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SPECIAL HIGHLIGHTS:

- Welcome to a new program year!
- Give input into your child's education.
 Become a part of your center's Parent
 Center Committee.
- All centers will be having their Parent Center Committee Meeting in September. Look for the notification from your local center.
- See the Center
 Supervisor or Family
 Engagement Staff for more information.

Meet the Director:



Penny Meadows has been named the new L.B.J. & C. Head Start Director. Penny is proud to begin the journey as Director and grateful for the opportunity to work with the families and community members of the Upper Cumberland.

L.B.J.& C. Head S



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Notes

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Helping Children Cope With Separation Anxiety

The first day of a new school, or even the first day in a new classroom in the old school, can be met with a mix of excitement and anxiety for kids and parents alike. Although it's fun to embark on a new adventure and many children delight in the feeling of being "big," change can be scary for little ones (and their worried parents).

It's only natural for kids to feel anxious when saying goodbye to their parents. In fact, separation anxiety is a normal part of child development. Crying, tantrums and clinginess are all common symptoms of preschoolers struggling with separation anxiety. Parents should also be on the lookout for signs of regressed behavior. Try not to worry too much if your recently potty trained preschooler suddenly fails to make it to the bathroom on

time. When a child is challenged by a new developmental task, he is likely to temporarily lose ground in an area recently mastered.

As you prepare to drop your child off at school, try these strategies to help your child cope with separation anxiety:



Confront parental ambivalence. It's perfectly normal for parents to worry about the transition to a new school. It's hard to trust a new person or a new school with a little one! Kids will pick up on parental ambivalence. If parents hesitate, kids will feel unsafe. Create a goodbye ritual. Creating a specific goodbye ritual prior to the first day of Head Start can ease some of the anxiety about that final goodbye. Try one (or more) of these ideas: Develop a special handshake or special wave, hug, kiss, high five and goodbye! Watch your body language as you say goodbye. You might feel sad, but you want your child to feel safe and secure in this new fun environment.

Stick to a routine. Children are at their best when they have plenty of rest, eat a nutritious breakfast and don't feel rushed.

Head Start provides a great foundation for kids and kids have a lot of fun during this first school experience. Once you get over that first hurdle of saying goodbye, you will see your child grow and learn in leaps and bounds!

<u> Attendance Policy Synopsis</u>

If your child has to be absent, you as the parent are expected to call the Head Start center by 8 a.m., report the cause of absence and let them know when you expect the child to return. If the parent does not contact the Head Start by 8 am, your child will be considered unexpectedly absent. Head Start staff will contact the parent/guardian regarding your child's absence. Contact from the parent is encouraged so that Head Start Staff can be aware of the reason. A two-day absence without any communication will result in the Family Engagement staff making a home visit or other direct contact.

Please refer to the complete Attendance Policy in the Parent Handbook for additional information.



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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: 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.

Seven Ways to Keep Kids Healthy

The state of Tennessee helps families promote and protect the health and well-being of children. By taking advantage of the state's many resources and programs, parents and caregivers can create a healthier future for all Tennessee children. Simple

- steps like encouraging physical activity and keeping youngsters up-to-date on immunizations will help put children on the path to a lifetime of good health. Here are some ways you can help:
- 1. Keep kids and family members up-to-date on all immunizations every year.
- 2. Make sure all family members get a flu shot every year.
- 3. Encourage kids to be active for at least 60 minutes every day.
- 4. Have a well-balanced diet. Children have special nutritional needs.
- 5. Make sure children get regular checkups from their primary care provider.
- 6. Practice healthy habits to prevent illness or injury.
- 7. Be a good listener and role model.
- Source: www.kidcentraltn.com

Back-To-School Tips: A Checklist for Parents

- Remember to have verbal contact with the Head Start staff when transferring your child into our care.
- Please do not send food, money, toys, or backpacks to the center with the child.
- When your child is picked up at the center, he/she will only be released to an authorized adult. An authorized adult is one who the parent or legal guardian has listed on the child's application as an "authorized release person." Changes or additions to authorized release persons may only be made in person. Changes may not be made over the phone or through notes. Authorized persons may be required to show photo ID.
- Firearms, weapons, alcohol, and drugs are strictly prohibited on the L.B.J.& C. Head Start operational sites. A child will not be released to any person suspected of being under the influence of drugs and alcohol.
- Head Start has a Tobacco-Free Environment Policy prohibiting tobacco use at all times in all space utilized by the Head Start Program.
- Your child's attendance is very important to his/her learning. Please notify the center if your child will be absent from the center.

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

