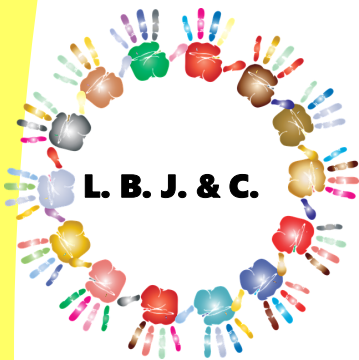


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## Head Start Closings

All Head Start Centers and Central Office will be closed the following days:

November 11  
November 26  
November 27

HAFH and Pinewood will remain open on November 11.

# L.B.J. & C.



# Head Start Notes

November 2020

Volume 1, Issue 4

## A Healthy Smile for Your Young Child

### Get Dental Care for Your Child

- Check your child's teeth and gums once a month. Look for white spots. If you see white spots, take your child to a dentist right away.
- If your child has not been to the dentist, make an appointment.
- Continue to visit the dentist to have your child's teeth and gums checked. The dentist will tell you when you need to come back.

- Eat fewer sweets like candy, cookies, or cake. Drink fewer sugary drinks like fruit-flavored drinks or pop (soda). Eat sweets or drink sugary drinks at mealtimes only.
- Get dental care.



brush at the gum line of his front teeth.

- Make sure your child spits out the toothpaste after brushing. Do not have your child rinse with water. The toothpaste that stays in your child's mouth is good for his teeth.
- Floss your child's teeth if they touch each other. Ask dental office staff for help. If your child has sore gums from a tooth coming in, give him a cold teething ring, cool spoon, or cold wet washcloth. Or you can rub your child's gums with a clean finger.
- Germs can pass from your mouth to your child's mouth. Use a different spoon to taste your child's food. If your child's pacifier falls on the floor, clean it with water.
- Do not dip pacifiers in sweet foods like sugar, honey, or syrup.

### Take Care of Your Child's Mouth

### Keep Your Own Mouth Healthy

- Brush your teeth with a soft toothbrush and toothpaste with fluoride, twice a day, after breakfast and before bed.
- Floss once a day before bedtime.
- Eat healthy foods, like whole-grain products, dairy products, fruits, vegetables, meat, fish, chicken, eggs, beans, and nuts.

- Brush your child's teeth with toothpaste with fluoride (floor-ide) twice a day, after breakfast and before bed. Use a soft toothbrush made for young children.
- For children under age 3, use a small smear of toothpaste. For children ages 3 to 6, use toothpaste the size of a pea.
- Brush the front and back of your child's teeth. Lift his lips to

Source: <https://www.mchoralhealth.org/DFs/childbrochure.pdf>

## National Diabetes Month 2020

November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes and its impact on millions of Americans.

This year's National Diabetes Month is focused on promoting health after gestational diabetes. Gestational diabetes is a type of diabetes that develops during pregnancy. Mothers who've had gestational diabetes need to know that they and their children have an increased lifelong risk for developing type 2 diabetes.

Most of the time, gestational diabetes goes away after the baby is born. Even if the diabetes goes away, you have a greater chance of getting diabetes — and your child from that pregnancy is at future risk for obesity and type 2 diabetes. In fact, half of all women who had gestational diabetes go on to develop type 2 diabetes.

If you've had gestational diabetes— [www.diabetes.org](http://www.diabetes.org)

1. Get tested for type 2 diabetes within 12 weeks after your baby

is born. If the test is normal, get tested every 3 years.

2. Talk to your doctor if you plan to become pregnant again in the future.
3. Tell your child's doctor if you had gestational diabetes.
4. Keep up healthy habits for a lifetime to prevent or delay type 2 diabetes.





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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..."

"Overcome the notion that you must be regular. It robs you of the chance to be extraordinary" – Uta Hagen

**"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](mailto:information@lbjc.org), or FAX us at (931) 528 - 2409.



## Children's Social, Emotional, and Mental Health During a Pandemic and What You Can Do

### Recognize and address fear and stress

When adults in the household are worried or stressed, even very young children (birth-2 years) may experience emotional distress. Children ages 3-5 years might worry about getting sick with COVID-19 or about their loved ones getting sick. Excessive worry or sadness, unhealthy eating or sleeping habits, and difficulty with attention and concentration are some signs of stress in young children. These are also signs of stress in adults, as well as worsening of chronic health problems or mental health conditions, and increased use of [tobacco](#) or [alcohol and other substances](#). Adults should seek mental health services or spiritual guidance if they are experiencing worry and [stress](#) that interferes with caretaking, household duties, or their ability to work. Adults can also take steps to provide stability and support to [help children cope](#). Parents can support positive

coping through play and talk about emotions. For instance, choosing a comfortable space on the floor, at the child's level, to talk about things that they are seeing adults do differently can provide the opportunity for children to express their fears in a safe place. To help young children have some sense of control and safety in these circumstances, parents can encourage conversations about being part of a community, such as protecting their family and their neighbors by standing 6 feet apart and wearing a mask. Have these changes become part of a fun and new family routine.

### Teach and reinforce everyday preventive actions

There are actions we can take to limit the spread of COVID-19. Be a good role model—if adults wash their hands often, stay at least 6 feet apart from others, and wear their mask in public spaces to help protect them-

selves and others, then children are more likely to do the same. CDC recommends that children age 2 years and older wear a mask.

### Help keep children healthy

Schedule well child and immunizations visits for children. Seek continuity in mental health and occupational health care. Help children eat healthy and drink water – instead of sugar sweetened beverages – for strong teeth. Encourage children to play outdoors—it's great for physical and mental health, and can help children stay healthy and focused.

### Help children stay socially connected

Reach out to friends and family via phone or video chats. Write cards or letters to family members they may not be able to visit. Schools may have tips and guidelines to help support social and emotional needs of children.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/early-childhood.html>