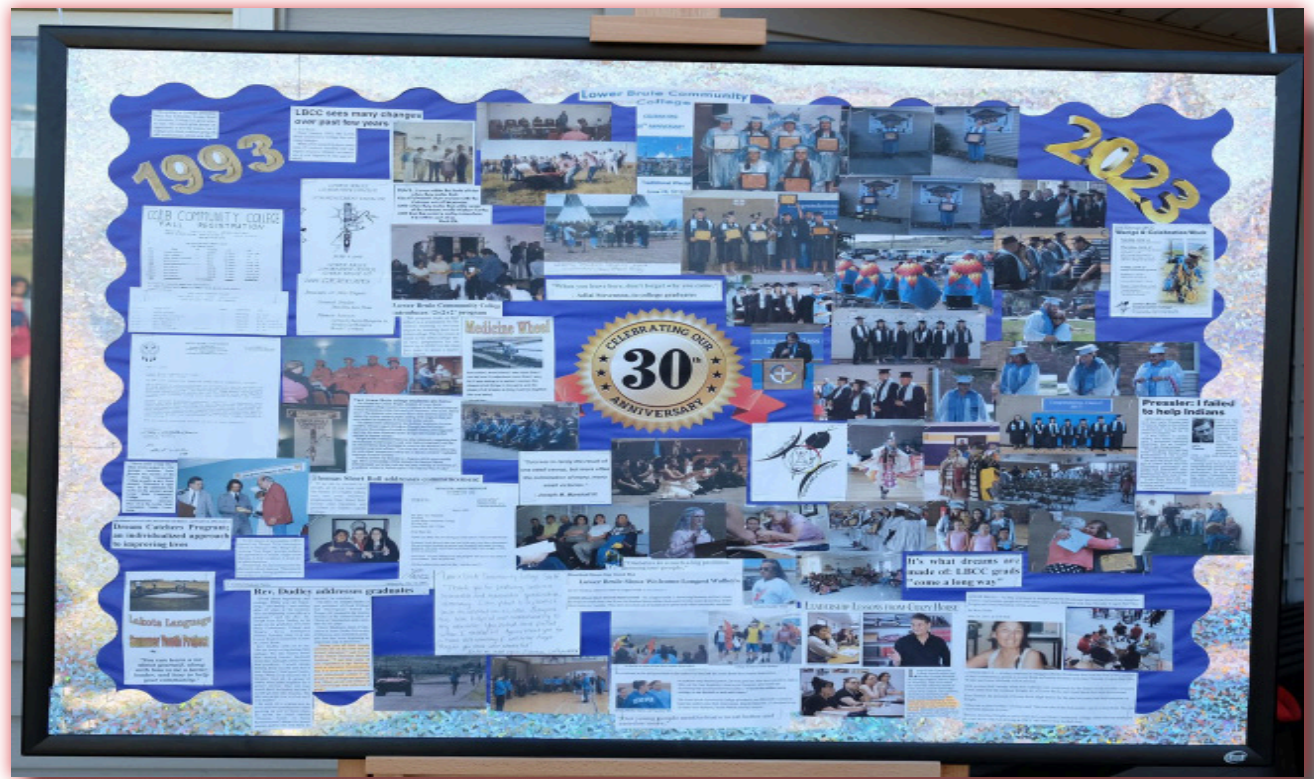
KUL WICASA EYAPAHA

LOWER BRULE COMMUNITY NEWSLETTER

SEPTEMBER 2023

Lower Brule Community College 2023 Graduation







Isnati Awicalowanpi “Womanhood Ceremony”

On July 23, 2023 an important ceremony was brought back to The Kul Wicasa Oyate.

The Isnati Awicalowanpi translated to the “Womanhood Ceremony.” It’s a rite of passage you would say. In older teachings the ceremony would be held in accordance to each families own teachings passed to them by generations before them. Each family’s teachings were different and unique to them yet they all had the same purpose and meaning with the same end goal. Each family proceeded with the ceremony & its meanings in a way they seen fit for themselves and the young girl who was going through this rite of passage into the next stage of life for her from a young adolescent into her young woman stage of life. Some families would hold the ceremony for 7 days while others would hold the ceremony for 4 days while other were completed in one day. No matter the length of days each family decided to hold the ceremony all the teachings in the end were the same. The goal was to speak life teachings and protocols of how to conduct oneself as a young woman. The unci’s would show them how to cook, bead, sew, tan hide all the things she would need to take care of herself as a young woman. The end result would be a young woman who is ready to take on the world and who would in all aspects be able to sustain herself as well as her family if she ever decided to start a family of her own.

We, Lower Brule Native Connections and Partnership for Success had 5 young ladies go through this rite of passage on July 23rd. There was a total of 7 unci’s (grandmothers) that were there throughout the process from start to finish to support these young ladies. Each Unci gifted the young ladies with insight well wishes, good thoughts, prayers and love. The entire ceremony was a beautiful thing to experience. Ceremonies and old teachings are being sought out and are coming back to the forefront for our people to use and to be able to share and encourage that bond as well a rite of passage.

In Memoriam

The Lower Brule Interagency would like to
honor the Lower Brule Community and
family members who have passed.

You may submit your family member’s name directly
to Josie Skunk at the Personnel Office, or by e-mail to

Brian Wagner at bdwag45@yahoo.com,
if you would like them formally recognized.





Walk In Clinics for
September:

Diabetes Walk-In
Thursday, 9/21/23
12:30-3:30

Well-Child Walk-In
Thursday, 9/28/23
12:30-3:30

**No appointment necessary, just
come on down!**

Obituary

The Kul Wicasa Eyapaha is offering families the opportunity to recognize recently lost loved ones through an Obituary section.

Unlike the In Memoriam, which can have names submitted any and multiple times, families will have up to one (1) year from their family member's death to submit a brief obituary. A picture may be included with the obituary, but is not necessary.

Submissions for the In Memoriam and Obituary are to be sent or delivered to Josie Skunk at the Tribal Personnel Office, or e-mail to Brian Wagner at bdwag45@yahoo.com. Please submit the name or obituary of the family member you would like remembered in a Kul Wicasa Eyapaha publication by the 15th of the month. Submissions after the 15th of the month will be published in the following month's newsletter.



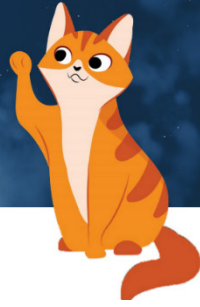
Long Johns for ladies

Wednesday, September 13th

8-8:45 am

Lower Brule Elementary

Tips for Good Sleep



 <p>Set bed and wake-up times at the same time each day, including weekends.</p>	 <p>Keep the bedroom quiet and a comfortable temperature.</p>	 <p>Remove electronic devices from the bedroom.</p>
 <p>Avoid large meals and caffeine before bedtime.</p>	 <p>Make sure kids are active during the day so they can fall asleep at night.</p>	 <p>Model good sleep behaviors for kids.</p>
 <p>Have a bedtime routine like taking a warm bath, brushing teeth, and reading a bedtime story.</p>	<p>Learn more about good sleep habits at www.cdc.gov/sleep.</p>	 <p>Turn the lights out at bedtime.</p>



Hilltop Food Pantry
 Hours: Tuesday 5pm-9pm
 Thursday 5pm-9pm
 Sunday 1pm-4pm
open when supplies are available.



100 Swift Horse Road PO Box 440 Ft. Thompson, SD 57339



Convertible Rear-Forward-Facing



High Back with Straps



Booster Seat



High Back with No-Straps

Please bring child's current height and weight with a copy of one of the following:

- Medicaid card
- WIC card/pouch
- Child care Assistance letter
- Head Start letter of Acceptance
- Children's Health Insurance Program (CHIP)
- Supplemental Nutrition Assistance Program (SNAP) letter

Please call either La Costa M., Program Director at (605)730-1032 or one of the Parent Educators, Gail HL (605)730-4109,

Denise C (605)871-0294, or Teah SL (605)871-0290



Mobile *Mammogram* dates

~~JUNE 8~~

~~JULY 6~~

~~AUGUST 3~~

~~SEPTEMBER 7~~

OCTOBER 5
NOVEMBER 2
DECEMBER 7

10-2PM / LOWER BRULE IHS CLINIC

PLEASE CALL 473-8167 TO SCHEDULE

Benefits to Breastfeeding

The American Academy of Pediatrics recommends breastfeeding an infant exclusively for the first six months of life with breastfeeding continuing for 1 year and beyond with appropriate supplemental foods. This is recommended because breast milk is widely considered to be the best food for human babies. Learning about the benefits and joys of breastfeeding can help you decide if it is right for you and your baby.

Benefits of Breastfeeding: Babies

Breast milk contains many components that help babies get the best start in life. And in some cases, the longer a baby is breastfed, the greater the benefits! Some benefits of breastfeeding for babies include:

- Fewer ear infections
- Less colic, gas, & spitting up—because breast milk is so easily digested
- Fewer stomach problems or constipation
- Less risk of pneumonia & respiratory illnesses
- Less risk of allergies & asthma
- Less risk of SIDS
- Less risk of obesity in childhood
- Less risk of diabetes
- Better brain development
- Exposure to a variety of tastes — which makes it easier to introduce solids later
- Helps promote proper jaw, tooth, & speech development

Benefits of Breastfeeding: Moms

Moms also see great benefits while breastfeeding their baby. Some of those benefits include:

- Helps uterus return to normal size after birth and reduces bleeding
- Helps with weight loss — requires 500 or more calories a day
- Less risk of breast, ovarian, and uterine cancer
- Improves bone density
- Lower cost – breastfeeding moms do not need to buy formula!

Health benefits for both mother and baby are great reasons to breastfeed! However, when asking breastfeeding moms what the best benefit of breastfeeding is, many will say that the **bonding time** they have with their baby is by far the greatest thing about nursing!

Breastfeeding Support

Breastfeeding lowers the risk of many medical conditions in both mothers and babies. Infants that are breastfed have been shown to have a lower risk of SIDS, allergies, and diabetes later in life. Moms that breastfeed have a lower risk of developing cancer. Because of these great benefits, your community most likely has breastfeeding support to help you overcome barriers and breastfeed longer. Look for these breastfeeding supporters in your community!

- The WIC Program – This Department of Health Program provides counseling and advice on breastfeeding. Also supports breastfeeding by supplying women who need to go back to work or school with breast pumps
- Hospital Lactation Consultants – These breastfeeding supporters can be found in hospital and clinics and will help you with any questions you have after you deliver your baby
- Breastfeeding Peer Counselors – These women have had experience in breastfeeding and want to see you succeed! They will provide advice and personal experience to help you and your baby get the most out of breastfeeding!
- La Leche League and other support groups – Support groups are filled with moms like you who either need breastfeeding help or just want to connect with other moms that are breastfeeding. Your local WIC office will have information on breastfeeding support groups in your community.
- Family and Friends – This group of people is considered one of the most important for breastfeeding success! Find a family member or close friend that has breastfed. More than likely, she will want you to feel the same bonding that she felt with her baby.

- Moms can find plenty of breastfeeding support online. These sites can help answer your breastfeeding questions and give you some tips:
[CDC](#)
[La Leche League](#)
[SD WIC](#)
[KellyMom](#)
- Breastfeeding-Friendly Environments Are Good for Business – When businesses support breastfeeding customers and employees – everyone wins. Breastfeeding mothers are more likely to patronize businesses where they feel comfortable nursing. Breastfeeding moms miss work less often, report higher productivity and job satisfaction. And, businesses with breastfeeding policies have retention rates as high as 94% compared to the national average of only 59%.

It can be a very powerful feeling to know that you are not alone in wanting to provide the best nutrition and health for your baby. Coming into contact with any of these breastfeeding supporters can give you a helping hand, which will benefit both you and your baby for years to come! It can be a very powerful feeling to know that you are not alone in wanting to provide the best nutrition and health for your baby. Coming into contact with any of these breastfeeding supporters can give you a helping hand, which will benefit both you and your baby for years to come!



FREE ONLINE TUTORING PROGRAMS

Our Dakota Dreams offers free online tutoring for all K-12 South Dakota students through two unique programs. Developed to support individual student learning needs, one-on-one tutors help with homework, specific subjects and broader educational concepts.

TUTOR TRACKS: SUBJECT-SPECIFIC TUTORING

Tutor Tracks is a seven-week, guided tutoring program designed to help firm up your student's foundations in Reading, Grammar or Math.

- Available for students in grades 1-8
- Three Tutor Tracks available:
 - **Reading track:** morphology and spelling (grades 1-8)
 - **Grammar track:** parts of speech and writing (grades 3-8)
 - **Math track:** focus on fractions (grades 3-8)
- Tutor-led instruction – all students have to do is show up
- Recurring 30-minute sessions, twice per week, over a seven-week period

ON-DEMAND HOMEWORK HELP

Your student can also access free homework help anytime with on-demand sessions. Schedule an appointment in advance or get help with no appointment necessary during program hours.

- Available for students in grades K-12
- Four tutoring subjects: Math, English, Science or Social Studies
- Students bring homework or questions for tutor assistance
- Scheduled or on-demand sessions
- Tutors available during program hours

Parents or guardians can register students using our simple and secure online platform.

LEARN MORE AT
[OURDAKOTADREAMS.COM/ONLINE-TUTORING](https://ourdakotadreams.com/online-tutoring)

OR SCAN
 THE QR CODE



This opportunity is being administered by the South Dakota Board of Regents with federal dollars available to the South Dakota Department of Education through the American Rescue Plan.



OUR DAKOTA DREAMS ONLINE TUTORING PROGRAMS

OUR DAKOTA DREAMS OFFERS FREE ONLINE TUTORING FOR ALL K-12 SOUTH DAKOTA STUDENTS THROUGH TWO UNIQUE PROGRAMS.

Students and Parents,

I'm excited to tell you about an addition to our Dakota Dream's Online Tutoring Program for the 2023-2024 school year. Dakota Dreams is now offering two amazing learning opportunities, Tutor Tracks and Homework Help.

TUTOR TRACKS (1ST-8TH GRADE)

Tutor Tracks is a seven-week, guided tutoring program, available for students in grades 1-8, designed to firm up your student's foundations in Reading, Grammar or Math. These sessions are scheduled for 30 minutes, twice a week, with tutor-led lesson plans.

HOMEWORK HELP (K-12TH GRADE)

Dakota Dreams offers online tutoring for homework help on an as-needed basis for K-12 students. Sessions can be scheduled ahead of time or accessed on-demand during program hours as students need help or have questions on schoolwork.

These two programs are staffed with university students pursuing education degrees at Black Hills State University and Northern State University.

LEARN MORE AND REGISTER AT

OURDAKOTADREAMS.COM/ONLINE-TUTORING

OR SCAN THE QR CODE



**SYPHILIS IS COMMON
PROTECT YOURSELF AND YOUR RELATIVES
GET TESTED**



CONTACT YOUR PROVIDER OR LOCAL TRIBAL HEALTH FACILITY FOR TESTING AVAILABILITY NEAR YOU.

For Testing and treatment call the Lower Brule Health Center at 605-473-5526.

For Condoms see:

**Lower Brule Pharmacy
Health Education, Mike Ryan or
Public Health Nursing, Bobbi Jo Ducheneaux-Sinclair**

SERVICES PROVIDED BY LOWER BRULE TRIBAL COURT

WELLBRIETY- Every Thursdays @ 6:00 pm at the Lower Brule Tribal Court.

AA-MEETINGS- Every Saturday @ 6:00 pm at the Lower Brule Tribal Court

NA- MEETINGS- Every Tuesday @ 6:00 pm & every Thursday @7:00 pm at the Lower Brule Tribal Court

CBISA CLASSES-Every Tuesdays & Fridays @10:00 am at the Lower Brule Tribal Court conference room. **NEXT SESSION STARTS 3/7/2023**

COMMON SENSE PARENTING- Every Thursday @ 10:00 am at the Lower Brule Tribal Court conference room

AFTERCARE- with Dari Johnson Tuesday @ 4:00

GRIEF GROUP - Every Friday @ 6:00 pm at the Lower Brule Tribal Court conference room

CO-DEPENDENCY/ ANGER MANAGEMENT- with April Fallis every Wednesday @ 4:00 pm at the Tribal Court conference room

YOUTH CULTURE CLASS- Monday @ 12:30 at the High School

*******IF YOU NEED A RIDE TO AA/NA CALL ANTIONETTE GOODLOW @ 208-0341 BEFORE 6:00 PM *******

(Make arrangement for another ride as rides are not always available)

Share the Kul Wicasa Eyapaha with Loved Ones

Share the Kul Wicasa Eyapaha with loved ones
who are not living within the community.

A monthly copy of the newsletter
will be mailed to community members who are
attending college, incarcerated or serving in the military.

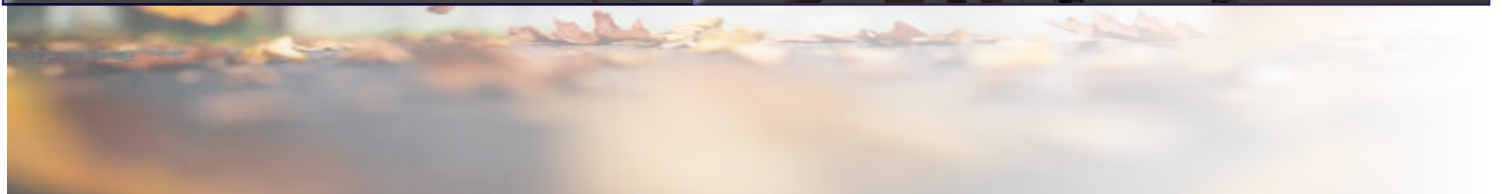
Please stop in, or contact

Josie Skunk in the Tribal Personnel Office

if you have a family member on this list. You will be
asked to provide the family member's name and address.

We will do our best to see that your family member receives
his/her monthly copy.

Lower Brule Diabetes Prevention Sobriety Walk



We're So Proud of You!



LBCC Infant & Toddler Tribal Early Intervention Program

During the 2022-23 school year, Dr. Susan "Soozi" Weisflock took over as the Director of the tribal early intervention program that is an out-reach program managed through Lower Brule Community College. The LBCC Infant & Toddler Program provides a variety of services to children ages 3 to 5 attending the Lower Brule Head Start, as well as Crow Creek Head Start. It also provides the birth to 5 screenings and support provided by Janelle Stewart to Lower Brule families, as well as the Family Enrichment program to Crow Creek families. The previous director was Brian Wagner, who now works as (Brian please add this info in)

Looking forward to the 2023-24 Head Start school year, the LBCC Infant & Toddler program will continue to provide early childhood mental health services/support to the Lower Brule Head Start, 2 to 3 days each month through Megan Miller, a licensed marriage and family counselor. Megan began contracting with us during the 2023 school year. Whitney Nordvold will also be serving the Lower Brule Head Start in this capacity one day each week. Both spend time in the Head Start classrooms during their visits, observing and interacting with the children, providing extra support, as well as tips and guidance on addressing mental health needs of children who are struggling with behaviors and emotions.

For the 2023-24 Head Start school year, Soozie Weisflock will continue to provide tribal special education services to children at-risk, identified through the Lower Brule Tribe criteria. She works individually with children on school readiness, language and concept development, fine-motor, and social emotional needs. These areas are decided through screenings and testing, and agreed upon by the child's parent/guardian.

An exciting development for 2023-24 Head Start school year is that the LBCC Infant & Toddler program has been able to contract with a speech therapist to also provide services to children identified as at-risk. Kandice Hoffman will be joining the intervention contractor staff, and depending upon screenings and identification of children meeting the tribal at-risk criteria for speech/language areas, will see children one morning each week.

We at LBCC Infant & Toddler, encourage parents/guardians to enroll your children in the Head Start Program. It makes a great difference in their development, and in getting ready for when they will enter school. In addition, we cannot find and provide extra support to children that may need it, if they are not attending the Head Start program.

LBCC Infant & Toddler believes that all children are capable of learning. As a program funded to provide services under the Individual with Disabilities Education Act (IDEA), the Infants and Toddler Program works to identify children from birth through 5 who have a disability and who may require services through the local public school (Lyman), as required by IDEA. In addition, and, if funding and staffing allows, the Lower Brule Infants and Toddlers Program will provide direct services for those children enrolled at the Lower Brule Head Start and identified as needing special education under the Lower Brule Tribe's IDEA criteria.



South Dakota Child Protection has New Contact Information

The Department of Social Services, Division of Child Protection Services began implementation of a new centralized intake process for reports of child abuse or neglect on January 12, 2015. The new process utilizes a call center concept with a single toll free number: **1-877-244-0864**.

This number is staffed by Intake Specialists who are available from 8:00 am to 5:00 pm Monday through Friday. Please contact your local law enforcement agency for immediate concerns regarding a child's safety before 8:00 am and after 5:00 pm on weekdays, and during the weekends and holidays.

Lower Brule Head Start

2023-2024 Calendar

AUGUST '23						
S	M	T	W	Th	F	S
		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
27	28	29	30	31		

- 10- Staff Return
- 11-16 Staff Training days
- 14-16 Health Screening/Open House days
- 17-First Day of SCHOOL!

FEBRUARY '24						
S	M	T	W	Th	F	S
				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	27	28	29		

- 09-Parent-Teacher Conference
- 19- President's Day **No School**

SEPTEMBER '23						
S	M	T	W	Th	F	S
					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	27	28	29	30

- 04-Labor Day **No School**
- 06-Parent Meeting-PPC Election
- 08- Granola W Grandparents!
- 15- Native American Day **No School**
- 21-Curriculum Meeting

MARCH '24						
S	M	T	W	Th	F	S
					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	27	28	29	30
31	1					

- 08-Longjohns for Ladies
- 22-Doughnuts for Dudes
- 03/29-4/01- Easter Break

OCTOBER '23						
S	M	T	W	Th	F	S
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	27	28
29	30	31				

- 09-No Head Start-Native American Day
- 31-Head Start Halloween Fun Day (Carnival)

APRIL '24						
S	M	T	W	Th	F	S
	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	27
28	29	30				

- 01-Easter Monday
- 03-Kindergarten Visit
- 19- Head Start Track Meet!

NOVEMBER '23						
S	M	T	W	Th	F	S
			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	27	28	29	30		









- 11-No Head Start- In observance of Veteran's Day on 11/11/23
- 14-Parent-Teacher Conferences No School
- 22-24 Thanksgiving Break

MAY '24						
S	M	T	W	Th	F	S
			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	27	28	29	30	31	

- 21- Head Start Achievement Day and Honor Program
- 23- Staff last day

DECEMBER '23						
S	M	T	W	Th	F	S
					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	27	28	29	30
31						

- 20-Head Start "Santa Day!" **No School**
- Dec 22- 30 No Head Start Christmas Vacation

		Head Start Closed (Holidays)
		Children Return
		Staff Return/Last Day for Staff
		Staff Orientation/Trainings
		Head Start Parent/Family Activities
		Head Start Students Activities

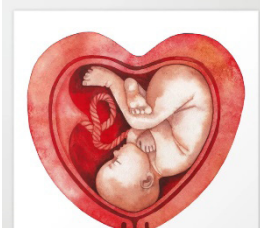
JANUARY '24						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- 3- Staff Development Day
- 4- Children Return from Winter Break
- 15 -No Head Start-Martin L. King Day

Dates and events may change due to staff availability, weather, or community events. Parents will be notified of the changes.

Lower Brule Head Start
 301 Bullhead Street
 P.O. box 804
 Lower Brule, SD 57548
 (605)473-8045/8046 or 473-5520

NOTES:



Drug Use and Pregnancy

Why are pregnant women warned not to use drugs?

It's possible that you may not have a serious or long-lasting problem after using drugs. But the same is not always true for a [fetus](#). Drug-using mothers often give birth to "drug babies." These children have a host of developmental problems.

Studies show that using drugs -- legal or illegal -- during pregnancy has a direct impact on the [fetus](#). If you smoke, drink alcohol, or ingest [caffeine](#), so does the [fetus](#). If you use marijuana or [crystal meth](#), your fetus also feels the impact of these dangerous drugs. And if you are addicted to cocaine -- also called coke, snow, or blow -- you're not only putting your own life on the line, but you are risking the health of your unborn baby.. The consequences of using cocaine include [heart attacks](#), respiratory failure, strokes, and [seizures](#). And these life-threatening health problems can also be passed to an unborn baby.

Taking drugs during pregnancy also increases the chance of birth defects, premature babies, underweight babies, and stillborn births. Exposure to drugs such as marijuana -- also called weed, ganja, dope, or pot -- and alcohol before birth has been proven to cause behavior problems in early childhood. These drugs can also affect the child's memory and attentiveness. In addition, some findings show that babies born to women who use cocaine, alcohol, or [tobacco](#) when they are pregnant may have [brain](#) structure changes that persist into early adolescence.

While cocaine's effects are usually immediate, the effect it can have on a fetus may last a lifetime. Babies born to mothers who smoke crack cocaine during pregnancy -- so-called "crack babies" -- usually have their own set of physical and mental problems. According to the National Institute on Drug Abuse, exposure to cocaine in the womb can lead to subtle, yet significant, deficits later in children. These deficits usually show up in areas such as cognitive performance, information-processing, and attention to tasks. These are areas that are vital for success not just in school, but in life.

Which drugs have the most serious consequences for the fetus?

Taking almost any drug during pregnancy can have serious consequences for the fetus. For instance, babies who are exposed to cocaine have a tendency to have smaller heads that indicate a lower IQ. Cocaine-exposed babies have a higher risk of birth defects that impact the urinary tract or [heart](#). Cocaine may also cause a stroke in an unborn fetus, resulting in [brain damage](#) or even death.

Using cocaine or methamphetamine -- also called speed, Tina, crank, or ice -- increases the risk of miscarriage early in the pregnancy. Later in the pregnancy, these illicit drugs may cause pre-term labor and low birth weight, as well as babies who are irritable and have feeding difficulties.

Pregnant women who smoke marijuana face a higher risk of premature birth and low birth weight. Smoking pot may cause developmental delays in the child. And after delivery, babies who have been exposed to marijuana seem to undergo withdrawal symptoms with excessive crying and trembling.

What about cigarette smoking during pregnancy?

Cigarette [smoking](#) causes serious illness and premature death in the general population. But pregnant women who smoke pass the nicotine and other carcinogenic chemicals to the growing fetus. According to the Centers for Disease Control, mothers who smoke early in their pregnancy are more likely to deliver babies that have several different [heart](#) defects, including septal defects - essentially a hole in the wall between the heart's left and right chambers. Sadly, most infants with congenital heart defects die in the first year of life. Those infants who survive often face lengthy hospital stays and numerous surgeries along with a lifetime of disabilities.

Women who smoke are also more likely to have placenta problems. This is a serious concern because the placenta provides nourishment to the baby in the womb. Smokers also have low-birth-weight babies, premature deliveries, and babies with [cleft palate](#). In addition, [smoking](#) during pregnancy and after delivery is one of the causes associated with sudden infant death syndrome (SIDS).

Does drinking during pregnancy cause fetal alcohol syndrome?

[Fetal alcohol syndrome](#) (FAS) and fetal alcohol spectrum disorders (FASD) refer to a range of disorders caused by drinking alcohol during pregnancy. Fetal alcohol syndrome can cause abnormal facial features, growth deficiency, and problems with the central nervous system. Children with fetal alcohol syndrome may also have [learning disabilities](#), attention span disorders, and other physical disabilities, including vision and hearing problems.

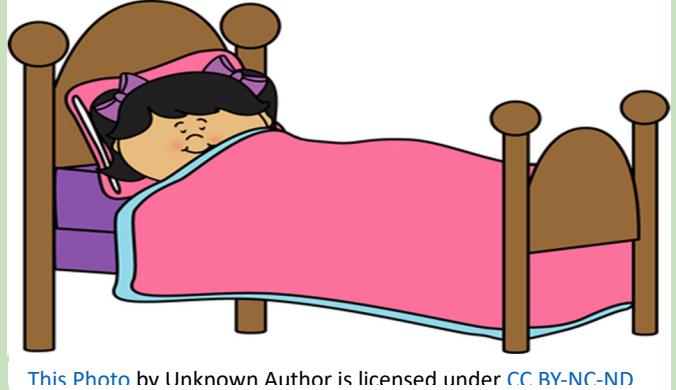
There is no "safe" limit of alcohol consumption during pregnancy. Some studies have found that small amounts of alcohol consumption can have the same adverse effects on the fetus as binge drinking.

LBCC Infant and Toddler Tribal Early Intervention

Tips from Dr. Soozie

Kids and Sleep – How Many Hours Do They Need?

Sleep is the magical mystery ingredient that children and adolescents require for mental as well as physical health. During sleep, children are physically growing and brains are processing what was taken in during the day. Naptime for toddlers, according to research, is essential to memory consolidation, executive attention, and motor skill development! In infants, sleep plays an extremely important role in physical growth.



This Photo by Unknown Author is licensed under [CC BY-NC-ND](#)

It is hard work being a child and growing so rapidly! Sleep, or the lack of it, directly affects the child's moods, happiness, ability to pay attention, learning, memory and so much more. A child who is short on sleep is often grumpy and/or hyperactive, and difficult to manage. This can even be confused with ADHD!!

For school aged children and adolescents, lack of enough sleep can have a long-term impact on learning – academic performance, as well as mental health. Chronic sleep loss in adolescents is considered a major public health problem in America, as 6 in 10 middle schoolers and 7 in 10 high schoolers typically do not get enough sleep. It is a risk factor for substance abuse, mental health/behavior issues, as well as car crashes and athletic injuries.

As parents, we don't see how our children are functioning once they get to school, so it makes us unaware of how our child acts when he/she is tired from not getting enough sleep. As an educator, I have frequently seen students of all ages fall fast asleep during class. Years ago, one 2nd grader fell asleep during a small group reading lesson, which then raised the concern of his classmates. He slept for nearly 2-hours, and I later discovered he was often up all-night playing video games with his high school aged sibling. He told me he was going to bed at 4 a.m. and getting up at 7 a.m. He was 8 years-old trying to function daily on 3-hours of sleep.

Routines are important to helping children get enough sleep. Children then have a standard sequence of things that occur as part of getting ready to go to sleep. This includes setting an expected bedtime, based upon the child's developmental sleep needs. Younger children have early bedtimes, while older children have later bedtimes.

September



**National
Suicide
Prevention
Awareness
Month**

It also includes limiting access to “screens” – television, video games, smart phones, computers, etc. – leading up to bedtime, and also restricting access after bedtime. The light coming from our many electronic screen gadgets tricks the brain into thinking it is daytime. This leads to inhibiting our natural rhythms that move our bodies into sleep mode. Routines for young children often include taking a warm bath, getting into pj’s, turning the lights down low, reading a book with them, creating a sleep friendly environment and tucking them in.

So how do you figure out when bedtime should be? Think about what time your child needs to wake up in the morning to get ready for his/her day. Start with that and then count backwards to determine a bedtime. Also remember that children/adolescents often need some time to settle into going to sleep. This can also be factored in to add a half-hour to an hour of quiet time to wind down.

For example, if your child is 4-years old, the child needs 10 to 13 hours of sleep per day, including napping. If you know your child tends to take an hour nap, then figure he/she needs around 11 hours or so of sleep. The child’s Head Start bus arrives at your house at 8:45 a.m., so he/she needs to be ready to go by that time. Consider how much time it takes to do a wake-up routine (not in a rush). So if the child needs to be waking at 7:30 a.m., then counting backwards 11 hours, then he/she would be going to bed at 8:30 p.m. If you add in time to wind down, such as reading a book with our child, then bedtime should start at 8:00 p.m.

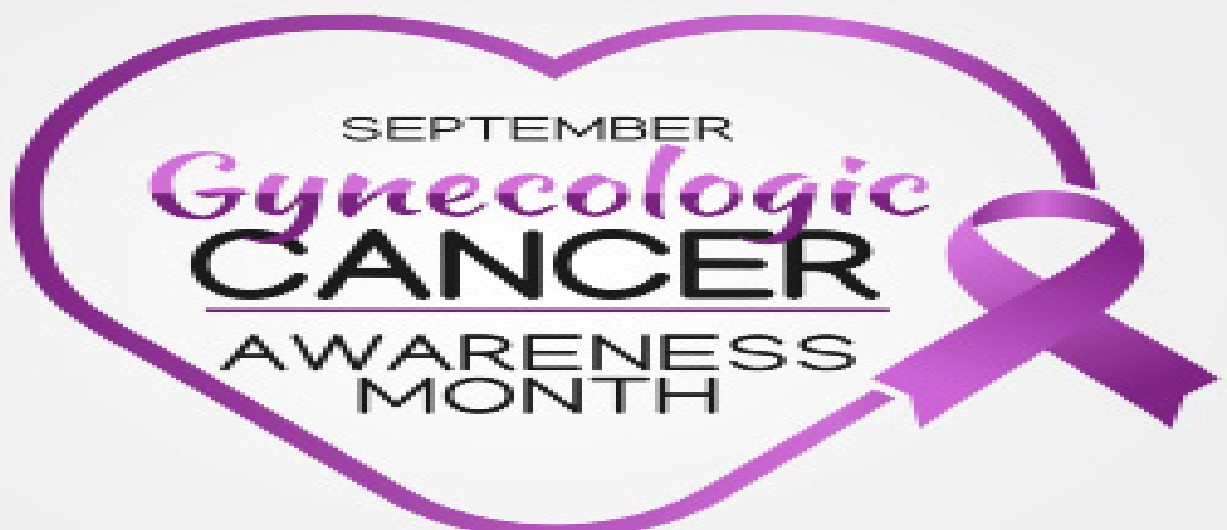
The following chart is provided to help you.

So, how many hours of sleep do growing children need?

Babies (4 to 12 months)	12 to 16 hours including naps
Toddlers (1 to 2 yrs old)	11 to 14 hours including naps
Preschoolers (3 to 5 yrs old)	10 to 13 hours including naps
School Age (6 to 12 yrs old)	9 to 12 hours
Teenagers (12 to 18 yrs old)	9 to 10 hours

<https://www.sleepfoundation.org/children-and-sleep>

<https://www.cdc.gov/chronicdisease/resources/infographic/children-sleep.htm>



Lower Brule Birth to 5 Screenings



The **Lower Brule Birth to 5 Program** assists families in tracking their child's growth and development. **Screenings are held on the first and third Wednesday of the month.** Children are screened at developmental milestones. Parents of children participating in screenings receive a report on their child's development and assistance accessing additional services, if the screening shows such a need. The child receives formula, diapers and/or a book based upon the developmental age and needs of the child.



Shared Waters



Tribal Maternal, Infant, Early Childhood Home Visiting Program

Program Summary

The Shared Waters Home Visiting Program is rooted in Early Childhood Development Education as a tool for creating healthy, thriving families. Our aim is to support the development of happy, healthy, and successful Native American children and families within the Crow Creek and Lower Brule Reservation communities through the Parents as Teachers Curriculum.



This curriculum recognizes the importance of parents and primary caregivers as a child's first teacher. Parents as Teachers curriculum addresses critical maternal and child health, development, early learning, family support, and child abuse and neglect prevention needs. Additionally, to honor the wisdom and traditional knowledge within the communities, Dakota language and cultural teachings are interwoven into many of the home visiting activities.



Children develop fastest in their earliest years and the skills/abilities they develop in those years lay the foundation for future success. Similarly, early negative experiences can contribute to poor social, emotional, cognitive, behavioral, and health outcomes both in early childhood and in later life. Children growing up in poverty tend to be at greater risk of encountering adverse experiences that negatively affect their development.



Shared Waters

"Mní Owazinda" "Mní Owíncaku"



100 Swift Horse Road PO Box 440 Ft. Thompson, SD 57339

TRIBAL MATERNAL INFANT EARLY CHLDHOOD HOME VISITING PROGRAM

PRE-ENROLLMENT FORM

Date Filled Out: _____ **Date Entered:** _____

Staff Initials: _____ **Date Assigned:** _____

Please fill out all areas. It is important that we have updated contact information on file. Thank you.

Parent/Guardian: _____ **Parent DOB:** _____ **Relationship to Child:** _____

Main Phone Number: _____ **Best time & method to contact:** _____

Mailing Address: _____

Physical Address: _____

Alternative Contact (Name & Number): _____

Currently employed: Yes or No **If Yes, where:** _____ **Pay rate:** _____

Graduated HS/GED: Yes or No **When (year):** _____ **College:** _____

List all children (youngest to oldest) and significant other, if applicable.

Prenatal: Yes or No	Baby	Due Date:
Full Names:	Relationship:	DOB:

Circle any of the following presently utilized:

Snap Medicaid WIC TANF EHS HS Family Enrichment Healthy Start LEAP

Do you have reliable transportation? _____

Do you feel like you have a strong support system? Who is your strongest supporter?

Do you reside in your own home or with relatives/others? _____

Are there any resources you currently need that you do not have access to (examples: water, electricity, housing, food, etc.)?

Do you have any concerns regarding your child's health and development? _____

Are there any legal concerns that we should be aware of? _____

How did you hear about our program and/or what do you know about the services we will be providing? _____

Can you briefly tell us what some of your goals are and what you hope to gain from our program? _____

If eligible, are you willing to complete 2 (two) home visits either by phone or in person with an assigned parent educator on a regular scheduled basis. In addition, maintaining other program needs/intake during your enrollment? YES NO

We require access to personal information, like health, prenatal visits, well-child checkups, child immunizations, dental, physicals, vision, hearing screenings and family dynamic information documents.
Will you be able to provide items as requested? YES NO If not, what are the barriers? _____

Any further questions or information you would like to know/share? _____

Please return this Pre-Enrollment Form to LaCosta McGhee, Supervisor (605) 730-1032 or to the Parent Educator who provided this form: Gail His Law, Denise Campbell or Teah Seeking Land.

One Book South Dakota

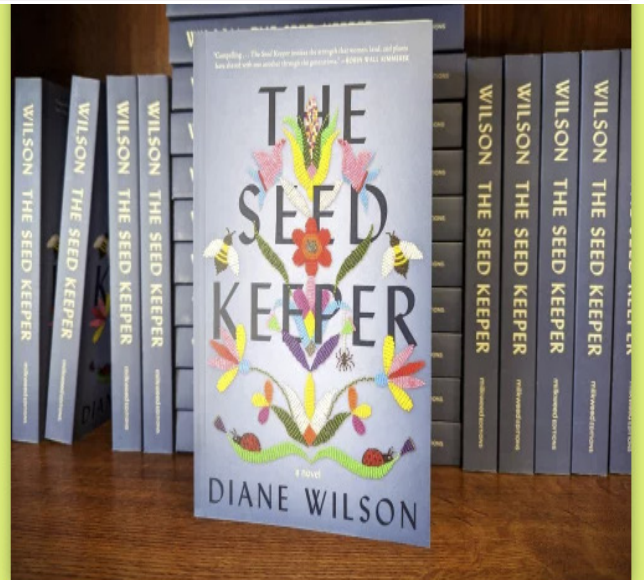
Since 2003, SDHC's One Book South Dakota program has encouraged people across the state to read and discuss the same book throughout the year. Groups can request the current One Book South Dakota on loan and host an SDHC scholar for their discussion.

In 2023, readers around the state, including those participating in SDHC-funded book club programs, will read and discuss Diane Wilson's *The Seed Keeper*.

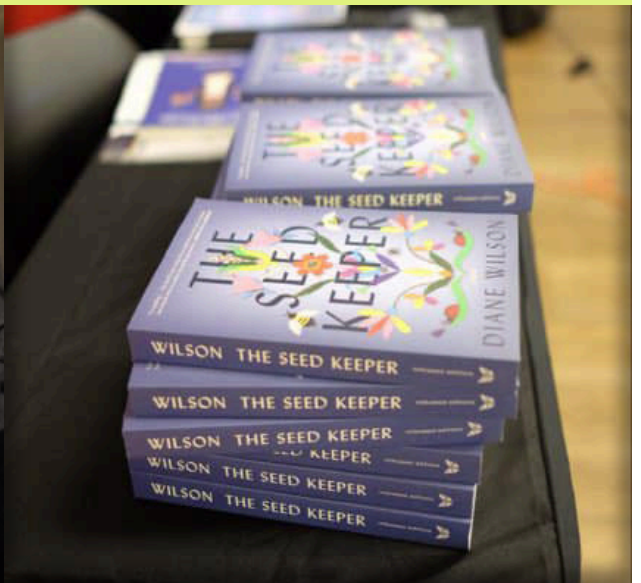
A haunting novel spanning several generations, Wilson's *The Seed Keeper* follows a Dakota family's struggle to preserve their way of life. Its main character, Rosalie Iron Wing, draws strength from the knowledge that she is descended from women with souls of iron, women who have protected their families, their traditions, and a precious cache of seeds through generations of hardship and loss.

"At the heart of *The Seed Keeper* is a true story about Dakota women who, during the 1862 Dakota war in Minnesota, when they were being removed from the state and didn't know where they were going to go or how they would feed their families, they sewed their seeds into the hems of their skirts and hid them in their pockets," Wilson said.

In addition to *The Seed Keeper*, Wilson has written a memoir, *Spirit Car: Journey to a Dakota Past*, and a nonfiction book, *Beloved Child: A Dakota Way of Life*. She is the executive director for the Native American Food Sovereignty Alliance, a national coalition of tribes and organizations working to create sovereign food systems for Native people. A member of the Ojete Sakowin Writers Society (formerly the Oak Lake Writers Society), Wilson is a Mdewakanton Dakota descendent, enrolled on the Rosebud Reservation, and lives in Shafer, Minnesota.



2023 ONE BOOK: THE SEED KEEPER, BY DIANE WILSON



**BE A
BUDDY
NOT A
BULLY**





Be a
buddy
NOT a
BULLY!





