

# L.B.J. & C. Head Start

# L.B.J. & C. Notes

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## 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.

IT'S FREE.



1-800-QUIT-NOW  
1-800-784-8669

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(1-877-559-3816)

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## 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:

1. 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](http://www.mouthhealthykids.org)

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