L.B.J.& C. Head Start

L.B.J.& C. Notes

Volume 1, Issue 7

February 2018

INSIDE THIS ISSUE:

It's Time to Complete Your Child's Application for Head Start	'
Now Taking Children's Applications	1
Head Start Closings	1
Tennessee Tobacco Quitline	1
4 Bad Brushing Habits to Break	1
Parenting Tips	2

Head Start Closings

All Head Start Centers and the Central Office will be closed on Monday, February 19, 2018 in lieu of President's Day! Children will return on February 20, 2018.



REMINDER:

Don't forget that February is Heart Disease Awareness Month and Dental Awareness Month!

It's Time to Complete Your Child's Application for Head Start!

Things you will need to complete the application process.

There are certain documents you need to bring with you at the time of completing your child's application.

These documents include:

- Child's birth certificate, Mother's copy, or Foster Care Contract.
- 2. Income Verification (one or more of the following):
 - Form 1040 for 2017
 - All W-2 Forms for 2017
 - Paycheck stubs for last twelve months

- Verification of Social Security or SSI and current monthly amount
- Proof of status as a current AFDC/ Temporary Assistance recipient and monthly amount
- Employer statement for gross wages paid during past 12 months
- Verification of child support received for previous year, or past 12 months

Children that are 3yrs old by 08/15/2018 and do not turn 5yrs old before 08/15/2018 are age eligible for Head Start.

For more information, call your local Head Start center or call 931-528-3361, ext. 222.

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.

4 Bad Brushing Habits to Break

Keeping Your Toothbrush for Too Long

The ADA recommends changing your toothbrush every 3-4 months, so make a resolution to change your toothbrush with every season this year. Frayed and broken bristles won't keep your teeth clean—these are signs it's time to let go. When you're shopping, look for one with the ADA Seal of Acceptance.

Not Brushing Long Enough

Speed demons, listen up! Your teeth should be brushed for a full two minutes, twice per day. Most of us fall short —the average time most people spend brushing is 45 seconds. If you're racing through cleaning, try setting a timer. Or distract yourself by humming your favorite tune!

Brushing Too Hard

Be gentle with your teeth. You may think brushing harder will remove more leftover food and the bacteria that loves to eat it, but a gentle brushing is all that's needed. Too much pressure may damage your gums.

Brushing Right After Eating

If you feel the need to clean your teeth after eating or drinking, wait at least 60 minutes before brushing—especially if you have had something acidic like lemons, grapefruit or soda. Drink water or chew sugarless gum with the ADA Seal of Acceptance to help clean your mouth while you are waiting to brush.

Source: www.mouthhealthykids.org



I I 50 Chocolate Drive Cookeville, TN 38501

Phone: 931-528-3361 Fax: 931-528-2409

MISSION STATEMENT

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

Head Start Staff

Head Start Advisory Committee Members

Head Start Partners

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.

"In bringing up children, spend on them half as much money and twice as much time."

- Author Unknown



HEY, PARENTS!



Get everyone excited about time outside together even on the coldest of winter days with these tips and ideas:

- Kids need to get their wiggles out. The American Academy of Pediatrics recommends 60 minutes of unstructured outdoor playtime for children, every day. Fit that in between scheduled activities with a little creativity here and there. For example, have a snow-shoveling competition, watch the clouds race, or create training drills for your favorite sport. With recess dwindling, the amount of fresh air my kids get every day is up to me. I'd much rather have towels and a mud mat by the door and my kids tired from running around than them bouncing off the walls inside at the end of the day.
- There is a special stillness in winter; pause to enjoy it. Have a muffin and hot cocoa for breakfast on the stoop. Take a walk after a newly fallen snow to notice animal tracks and see where they lead. Keep a backpack by the door with binoculars, magnifying glass, nature guide, and a water bottle and snack such as pretzels to be prepared for a spontaneous adventure when you do have fifteen minutes. The National Wildlife Federation's Wildlife Watch program helps you learn about animals that are out in winter where you live. Simply enter your state at www.nwf.org/wildlifewatch.



Powered by a Ready To Learn Grant

The contents of this ad were developed under a grant from the Department of Education. However, those contents do no necessarily represent the policy of the Department of Education, and you should not assume endorsement by the Federal Government PR/Award No. 112954 107035 (FED. No. 84.2954).