

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

## 2023 Winter Edition

### REMINDER TO FOLLOW OUR INCLEMENT WEATHER POLICY

- If the local school is **1-2 hours late**,
  - Head Start will open on time.
- If the local school is **closed**,
  - Head Start will be closed.
- If the local school **closes early** due to inclement weather,
  - Head Start will close at the same time.

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A child's life is like a piece of paper on which  
every person leaves a mark.



### CLASSROOM SPOTLIGHT



Mr. Kevin Potter  
Class B Bondecroft

### Upcoming Events

**Jan. 16** Martin Luther King Holiday  
All centers Closed

HAPPY  
NEW YEAR!

## PICKY EATING AT HOME

SOURCE: OFFICE OF HEAD START

Picky eating is often normal for typically developing toddlers. After infancy, when babies usually triple in weight, a toddler's growth — and appetite — tends to slow down. During this time, they start to develop food preferences. Their favorite food one day may hit the floor the next, or a less-preferred food might suddenly become one they can't get enough of. For weeks, a toddler may eat one or two foods — and nothing else. Families' attitudes can often shape a child's experience with food.

**Here are strategies to encourage a sense of adventure with eating:**

- Focus on making healthy food choices available.
- Don't pressure kids to explore new food choices and tastes.
- Eat family meals together.
- Learn more about the division of responsibility during mealtimes. Adults are responsible for offering different healthy foods while children choose which ones to eat and how much.
- Offer a variety of foods and model healthy eating. This may include offering those foods several times before children finally accept.
- Let children take part in food shopping and preparation.
- Routines matter!



## FLOURIDE A POWERFUL TOOL TO PREVENT TOOTH DECAY

SOURCE: [WWW.HEALTHYCHILDREN.ORG](http://WWW.HEALTHYCHILDREN.ORG)

The most common chronic disease of early childhood is responsible for millions of school hours lost each year due to illness—and it is largely preventable.

The American Academy of Pediatrics recognizes that pediatricians are uniquely positioned to provide oral health guidance to families and apply fluoride varnish to prevent disease in an updated clinical report, "Fluoride Use in Caries Prevention in the Primary Care Setting."

"Fluoride has consistently been proven effective at preventing tooth decay, which, when left untreated, can lead to pain, loss of teeth and serious infections," said Melinda B. Clark, MD, FAAP, lead author of the report. "Pediatricians can prevent dental disease by applying fluoride varnish, counseling families on nutrition and how to care for their children's teeth and referring to a dentist."

# EARNED INCOME TAX CREDITS

SOURCE: [WWW.IRS.GOV](http://WWW.IRS.GOV)

The Earned Income Tax Credit (EITC) helps low- to moderate-income workers and families get a tax break. If you qualify, you can use the credit to reduce the taxes you owe – and maybe increase your refund.



## Who Qualifies

You may claim the EITC if your income is low- to moderate. The amount of your credit may change if you have children, dependents, are disabled or meet other criteria.

Military and clergy should review [Special EITC Rules](#) because using this credit may affect other government benefits.

**If you claim this credit**, your [refund may be delayed](#). By law, the IRS must wait until [mid-February](#) to issue refunds to taxpayers who claim the Earned Income Tax Credit.

# FREE FILE: DO YOUR FEDERAL TAXES FOR FREE

SOURCE: [WWW.IRS.GOV](http://WWW.IRS.GOV)

IRS Free File lets you prepare and file your federal income tax online for free. File at an IRS partner site with the IRS Free File Program or use Free File Fillable Forms. It's safe, easy and no cost to you for a federal return.

To receive a free federal tax return, you must select an IRS Free File provider from the Browse All Offers page or from your Online Lookup Tool results. Once you click your desired IRS Free File provider, you will leave the IRS.gov website and land on the IRS Free File provider's website. Then, you must create an account at the IRS Free File provider's website accessed via IRS.gov to prepare and file your return. Please note that an account created at the same provider's commercial tax preparation website does NOT work with IRS Free File: you MUST access the provider's Free File site as instructed above.

## Choose from IRS Free File:

### Guided Tax Preparation (for AGI \$73,000 or less)

- Free federal return if you qualify
- Answer simple questions
- Guided preparation does all the math
- Tax filing done on an IRS partner site
- Some state tax preparation and filing are free

### Fillable Forms

- Available for any income level
- Free electronic forms you fill out and file yourself
- Be able to prepare a paper tax return using IRS forms, instructions and publications
- No tax preparation guidance and limited calculations provided

## NEED HELP WITH YOUR WATER OR UTILITY BILL?



SOURCE: WWW.UCHRA.ORG

The Low Income Home Energy Assistance Program (LIHEAP) and the Low Income Household Water Assistance Program (LIHWAP), are federally funded programs administered by the Tennessee Housing Development Agency (THDA) to provide energy assistance to low-income households.

Contact your local county office to find out more.

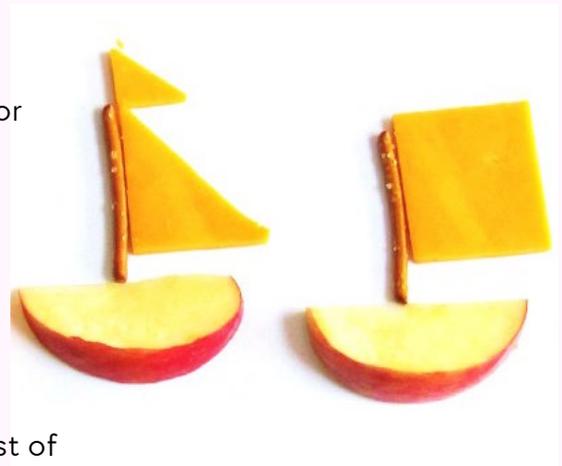
## Cook's Corner Recipe: Cheese and Apply Pirate Ship

### Ingredients

- 1 apple
- 8 to 10 pretzel sticks
- 8 to 10 ounces low-fat cheddar cheese, such as Colby-Jack or mozzarella

### Directions

1. Cut apple into 8 to 10 slices.
2. Cut cheese into squares or triangles.
3. Put an apple slice on a plate or napkin.
4. Put 1 pretzel stick above the apple slice to make the mast of the ship.
5. Put 1 or 2 cheese slices on top of or next to the pretzel to make the sail(s).



### Makes 4-5 servings

**Safety tip:** To prevent injuries, an adult should slice the ingredients

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: Angela West (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.

# Apply Now

All age eligible children can apply. Serving children 3 & 4 years of age including children with disabilities.

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

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

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Events, parenting tips, developmental milestones, and more... L.B.J. & C. Head Start is your reliable source for early childhood education information.

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<https://www.lbjc.org>