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Upcoming Holiday Closing for L.B.J. & C. Centers

November 11
⇒ (HAFH Open)
November 28
November 29

Are you interested in becoming a non-paid substitute at your center? Contact the Human Resource Manager at the Central Office.

L.B.J. & C.



Head Start Notes

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Happy Couples: How to Keep Your Relationship Healthy

Romantic relationships are important for our happiness and well-being. Yet with more than 40 percent of new marriages ending in divorce, it's clear that relationships aren't always easy.¹ Fortunately, there are steps you can take to keep your romantic partnership in good working order.

Talking openly

Communication is a key piece of healthy relationships. Healthy couples make time to check in with one another on a regular basis. It's important to talk about more than just parenting and maintaining the household, however. Try to spend a few minutes each day discussing deeper or more personal subjects to stay connected to your partner over the long term.

That doesn't mean you should avoid bringing up difficult subjects. Keeping concerns or problems to yourself can breed resentment. When discussing tough topics, though, it pays to be kind. Researchers have found that communication style is more important than commitment levels, personality traits or stressful life events in predicting whether happily married couples will go on to divorce. In particular, negative communication patterns such as anger and contempt are linked to an increased likelihood of splitting up.²

Disagreements are part of any partnership, but some fighting

styles are particularly damaging. Couples that use destructive behavior during arguments — such as yelling, resorting to personal criticisms or withdrawing from the discussion — are more likely to break up than are couples that fight constructively. Examples of constructive strategies for resolving disagreements include attempting to find out exactly what your partner is feeling, listening to his or her point of view and trying to make him or her laugh.³

Keeping it interesting

Between kids, careers and outside commitments, it can be difficult to stay connected to your partner. Yet there are good reasons to make the effort. In one study, for example, researchers found couples that reported boredom during their seventh year of marriage were significantly less satisfied with their relationships nine years later.⁴

To keep things interesting, some couples plan regular date nights. Even dates can get old, though, if you're always renting a movie or going to the same restaurant. Experts recommend breaking out of the routine and trying new things — whether that's going dancing, taking a class together or packing an afternoon picnic. Intimacy is also a critical component of romantic relationships.



Some busy couples find it helpful to schedule sex by putting it on the calendar. It may not be spontaneous to have it written in red ink, but setting aside time for an intimate encounter helps ensure that your physical and emotional needs are met.

When should couples seek help?

Every relationship has ups and downs, but some factors are more likely than others to create bumps in a relationship. Finances and parenting decisions often create recurring conflicts, for example. One sign of a problem is having repeated versions of the same fight over and over. In such cases, psychologists can help couples improve communication and find healthy ways to move beyond the conflict.

You don't have to wait until a relationship shows signs of trouble before working to strengthen your union. Marital education programs that teach skills such as good communication, effective listening and dealing with conflict have been shown to reduce the risk of divorce.

If you'd like professional help improving or strengthening your relationship, use the APA's Psychologist Locator to find a psychologist in your area.

Submitted by: Amy Mahoney, PFCE Specialist
<https://www.apa.org/helpcenter/healthy-relationships>

National Diabetes Month 2019

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—

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.

www.diabetes.org





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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, or FAX us at (931) 528 - 2409.



5 Great Reasons to Cook with Your Kids



1. **Engage other senses.** For a hesitant eater, tasting an unfamiliar food can sometimes be intimidating. You can help your child explore foods when cooking using other senses besides taste. This helps to build positive associations with food. Kneading dough, rinsing vegetables, and tearing lettuce all involve touching food and being comfortable with texture. The complex flavors we experience when eating food come from both taste sensations from the tongue AND smelling with the nose. While cooking with new ingredients, some children may feel too overwhelmed to taste. If this happens, you can try suggesting smelling a food first; this may provide a bridge to tasting in the future.

2. **Use cooking to raise smart kids.** There are so many lessons that can be taught while cooking. Math concepts like counting, measurement, and fractions naturally unfold when navigating a recipe with kids. Explaining how food changes with temperature or how certain foods can help our body be healthy provide great lessons in science. While cooking with your child, practice new vocabulary as you describe how food looks, feels, and tastes. Following a recipe from start to finish helps build the skills for planning and completing

projects.

3. **Make cooking part of the family culture.** The family meal can start in the kitchen as you cook together. Family meal preparation is an opportunity to celebrate your cultural heritage by passing down recipes. Help your kids find new, seasonal recipes to add to your repertoire and family cookbook. Cooking together and prioritizing health over the convenience of processed food are great ways to lead by example and help your children buy into a culture of wellness. Building daily and seasonal traditions around cooking together helps strengthen your family's commitment to a healthy lifestyle.

4. **Keep it safe.** Teach kids the importance of staying safe while cooking by showing them how to hold kitchen tools safely, how to use oven mitts to protect hands from heat, and how to turn appliances on and off safely. Always supervise children when cooking to ensure they are sticking with safe and age-appropriate tasks. The best way to keep cooking safe is to know your child's abilities and his or her stage of development. A four-year-old child, for example, may not be ready to sauté vegeta-

bles over a hot pan, but may have the fine motor skills to rinse fruits or tear salad leaves. Keeping safety in mind, it is not difficult to get kids—even toddlers—involved in the kitchen.

5. **Ask for input.** Children feel more included in mealtime when they are asked to be a part of meal preparation. Collaborate with your kids when selecting recipes for main dishes or sides. Let them help you make the shopping list and find groceries in the store or farmers market. When cooking together, let children offer a critique of the foods you are preparing. Together you can decide what ingredients you should add to enhance the flavor. Talk about how people enjoy different tastes, and share your preferences with each other. Letting children be "in charge" of details like how to set the table will help them feel invested in mealtime.

Over many years, cooking as a family will help develop a happy, adventurous eater with some pretty valuable life skills—and plenty of happy memories in the kitchen. With enough practice, your child will someday be able to cook YOU a delicious meal!

<https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Cooking-With-Your-Children.aspx>