

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

# L.B.J.& C. Notes

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## **Childhood Obesity is on the Rise**

The number of overweight children in the United States has increased dramatically in recent years. Approximately 10 percent of 4 and 5 year old children are overweight, double that of 20 years ago. Overweight is more prevalent in girls than boys and in older preschoolers (ages 4-5) than younger (ages 2-3).

Obesity increases even more as children get older. For ages 6 to 11, at least one child in five is overweight. Over the last two decades, this number has increased by more than 50 percent and the number of obese children has nearly doubled.

For most children, overweight is the

result of unhealthy eating patterns (too many calories) and too little physical activity. Since these habits are established in early childhood, efforts to prevent obesity should begin early.

Parents and caregivers can help prevent childhood obesity by providing healthy meals and snacks, daily physical activity, and nutrition education. Healthy meals and snacks provide nutrition for growing bodies while modeling healthy eating behavior and attitudes. Increased physical activity reduces health risks and helps weight management. Nutrition education helps young children develop an awareness of good nutrition and healthy eating habits for a lifetime.

*Source: www.health.ny.gov*

**L.B.J.& C.  
Head Start  
Always There  
For Children  
and Families  
Now Taking  
Applications!**

**All children are eligible to apply. Serving children 3 & 4 years of age including children with disabilities. Working with families to prepare for Kindergarten!! Children are engaged in educational activities daily! Two nutritional family style meals and afternoon snack provided daily.**



***March is National  
Nutrition Month***

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

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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..."*

We're on the web!  
Check us out at  
[www.lbjc.org](http://www.lbjc.org)

**"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.



# HEY, PARENTS!



Get everyone excited about time outside together even on the coldest of winter days with these tips and ideas:

- City or country, going outside is free. You can always take fifteen minutes to go on a safari around the neighborhood, carve a sculpture in the snow right out your doorstep, or be an archaeologist and see what is trapped in a layer of ice. With the leaves off the trees, you can see more and explore longer without tall brush in the way. At night, you don't have to stay up late to see clear starry skies. And there isn't cold weather that can't be solved by an extra layer or two. Start with noncotton long underwear and socks and layer on your clothes from there.
- Let's face it: time outside is a fabulous parenting tool and a stress-release valve for everyone. My kids get ready faster with the promise of fifteen minutes outside before school, and I can redirect negative energy between siblings at any time by declaring, "I'll meet you outside for a game of tag!" Family psychologist Dr. Lynne Kenney agrees. "Kids want to spend time with their parents. By suggesting an outdoor activity that your children love, they not only get precious moments they crave with you, you teach them the value of healthy choices."



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