

Head Start Notes

COVID-19 Update: Due to decreasing cases of COVID-19 within our area, LBJ&C is increasing traditional slots! If you have any questions, please contact your local center.

RAM Clinic

Remote Area Medical (RAM) is a major nonprofit provider of free pop-up clinics. Their mission is to prevent pain and alleviate suffering by providing free, quality healthcare to those in need. RAM does this by delivering free dental, vision, and medical services to underserved and uninsured individuals.

When: March 20, 2021—March 21, 2021 (All Day)

Where: Cookeville High School
2335 N Washington Ave
Cookeville, TN 38501

Free dental, vision and medical services are provided on a first-come, first-serve basis. All services are **free** and **open to the public**. No ID required. Due to time constraints, be prepared to choose between DENTAL and VISION services. Medical services are offered to every patient attending the clinic. Clinic doors typically open at 6 a.m. This process will repeat throughout the clinic days.

Patients will be required to wear a face covering and must undergo a COVID-19 screening before entering the clinic.

Details are subject to change. To find out more information, please visit www.ramusa.org



INSIDE THIS ISSUE

COVID-19 Update	1
RAM Clinic	1
Head Start Closings	2
Oral Health and Tooth Decay ..	2

SPECIAL POINTS OF INTEREST

- Increasing Traditional Slots!
- Mark Your Calendars for the March RAM Clinic!
- Yay! It's Spring Break!
- Healthy Teeth = Healthy Body



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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..."

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: Amy Mahoney (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.

**Are you interested in becoming a non-paid substitute at your center?
Contact the Human Resource Manager at the Central Office.**

ORAL HEALTH AND TOOTH DECAY

Factors That Cause Tooth Decay

- Parent has untreated tooth decay. Parents with untreated tooth decay have high amounts of bacteria that can cause decay. Parents can pass these bacteria to their child through saliva-sharing activities. Examples of these activities are cleaning a pacifier by mouth and giving it to their child and sharing forks or spoons.
- Child has frequent between-meal snacks or drinks that contain sugar. When children snack on foods containing natural or added sugar often throughout the day, their teeth are bathed in acid for long periods of time. This gives acid more time to break tooth surfaces down and create tooth decay than it would if the child ate regularly scheduled meals and snacks.
- Child has dental plaque on teeth. Dental plaque is a film on the surface of the tooth that is a mix of saliva, food, and the bacteria that cause tooth decay. If dental plaque is not removed by brushing with fluoride toothpaste twice a day, it increases the child's risk for developing decay.
- Child has a medical condition or a disability. Children with medical conditions, such as asthma, may take medicines that contain sugar or make their mouths dry. Children with disabilities may have oral habits that can wear or break teeth, or they may eat soft foods that can lead to more dental plaque on teeth, or they may be physically unable to clean their teeth well.

Head Start Spring Break Closings

March 15-19

Jackson, Overton, Putnam, Warren

March 22-26

Cumberland, Fentress, White

March 29-April 2

Clay, Dekalb, Pickett, Smith

Factors That Protect Teeth from Tooth Decay

In addition to lowering the factors that can cause tooth decay, it is important to increase the factors that protect teeth from decay. These include:

- Child receives fluoride. Fluoride puts minerals back into teeth that acid has removed. It also prevents the bacteria that cause tooth decay from growing. Three main ways children can receive fluoride to help protect against tooth decay are:
 - Fluoridated water. Fluoride is added to many community water supplies. Fluoride can be consumed by drinking tap water and eating foods made with tap water.
 - Fluoride toothpaste. As soon as the first tooth comes in, parents should brush their child's teeth with fluoride toothpaste twice a day.
- Child has a regular source of oral health care. Children who have regular dental visits are checked regularly for early signs of tooth decay. Services to protect teeth from tooth decay and repair early stages of tooth decay are also provided.

Keeping the Factors in Balance

The key to preventing tooth decay is keeping a balance between the factors that cause tooth decay and the factors that protect against decay. The goal is to lower the factors that cause decay as much as possible and increase the factors that prevent tooth decay as much as possible.

Source: <https://eclkc.ohs.acf.hhs.gov/publication/preventing-tooth-decay>