



# 2019



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

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L.B.J. & C. Head Start  
1150 Chocolate Drive  
Cookeville, TN 38501

## Fall 2019

### October is Open House Month!!!

You are cordially invited to attend Open House at all of our Head Start Centers.

October 2, 2019  
HAFH & Pinewood  
Crossville, TN  
1:00 p.m. - 4:00 p.m.

October 9, 2019  
Jamestown Head Start  
Jamestown, TN  
1:00p.m.—4:00 p.m.

October 16, 2019  
Monterey Head Start  
Monterey, TN  
1:00p.m.—4:00 p.m.

October 23, 2019  
Celina Head Start  
Celina, TN  
1:00p.m.—4:00 p.m.

October 3, 2019  
Bondecroft Head Start  
Sparta, TN  
1:00p.m.—4:00 p.m.

October 10, 2019  
Midway Head Start  
Rock Island, TN  
1:00p.m.—4:00 p.m.

October 17, 2019  
Lafayette Head Start  
Lafayette, TN  
1:00p.m.—4:00 p.m.

October 24, 2019  
Smith County HS  
Carthage, TN  
1:00p.m.—4:00 p.m.

October 4, 2019  
Clarkrange Head Start  
Clarkrange, TN  
1:00 p.m.—4:00 p.m.

October 11, 2019  
Livingston Head Start  
Livingston, TN  
1:00p.m.—4:00 p.m.

October 18, 2019  
Byrdstown Head Start  
Byrdstown, TN  
1:00p.m.—4:00 p.m.

October 25, 2019  
Gainesboro Head Start  
Gainesboro, TN  
1:00p.m.—4:00 p.m.

October 7, 2019  
Sparta Head Start  
Sparta, TN  
1:00p.m.—4:00 p.m.

October 14, 2019  
Algood Head Start  
Algood, TN  
1:00p.m.—4:00 p.m.

October 21, 2019  
Smithville Head Start  
Smithville, TN  
1:00p.m.—4:00 p.m.

October 28, 2019  
Shiloh Head Start  
Cookeville, TN  
1:00p.m.—4:00 p.m.

October 8, 2019  
Red Boiling Springs HS  
Red Boiling Springs, TN  
1:00p.m.—4:00 p.m.

October 15, 2019  
Crossville Head Start  
Crossville, TN  
1:00p.m.—4:00 p.m.

October 22, 2019  
Brookside Head Start  
McMinnville, TN  
1:00p.m.—4:00 p.m.

October 29, 2019  
South Cookeville HS  
Cookeville, TN  
1:00p.m.—4:00 p.m.

## Why Is Art And Craft Important For Your Child's Development



### How art and craft activities can benefit a child:

Doing art and craft activities requires the involvement of the mind, body and emotions. As such, they play an important role in the holistic development of children. Here are a few ways art and craft activities can benefit your child.

**1. Improve motor skills and coordination:** Doing art and craft activities aid in the development of both large and small muscles and eye-hand coordination. They also help children learn fine motor control, which is crucial for writing. Activities like gripping a colour pencil or a paintbrush, using scissors, squeezing the bottle of glue or rolling play dough develops and improves dexterity. Since, children use both the hands for these activities, their coordination also improves.

Bengaluru-based art therapist Seema Mullick says, “Art activities have the ability to heal the body and the mind. The environment, processes and art materials all have a positive effect on young children. However, art expression needs a safe space, choices and some limits. Only then can art help in the expression of emotions, release of stress and development of self-esteem. Depending on what a child needs emotionally, different art materials help the child be in control or find comfort in letting go.”

**2. Enhance cognitive skills:** These activities employ the senses and encourage neural connections. Children’s brain synapses (connecting points between brain cells) are stimulated as they experiment and create. Also, art promotes ‘executive function’ – a set of mental skills that help us pay attention, switch focus, plan and organise, multitask, remember details and manage time.

**3. Encourage self-expression:** Children love to visualise and express. However, lack of adequate language skills prevents them from conveying their thoughts. So, they are always looking for ways to express what is there in their mind. Art and craft activities allow children to express themselves freely. Also, these activities provide children with a creative outlet to explore and communicate their feelings, and deal with scary emotions in a safe way.

**4. Teach self-regulation:** Art activities relieve stress, promote calm and self-regulation. For instance, when using water colours to paint, children need to wait for some time for a coat to dry before applying the next one. This teaches them to persevere and be patient.

**5. Develop self-esteem:** Creating a piece of art, however simple, enhances children’s self-esteem. When a child completes an art and craft activity and adults praise him, he feels happy and confident. So, it is important to choose art and craft activities based on the age of children. Also, adults must keep in mind that when a child finishes his activity, he should be praised for the effort he put in and not the product.

**6. Boost creative skills:** Art is a domain where children can use their active imagination productively. According to the US-based International Child Art Foundation, children who are exposed to art acquire the special ability to think creatively, be original and discover new things.

**7. Nurture problem-solving skills:** Dealing with an artistic challenge helps develop problem-solving skills. Planning

and executing a creative project require children to make choices and take decisions. Working independently, evaluating their own decisions and, perhaps, changing them sharpens critical thinking and problem-solving abilities.

**8. Foster social skills:** Working together on creative activities gives children an opportunity to share and interact with each other. Also, putting materials away and cleaning up after they are through with their activity, help children learn about team work and being responsible.

**9. Adapt to changes:** There is no right or wrong way of exploring one’s creativity. After drawing a picture or painting an image, often, children would look at their work, contemplate and make changes. This helps them learn to make and accept changes, and adjust to them.

**10. Augment visual processing skills:** Art activities that help children recognise patterns, colours and shapes, enhance visual processing skills. These skills are an important part of cognitive development, especially during the early years of life.



### Art and learning

Integrating art with other subjects improves the quality of learning. Art engages children more than textbook learning as it is immersive and fun.

Creating or observing art helps children absorb concepts better. For instance, if young children are made to draw and colour numbers, they are able to memorise them more easily. Art can aid in developing language skills too. For example, students can be taught a new word, for example, umbrella, and be made to draw it. This also helps sharpen observation skills.

Finally, art and craft are a good way for children to understand themselves and the world around them. It’s also a great way for parents and children to bond with each other. So, this weekend, get lost in the world of art together with your child.

Source: <https://www.parentcircle.com/article/why-is-art-and-craft-important-for-your-childs-development/>

## October is Domestic Violence Awareness Month

National Domestic Violence Awareness Month is recognized each October through educational events, community gatherings, and support groups. In 2018, the Domestic Violence Awareness Project developed a unified theme: #1Thing. The purpose of this campaign is to remind everyone that ending domestic violence starts with just one small action, whether that is seeking help or sharing resources.

Source: <https://nationaltoday.com/%e2%80%8bnational-domestic-violence-awareness->





## Happier Meals for Kids at the Drive-Thru

You've got hungry kids in the car and you need food pronto, so you pull into the drive-thru at a fast food restaurant. We've all been there ... but, hopefully, not too often. A 2013 study in JAMA Pediatrics found that teenagers and younger children who eat fast food consume more calories than from meals prepared at home. In addition to excess calories, a steady intake of fast food may result in large amounts of saturated fat, added sugars and sodium and fall short on dietary fiber, vitamins and minerals.

Fast food meals for kids may have gotten more nutritious, with fruits and vegetables becoming common side dish options. But many quick-serve food establishments remain a minefield of less-than-desirable choices. While parents don't need to enforce a complete ban on fast food, make sure to choose the most nutrient-rich options in kid-appropriate portions.

### Set Limits

The wafting smells of French fries or fresh doughnuts can play havoc on your resolve to order smart, so be clear about your rules for fast food before ordering. For example, let your kids know you want them to sip milk instead of soda or have a fruit or vegetable with their meal. Allow them to choose between apple slices or a salad, not between a salad and French fries.

### Arm Yourself with Information

Many quick-serve establishments list nutritional content directly on their menu boards. Another place to check is online, so you can take a few minutes to study the best choices at a variety of fast food joints before you hit the road. When you don't have the time to check facts, keep these lighter choices in mind and ask for sauces, dressings, and condiments on the side:

- Salad with grilled chicken
- Grilled chicken wrap or fresh turkey wrap
- Plain, kid-sized hamburger
- Low-fat yogurt

- Apple slices
- Bean burritos or tacos
- Chili
- Large fruit cups
- Small roast beef sandwich
- Fat-free or low-fat milk



### Mind the Portions

Order appropriate child-size meals for youngsters and resist supersizing meals for older kids, unless two or more children are splitting it. Adults also can order kid-sized meals, which automatically come with fruit and low-fat milk at some restaurants and supply about half the calories of some of the regular menu items

### Rethink Your Drink

Milk and water are appropriate options for younger children. Teenagers, who may be able to have more calories because they are active, might request regular soda or blended coffee beverages that are loaded with added sugars and may displace more nutritious calories from milk or food. Instead, steer them toward the smallest size possible or have them split the smallest drink on the menu.

### Plan for Healthful Snacking

Planning for hunger can help you avoid the pull of the drive-thru. Keep tasty and nutritious foods in the car, including dried fruit, natural applesauce in single-serve containers and nuts. On longer trips, take ice packs in a small cooler or refrigerator bag and stock it with fresh fruit, string cheese, low-fat yogurt, milk boxes, whole-grain crackers, nut butters or hummus and fresh veggies to tide you over or to supplement a fast food meal.

*Source: excerpt from <https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/happier-meals-for-kids-at-the-drive-thru>*

## Preventative Measures for the Cold and Flu Virus

There are many ways you can work to prevent catching a virus during cold and flu season. While some of these do involve the usage of herbs, other practices such as good hygiene, good nutrition, lifestyle considerations, and sleep habits can make a big difference as well.

### Good Hygiene:

Regularly wash your hands with soap. Avoid crowds, pens and pencils in public places, and shopping carts. Don't touch your face. Viruses enter the body thru mucous membranes, so keep your hands away from your mouth, nose, and eyes. A Berkeley study showed the typical hand to face connection is made an average of 16 times per hour

### Healthy Diet:

Eliminate sugar. Sugar can suppress your immune system for hours after ingestion. Take probiotics to support a healthy immune system. Eat nutritious, unprocessed foods.

### Lifestyle Considerations:

Exercise. Spend time in the sun .  
Get fresh air. Reduce your stress. Stress can compromise your

immune system. If you find yourself in a stressful situation, breathing exercises and meditation can be helpful tools. Get plenty of rest, especially during cold and flu season. Gargle with 1 teaspoon of salt in some warm water as the "bugs" (viruses) generally don't like salt.

### Supplements:

It is a good idea to have your vitamin levels checked. Much research on vitamin D is currently underway and shows vitamin D is high on the list for helping the immune system. While you're checking with your healthcare professional about vitamin D, ask them about vitamin C. Vitamin C is important as an immune system builder .

### Herbs:

Stay hydrated. Drink lots of warm drinks. Nutritious teas are helpful here as are spicy chai teas.

*Source: <https://theherbalacademy.com/staying-healthy-this-cold-and-flu-season>*



1150 Chocolate Drive  
Cookeville, TN 38501

Phone: 931-528-3361

Fax: 931-528-2409

[www.lbjc.org](http://www.lbjc.org)

**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

Are You interested in getting your GED? Contact your T/TA Representative at your local center. Continuing education opportunities are available. College? Start Today!! It is never too late to learn.

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.



## HEY, PARENTS!



#### Read together every day.

Read to your child every day. Make this a warm and loving time when the two of you can cuddle close.

#### Give everything a name.

Build comprehension skills by playing games that involve naming objects. Say things like, "Where's your nose?" Or touch your child's nose and say, "What's this?"

#### Say how much you enjoy reading.

Tell your child how much you enjoy reading with him or her. Talk about "story time" as the favorite part of your day.

#### Read with fun in your voice.

Read to your child with humor and expression. Use different voices. Ham it up!

#### Know when to stop.

Put the book away for awhile if your child loses interest or is having trouble paying attention.

#### Be interactive.

Discuss what's happening in the book, point out things on the page, and ask questions.

#### Read it again and again.

Go ahead and read your child's favorite book for the 100th time!

#### Talk about writing, too.

Mention to your child how we read from left to right and how words are separated by spaces.



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