



The L.B.J. & C. Head Start Headliner

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Spring 2017

Making the Transition from Head Start to the Public School System

Transition from one environment to another can sometimes be a difficult experience. Making the transition can be an unsettling time for parents and children. To help ease the strain caused by the transition from Head Start to kindergarten, we offer a transition handbook as a tool that may be used as a resource.

Much of the information and sample forms included in this handbook were submitted by the various counties' Title I Program (a part of the Board of Education Department). The material can be used to get familiarized with the public school system, and to help equip the person with basic information needed to promote success as you and your child enter a new educational environment.

Give your child a real "Head Start" into kindergarten by contacting the school your child will be attending and make arrangements to attend Pre-Registration. Pre-Registration will help make that first day of school go much smoother for you and your child.

Twelve Ways Parents Can Help Their Child with Transition

- Keep your child well rested. A regular bedtime and plenty of sleep are necessary for a child to be alert and attentive.
- An adequate and unhurried breakfast is important. A well-nourished child will be better able to do good work in school.
- See that your child gets a proper doctor and dentist check up to make sure no medical problems will keep your child from getting the best education possible.
- Try to give your child many varied experiences.

Take your child on trips and point out interesting things your child may see. This will teach your child new words and meanings.

- Read stories to your child. A child who has been read to is usually more eager to read.
- Buy your child books when you can afford them or take a trip to your public library regularly. Reading is one of the easiest ways to increase school readiness. When you read to your child, you're building vocabulary, language, and literacy skills while improving concentration, curiosity, and memory.
- Give your child as many opportunities to be with other children of the same age so your child will learn to work and play cooperatively with them.
- Give your child responsibilities that he/she is capable of taking. Your child will gain satisfaction from his/her successes.
- Work with your child's teacher. Show a real interest in what your child does in school; the parent's attitude is usually the child's attitude.
- When your child brings home schoolwork, please discuss it with him/her and praise his/her accomplishments. If your child has problems, you need to reinforce what the teacher has asked him/her to work on.
- Keep your child in school regularly. Every time a child is absent, your child loses ground.
- Remember to NOT compare your child to other children. Your child is an individual with his/her own personality who will progress at his/her own pace.

10 Things You Can Do To Have a Healthy Marriage

It takes work to have a healthy marriage but it is possible. Just like good nutrition and regular exercise can help you have a healthy body, there are things you can do to have a healthy marriage.

Here are 10 Tips you can use to strengthen your marriage:

1. **Spend Time with Each Other.** Married partners need time with each other in order to grow strong together. Plan regularly scheduled date nights and weekend activities. If a getaway is not immediately possible make it a goal that you will work toward. By spending time with your partner, you will better understand your differences and how to negotiate the problems they may cause. Forget the “quality vs. quantity time” discussion—healthy marriages need both.
2. **Learn to Negotiate Conflict.** Conflict is a normal part of a relationship. There is a point however when it can increase in intensity and become emotionally and sometimes physically unsafe. Working out problems in a relationship starts with understanding what your issues are and how to discuss them. There are many resources available to help you learn how to deal with conflict. Using these resources can go a long way in preserving how safe you and your partner feel.
3. **Show Respect for Each Other at All Times.** When a couple fails to respect each other they often slip into negative habits. Research shows that nothing can damage a relationship quicker than criticisms and put-downs. Treating your partner as you would like to be treated will do a lot to strengthen the bond between you. Paying your partner a compliment is a quick and easy way to show them respect. When you are tempted to complain to someone about one of your partner’s flaws, ask yourself how you would feel if they did that to you.
4. **Learn About Yourself First.** Make it a point to work on self discovery. Many partners enter into relationships without knowing enough about themselves. As a result they can also have difficulty learning about their partners. Learning about yourself will better equip you to grow as an individual and a partner. Regardless how long you’ve been together, there are always more things you can learn about him or her. What are his dreams for the future? What is her worst fear? What is the way he or she best gives or receives love? Imagine the intimacy and bond you will share over a lifetime together if you commit to discovering new things about one another!
5. **Explore Intimacy.** Marital intimacy can open your relationship to a whole new level of enjoyment and closeness. It is important, however, to remember that intimacy does not always mean sexuality. An often forgotten aspect of intimacy is the emotional type. An example of emotional intimacy is creating a safe space for your partner to share his or her emotions without fear of you being judgmental or making light of them. Learn the difference between emotional and physical intimacy and when each one is most appropriate. Offering your partner one type when they really need the other can create problems in your relationship.
6. **Explore Common Interests.** Couples thrive when they share similar interests. That doesn’t necessarily mean each partner will enjoy every activity but it opens up the opportunity for greater sharing and compromise. Doing things separately is not bad but common interests are important to healthy marriages. A common interest may be cooking or eating new foods together, going for walks or playing cards. The goal is to have something outside of your family that you both enjoy.
7. **Create a Spiritual Connection.** Many couples grow closer when they share some form of spiritual connection. This can be done in many different ways. For example it may be achieved through an affiliation with a church, synagogue or mosque, through meditation or by simply spending time in nature or intimate conversation.
8. **Improve Your Communication Skills.** The ability to talk and listen to each other is one key to a healthy marriage. You should never assume your partner knows what you are thinking or feeling. Tell your spouse what is going on—and as a spouse, know when to simply listen. Learning to really hear your partner is a skill that may require practice. There are many resources available like books, marriage education workshops and online courses. All of these options can help couples learn how to communicate more effectively.
9. **Forgive Each Other.** If he or she hasn’t already, your partner is going to do something that hurts, frustrates or upsets you. Guess what, you are going to do the same thing! Sometimes it might even be on purpose after an argument or misunderstanding. Forgiveness is a tricky but important virtue in a marriage especially since no one is perfect. Try to allow your partner some room to make a few mistakes because you will also make some of your own. When you make a mistake, act quickly to apologize and fix problems. Doing so will help to encourage forgiveness and strengthen your marriage.
10. **Look for the Best in Each Other.** When you met your partner, you fell in love with some of his or her wonderful qualities. Over time however, your view of those qualities may have changed. For example, he may have been really good at saving money when you met. Now you just think he’s cheap! Give each other the benefit of the doubt and create a list of all the things you love about your partner. It will help you to fall in love all over again!

Thank you to David Jones, a Certified Family Life Educator and author of a variety of relationship tools for fathers, for contributing to this tip sheet.

Disclaimer: These tips are designed to assist couples in improving their relationships however they are not meant to be a substitute for professional help and advice.

Source: National Healthy Marriage Resource Center



HEY, PARENTS!



Spring is in the Air and in your Kitchen at PBS KIDS-

It's easy for kids (and parents!) to see math as an isolated activity. They might think of it as just counting, or adding, or something they do for 40 minutes a day at school. But if we want kids to think like mathematicians, we need to take math off the page and into the real world.

Everywhere we go, we are surrounded by math. Here's one example -- the kitchen!
As you cook . . .

Show kids what cups, teaspoons and tablespoons look like. Let them help you measure ingredients.

Let them pull the right number of eggs out of the carton or fill the measuring cup to the correct line.

Ask them to mix the batter 15 times and count with them as they do it.

Help them set the timer and show them how it counts down.

Set the oven to the right temperature together and watch as the numbers climb up. Talk about what "degrees" means.

Let them figure out how many piece of bread you need to make three sandwiches for lunch.

Teach them how to read a recipe and, as they get older, talk about how to "double" or "halve" a recipe.

Have them estimate how many pancakes or cookies the batter will make.



Powered by a Ready To Learn Grant

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Recipients:

- Head Start Families
- Head Start Policy Council Members
- Head Start Board Members
- Head Start Staff
- Head Start Advisory Committee Members
- Head Start Partners

Are You interested in getting your GED? Contact your T/TA Representative at your local center. Continuing education opportunities are available. College? Start Today!! It is never too late to learn.

“The more that you read, the more things you will know. The more that you learn, the more places you'll go.” — Dr. Seuss

Child Abuse and Neglect

The Child Protective Services division attempts to protect children whose lives or health could be seriously hurt because of abuse or neglect. We also make every attempt to preserve families.

What is child abuse?

According TN Law (T.C.A. § 37-1-102), “Abuse” exists when a person under the age of eighteen (18) is suffering from, has sustained, or may be in immediate danger of suffering from or sustaining a wound, injury, disability or physical or mental condition caused by brutality, neglect or other actions or inactions of a parent, relative, guardian or caretaker. Abuse can be physical, verbal, emotional or sexual.

Physical Abuse means any time a parent or caretaker hurts or injures a child on purpose. It also includes a parent or caretaker who fails to protect a child from a person who is hurting them. Physical abuse can seriously injure or even kill a child.

Physical Neglect means putting a child at serious risk of injury or illness by not adequately watching out for their safety, health and survival. Examples include:

- Abandonment
- Lack of supervision
- Life-endangering physical hygiene
- Lack of adequate nutrition, so the child doesn't grow normally
- Lack of shelter
- Ignoring medical or dental needs, putting the child's health in danger

- Not meeting a child's basic clothing needs

In its most severe form, physical neglect may result in a child's serious harm or death.

Sexual Abuse means touching or penetrating a child's intimate parts, oral sex with a child, indecent exposure or any other sexual act performed in a child's presence for sexual pleasure. It also includes using a child for prostitution and/or making child pornography. A parent or caretaker who fails to try to protect a child or stop sexual abuse by another person is also involved in child sexual abuse.

Emotional Abuse includes verbal assaults (insults and/or yelling), ignoring a child and constant fighting in the family. If a child is shamed and humiliated enough, they will begin to live up to the poor image communicated by the abusing parent or caretaker.

Child abuse can happen anywhere—in poor, middle-class or well-to-do homes, in rural areas or urban ones.

Who should report abuse?

According to Tennessee law, anyone who suspects child abuse or neglect (including doctors, mental health professionals, childcare providers, dentists, family members and friends) must report suspected cases. Failure to report child abuse or neglect is a violation of the law. **If you believe a child has been abused or neglected, call 877-237-0004 to report it.**

Source: www.kidcentraltn.com

L.B.J. & C. Head Start
Always There For Children and Families
Now Taking Applications!
All children are eligible to apply. Serving children 3 & 4 years of age including children with disabilities. Working with families to prepare for Kindergarten!! Children are engaged in educational activities daily! Two nutritional family style meals and afternoon snack provided daily.

L.B.J. & C. Head Start is a Limited Purpose Agency serving Clay, Cumberland, Dekalb, Fentress, Jackson, Macon, Overton, Pickett, Putnam, Smith, Warren, and White Counties. Parents' participation is not required as a condition of their child's enrollment. Participation is voluntary. However, Head Start needs Parental Input into all aspects of the Head Start Program. Funded by the U.S. Department of Health and Human Services, Administration for Children and Families. L.B.J. & C. Development Corporation is an Equal Opportunity Agency. The agency does not discriminate on any non-merit reasons such as race, color, religion, sex, national origin, age, marital status, political affiliation, sexual preference, or qualified individuals with mental and physical handicaps. The 504/ADA/Title VI Contact Person: Barbara Pendergrass (931) 528-3361. For reprints of this newsletter, contact us at (931) 528 - 3361, e-mail us at information@lbjc.org, or FAX us at (931) 528 - 2409.