

Miziwegin Newsletter

Manidoo-gijisoons 2022

Megan Erdahl: Leech Lake Head Start

Megan Erdahl was born and raised in a small town call Warren, MN. She is the youngest of four older sisters and one brother. Megan is an auntie to nine nieces and nephews and a great aunt of two nephews with a niece on the way! She is now married and lives in Bemidji with her husband and their seven cats, one dog, and hamster.

After high school She moved to Bemidji to start school at Northwest Technical College for early childhood and education. She bounced around to try and find what she wanted to do with her career. She tried school districts, home daycare, and Head Start programs.

"I fell in love with what Head Start is about and have been teaching for them for close to five years."



Megan has been with the Leech Lake Cass Lake Head Start for almost a year and is currently the team lead in the Mikinaak classroom. "... and boy do we have fun!" They primarily have three to four year old's and they keep them busy! She feels fortunate to have "the best co-teacher around," which she says makes her job ten times better.

In their classroom they focus on *Conscious Discipline* with the children and are seeing them become kind little humans. In their classroom you will see that it is very child led, which means, if the kids are interested in something they try to open



their ideas and build on what they already know.

"We love allowing our kids to be kids and learning how to function in this crazy world."

Something interesting about Megan is that she loves rehabilitating animals. Recently she found 6 stray kittens in a garbage bin and she has been nursing them to get them ready for their forever homes. She loves the idea of helping something so innocent and showing it that life and humans aren't so scary.

"I am also a BIG iced coffee fan and it's pretty rare that you will ever see me without one :)"



Upcoming Trainings

Develop Trainings

	Register Online	
In The Know: Be Prepared! Licensing Inspections Family Childcare-Online (2hrs)	Dec 15	\$20
ONLINE: Decrease Stress, Increase Success, and Enhance Joy Today (2hrs)	Dec 17	Free
Developmentally Appropriate Behavior Guidance (4hrs)	Dec 27	\$20
Transportation Safety (2hrs)	Jan 1	\$18
Toilet Learning (2hrs)	Jan 1	\$18
Pregnancy 101: A Comprehensive Look At The Mother and Child (6hrs)	Jan 2	\$99

For more trainings visit developertoolsmn.org. If you need assistance in registering for trainings, please contact Cora Roy at cora.roy@llojibwe.net.

Tonya's Tips: Prepping Your Home for Winter

The snow is here and lots of children love to play outside to slide, build, and create. While playing outside during the winter makes lifetime memories, there are also different ways we can help to keep kids safe. Here's a few tips to keep the winter play safe:

- Layer up your clothing to prevent frostbite.
- Play in safe areas away from roads.
- Check in on the warmth of children. Physically check that they aren't wet or too cold.
- Learn and watch for the signs of frostbite and hypothermia.



Leech Lake Child Care Services is accepting Early Learning scholarship applications for children who qualify.

To be eligible to apply:

- * Child must be 3 years of age by September 1, 2022 and have not started kindergarten
- * Children 0-5 years of age who are a priority population. Priority populations are teen parents, foster care/child protective services, or have experienced homelessness in the last 24 months.
- * Siblings of a child with a scholarship that are attending the same program.

If you are interested in applying or for more information, please contact:

Tonya Morris,
Early Learning Scholarship Area Administrator
Tonya.Morris@llojibwe.net
218-335-8249

Self Care Tips for December

December can be stressful with all the hustle and bustle as we celebrate different holidays and prepare to start the new year. This can sometimes lead to feelings of excitement, stress, joy, worry, fear, hope, etc. Here are a few tips from Centerstone to make the month of December a little less overwhelming;

1. **Keep a gratitude journal.** Write about what you are grateful for and things you have accomplished each day. This can positively impact your mood.
2. **Get creative: writing and crafting.** These can help you express yourself through art and keep your creativity flowing.
3. **Think of something you want to**

improve. Challenging yourself and finding success will feel rewarding!

4. **Make a new holiday recipe.** This helps challenge you and keep your mind active. You might even find a new favorite treat!
5. **At least for one day, take a break from your phone.**
6. **Relax in your preferred way.** Whether you want to go out for a drive or have a bath.
7. **Opt out.** You don't have to say yes to everything. Prioritize the things that matter most.
8. **De-clutter your space.** Clutter can lead to stress.

9. **Cross something off your to-do list.** By doing the work first you can relax later without worrying about what needs to be done.
10. **Make house work fun!** Put on some music, dance/sing as you go.
11. **Prep for the week.** Getting ready before hand will save you a lot of stress.
12. **Control your breathing.** Try calming down by using breathing exercises.
13. **Find reasons to laugh.** Having a good laugh will always lift your spirits.

Find the full article at: <https://centerstone.org/our-resources/health-wellness/25-self-care-tips-for-december/>

Hannah's Happenings: Engagement

Importance of Family Engagement

Families are a child's first teachers and it is the quality of parent-child relationships and interactions that create the foundational skills that children need to be successful in school and in life.

The positive outcomes of engaged parents are powerful: increased support for children's learning at home, empowered parents, and improved family well-being.

Promoting Powerful Interactions Between Parents and Children

(Step 1: Be present) the parent stops what he is doing and watches his child point out and talk about blue and red paint and the picture she is making with them.

(Step 2: Connect) Asks about her favorite colors and says, "Tell me more about your painting."

(Step 3: Extend learning) Explains that there are primary colors (blue, red, yellow), and when you mix them together in certain combinations, you make secondary colors (green, purple, orange).

Meaningful learning opportunities can happen during any activity, and they don't need to feel forced or overly educational. Families can support math learning while doing chores (sorting laundry into darks and lights) and cooking dinner (measuring ingredients). They can support literacy development while riding the bus (pointing out and

reading signs) and shopping at the grocery store (reading labels out loud to the child).

Read full articles:

Promoting Powerful Interactions Between Parents and Children

<https://www.naeyc.org/resources/pubs/tyc/aug2018/promoting-powerful-interactions>

The Importance of Family Engagement

<https://www.startearly.org/post/importance-of-family-engagement/>

Shaniya's Shenanigans: Bentleyville

Finding things to do with children in the winter is challenging every year, especially when they begin to get bored from playing outside. Taking a trip to Bentleyville to see the Christmas lights is something that is exciting and memorizing for the whole family. The bright lights, free hot chocolate with cookies and popcorn will create an evening of memories that parents, guardians, and children will love. Tips for attending Bentleyville with children:

Dress warm! Bentleyville is by Lake Superior, and if you've been to Duluth, you know that it is freezing by the great Lake Superior. Wear double/triple layers of pants, shirts/sweaters/jackets, socks, gloves, and hats. Bring extra just in case your hands and feet get wet from the snow.



Local Events/Activities to do in December

Formal Photos	December 3rd	2pm-6pm	\$10 per 3 pictures	Tourist Information Center by Paul Bunyan and Babe the Blue Ox (Bemidji)
Merry and Bright Cookie Decorating Class	December 3rd	1pm-3pm	Ticket Cost	Compass Rose (Bemidji)
Parade and Christmas in the Park	December 3	11am-Parade 1-3pm- Park	Free Event	Walker High School Sidney Hutchinson Park (Walker)
Holidays by Hand: Craft and Art Market	December 10	9am- 3pm	Cost to Purchase items	Bemidji High School (Bemidji)
Silverbelle Christmas Event	December 10th-11th	10am-3pm	Admission Cost	The Bluebelle Event Venue (Bemidji)
Cass Lake Winter Wonderland	December 18th	1pm-5pm	Free Event	Boys and Girls Clubs of the Leech Lake Area (Cass Lake)
STEAM Discovery Show	Sundays in December	3:30pm-4pm	Admission Cost	Head Waters Science Center (Bemidji)

George's Goods: Chocolate Reindeer Cookies

Recipe from Taste of Home

Ingredients

- 2-3/4 cups all-purpose flour
- 1-1/4 teaspoons baking soda
- 1/2 teaspoon salt
- 3/4 cup butter, cubed
- 1-1/2 cups packed brown sugar
- 2 tablespoons water
- 2 cups semisweet chocolate chips
- 2 large eggs
- 1/2 teaspoon almond extract
- 1 can (16 ounces) chocolate frosting

Decorations:

- Candy eyes
- Reese's mini white peanut butter cups
- Miniature pretzels
- Peanut butter M&M's

Directions

1. Whisk together flour, baking soda and salt. Place butter, brown sugar and water in a large saucepan; cook and stir over low heat until butter is melted. Remove from heat; stir in chocolate chips until smooth. Stir in eggs and extract. Stir in flour mixture. Let stand until firm enough to shape, about 15 minutes.
2. To freeze dough, shape level tablespoons of dough into balls; flatten each to 1/4-in. thickness. Place in a covered container, separating layers with waxed paper; freeze until firm. (May be frozen up to 3 months.)
3. To bake, preheat oven to 350°. Place frozen dough portions 2 in. apart on greased baking sheets. Bake until set, 12-14 minutes. Remove from pans to wire racks; cool completely.
4. Spread cookies with frosting, reserving a small amount for mouths. Decorate faces with candy eyes; add peanut butter cups for snouts, pretzels for antlers and M&M's for noses. Pipe mouths with reserved frosting.



Ojibwe Phrases for Winter



Agwajiing izhaadaa	Let's go outside.
Gisinaa na?	Is it cold outside?
Gigiikaj ina?	Are you cold?
Gidaa-giizhoo' gisinaamagak	You should dress warm when it's cold outside.
Gidatakininjii.	Your hands are cold.
Biichiminjikaawanen.	Put mittens on.
Odaminodaa	Let's play.

Cora's Corner: Tips for Child Care Providers to Guide Behavior

Child care providers play an important role in guiding behavior in positive, supportive, and age-appropriate ways. Strategies in guiding behaviors are different based on age and developmental needs/abilities. A child's personality can also play into if a strategy will be successful. Some strategies that work for one child might not work for others.

Here are some basic tips to help guide children's behavior.

- **Keep rules simple and easy to understand.**
- **Say what you mean.** Use "do" instead of "don't." Keep sentences short and simple.
- **Talk with children– Not "at" them.** It is more effective when you talk to children at their eye level, look them in the eye, touch them on the shoulder, and talk with them. Allow child to respond, don't just lecture.
- **Set a good example.**
- **Encourage children to set good examples for each other.**
- **Give clear, simple choices.** Children respond much better when
- **Show respect for children.** Talk to them privately when talking about misbehavior, Remind them of reasons for rules, and discuss what they can do differently.
- **Catch children being good!** Children what attention, by providing attention in a positive way it can deter them from seeking attention in a negative way. Remember to tell their parents when they have doing something positive.
- **Encourage like a good coach instead of a cheerleader.** A cheer-



they feel they have a say in what they are doing.

leader just shouts general praise. A coach will tell you what you're doing right, uses praise as a teaching tool, and lets you know why he or she is proud of you.

- **Use play activities to teach social skills.** This can be done through pretend play, reading books, playing "what if game"
- **Teach children how to resolve conflict and solve problems.** Help them recognize feelings, identify problems, come up with ideas to solve the problem, then have them try possible solutions.
- **Teach children how to correct their misbehavior.** Sometimes these are called "natural consequences." For example if a child tosses food on the floor you ask them to help you clean it up.

When dealing with challenging behaviors it is a good idea to work closely with the child's family. They may have some strategies they use at home that could be helpful to you. Always seek additional support if the strategies listed are not working.

For the full article go to: <https://childcare.extension.org/basic-tips-child-care-providers-can-use-to-guide-childrens-behavior/>



Mailing:
190 Sailstar Drive NW
Cass Lake, MN 56633
Physical:
16160 60th Ave. NW
Cass Lake, MN 56633
www.llboearlychildhood.com
Phone: 218-335-4568
Fax: 218-335-8255

Shaniya Robinson
Office Manager
218-335-8369
Nicole Collins
Child Care Specialist
218-335-4431
Janel O'Brien
Maajiigin Center Manager
218-335-4430

Tonya Morris
Early Learning Scholarship
Administrator
218-335-8249
Becca Tibbetts
Child Care Assistant
218-335-4568
Trisha "George" Michaud
Nutrition Coordinator

Hannah Baird
Miziwegin Engagement Coordinator
Cora Roy
Licensing/Support Coordinator
218-335-8338
Becky Littlewolf
Child Care Services Manager
218-335-8257