

L.B.J. & C. Head Start's

L.B.J. & C. Notes

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Head Start Holiday Closings

All Head Start Centers, except HAFH and Pinewood will be closed December 18, 2017 through January 1, 2018. Children will return on January 2, 2018.

HAFH and Pinewood will be closed December 21, 2017 through January 1, 2018. Children will return on January 2, 2018.

The Head Start Central Office will be closed on December 22, 25, 26, 2017 and January 1, 2018 for the Holidays.

L.B.J. & C.'s Inclement Weather Policy

In the event of inclement weather, the Head Start Program will continue to observe the public school closing in each county where Head Start centers are located. In the event that the public school system in the county where your Head Start Center is located is closed, the Head Start center will be closed. If the public school system in the county where your Head Start center is located is open on time, 1-hour late, or 2-hours late, the Head Start Center will open at its normal opening time. Children will be allowed to come at their regular time. They are not

required to come later. Breakfast will be served at the regular time.

If the public school system closes early due to inclement weather, non-working parents will be expected to pick their child up at the time of school closing. Working parents will be expected to work out a system so their child can be picked up as soon as possible. Parents should make arrangements in the event the Head Start center should close early.

Happy couples: How to keep your relationship healthy

Romantic relationships are important for our happiness and well-being. Yet with more than 40 percent of new marriages ending in divorce, it's clear that relationships aren't always easy.¹ Fortunately, there are steps you can take to keep your romantic partnership in good working order.

Talking openly

Communication is a key piece of healthy relationships. Healthy couples make time to check in with one another on a regular basis. It's important to talk about more than just parenting and maintaining the household, however. Try to spend a few minutes each day discussing deeper or more personal subjects to stay connected to your partner over the long term.

That doesn't mean you should avoid bringing up difficult subjects. Keeping concerns or problems to yourself can breed resentment. When discussing tough topics, though, it pays to be kind. Researchers have found that communication style is more important than commitment levels, personality traits or stressful life events in predicting whether happily married couples will go on to divorce. In particular, negative communication patterns such as anger and contempt are linked to an increased likelihood of splitting up.²

Disagreements are part of any partnership, but some fighting styles are particularly damaging. Couples that use destructive behavior during arguments — such as yelling, resorting to personal criticisms or withdrawing from the discussion — are more likely to break up than are couples that fight constructively. Examples of constructive strategies for resolving disagreements include attempting to find out exactly what your partner is feeling, listening to his or her point of view and trying to make him or her laugh.³

Keeping it interesting

Between kids, careers and outside commitments, it can be difficult to stay connected to your partner. Yet there are good reasons to make the effort. In one study, for example, researchers found couples that reported boredom during their seventh year of marriage were significantly less satisfied with their relationships nine years later.⁴

To keep things interesting, some couples plan regular date nights. Even dates can get old, though, if you're always

renting a movie or going to the same restaurant. Experts recommend breaking out of the routine and trying new things — whether that's going dancing, taking a class together or packing an afternoon picnic.

Intimacy is also a critical component of romantic relationships. Some busy couples find it helpful to schedule sex by putting it on the calendar. It may not be spontaneous to have it written in red ink, but setting aside time for an intimate encounter helps ensure that your physical and emotional needs are met.

When should couples seek help?

Every relationship has ups and downs, but some factors are more likely than others to create bumps in a relationship. Finances and parenting decisions often create recurring conflicts, for example. One sign of a problem is having repeated versions of the same fight over and over. In such cases, psychologists can help couples improve communication and find healthy ways to move beyond the conflict.

You don't have to wait until a relationship shows signs of trouble before working to strengthen your union. Marital education programs that teach skills such as good communication, effective listening and dealing with conflict have been shown to reduce the risk of divorce.

If you'd like professional help improving or strengthening your relationship, use the APA's Psychologist Locator to find a psychologist in your area.

References

- ¹ Kreider, R. M. (2005). Number, timing, and duration of marriages and divorces: 2001. Current Population Reports. Washington, DC: U.S. Census Bureau.
- ² Lavner, J.A. & Bradbury, T.N. (2012). "Why do even satisfied newlyweds eventually go on to divorce?" Journal of Family Psychology, 26 (1): 1-10.
- ³ Birditt, K.S., Brown, E., Orbach, T.L., and McIlvane, J.M. (2010). "Marital conflict behaviors and implications for divorce over 16 years." Journal of Marriage and Family, 72 (5): 1188-1204.
- ⁴ Tsapelas, I., Aron, A., and Orbach, T. (2009). "Marital boredom now predicts less satisfaction 9 years later." Psychological Science, 20 (5): 543-545.

Source: www.apa.org

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L.B.J. & C. Head Start's mission is to partner with the family and community to help children and families prepare for school.

... "it takes a village to raise a child..."

We're on the web!
Check us out at www.lbjc.org

"Be a Head Start Volunteer-Contact your local Center Supervisor today. Head Start needs and appreciates all volunteers."

Recipients:

Head Start Families
Head Start Policy Council Members
Head Start Board Members
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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.

National Hand Washing Awareness Month

December is National Handwashing Awareness Month. Follow Henry the Hand's 4 Principles of Hand Washing -- Help Spread the Word, Not the Germs

1. Wash your hands when they are dirty and before eating.
2. DO NOT cough into your hands.
3. DO NOT sneeze into your hands.
4. Above all, DO NOT put your fingers into your eyes, nose, or mouth.

White Bread Clay

Ingredients

- 1-2 slices White Bread, crusts removed
- 1 Tbsp. White Glue (you may want to double or triple this recipe, 1 bread slice makes approx. 3 Tbsp. of clay.)


Directions

Rip bread into tiny pieces in bowl. Add glue and mix with fork till all crumbs are moistened. Roll into ball. If too wet, add a little more bread. Knead until smooth.


If dough dries out while working, add a few drops of water and knead. Store in sealed container in refrigerator up to a month. Air dries in 1-3 days.

For a semi-gloss finish; brush on equal parts water and white glue. Good for detailed projects-won't crack when drying.



— Preschool Parent Press



HEY, PARENTS!



- * Give Gifts of Time this Holiday Season
- * The holidays are an opportunity to teach children that the best things in life aren't things. Instead of offering kids lots of plastic toys that will break before the New Year, give them vouchers for family activities, like trips to the park or family game nights.
- * Teach kids that giving gifts of helping and patience can make the season more meaningful for all.
- * Consider suggesting activity gifts, like cooking lessons or walks around the block, to relatives who ask for gift ideas. Offer those relatives similarly meaningful presents, like a private piano concert from your young musician, an original poem or free babysitting for relatives who have young children of their own.
- * Read to and with your child over the holidays. Check out your local Library for free story times, great holiday story books, and activities that spread holiday cheer.
- * Watch all the great PBS Kids holiday specials on WCTE, your local PBS station.

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"No significant learning occurs without a significant relationship."
--Dr. James Comer