



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

Inside this issue:

Open House Schedule	cover	WHAT IS DOMESTIC VIOLENCE?	3
For The Children's Sake, Put Down That Smartphone	2	Parenting Tips	4



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

Fall 2017

October is Open House Month!!!

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

October 2, 2017 HAFH & HAFH Pinewood HS Crossville, Tennessee 1:00 p.m. - 4:00 p.m.	October 3, 2017 Bondecroft Head Start Sparta, Tennessee 1:00 p.m. - 4:00 p.m.	October 4, 2017 Jamestown Head Start Jamestown, Tennessee 1:00 p.m. - 4:00 p.m.
October 5, 2017 Red Boiling Springs HS Red Boiling Springs, TN 1:00 p.m. - 4:00 p.m.	October 6, 2017 Sparta Head Start Sparta, Tennessee 1:00 p.m. - 4:00 p.m.	October 9, 2017 Midway Head Start Rock Island, Tennessee 1:00 p.m. - 4:00 p.m.
October 10, 2017 Celina Head Start Celina, Tennessee 1:00 p.m. - 4:00 p.m.	October 11, 2017 Clarkrange Head Start Clarkrange, Tennessee 1:00 p.m. - 4:00 p.m.	October 12, 2017 Lafayette Head Start Lafayette, Tennessee 1:00 p.m. - 4:00 p.m.
October 13, 2017 Algood/Cookeville Head Start Algood, Tennessee 1:00 p.m. - 4:00 p.m.	October 16, 2017 Smith Head Start Carthage, Tennessee 1:00 p.m. - 4:00 p.m.	October 17, 2017 Monterey Head Start Monterey, Tennessee 1:00 p.m. - 4:00 p.m.
October 18, 2017 Livingston Head Start Livingston, Tennessee 1:00 p.m. - 4:00 p.m.	October 19, 2017 Crossville Head Start Crossville, Tennessee 1:00 p.m. - 4:00 p.m.	October 20, 2017 Shiloh Head Start Cookeville, Tennessee 1:00 p.m. - 4:00 p.m.
October 23, 2017 Brookside Head Start McMinnville, Tennessee 1:00 p.m. - 4:00 p.m.	October 24, 2017 Gainesboro Head Start Gainesboro, Tennessee 1:00 p.m. - 4:00 p.m.	October 25, 2017 South Cookeville HS McMinnville, Tennessee 1:00 p.m. - 4:00 p.m.
October 26, 2017 Byrdstown Head Start Byrdstown, Tennessee 1:00 p.m. - 4:00 p.m.	October 27, 2017 Smithville Head Start Smithville, Tennessee 1:00 p.m. - 4:00 p.m.	



For The Children's Sake, Put Down That Smartphone



It's not just kids who are overdoing screen time. Parents are often just as guilty of spending too much time checking smartphones and e-mail — and the consequences for their children can be troubling.

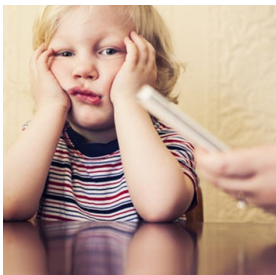
Dr. Jenny Radesky is a pediatrician specializing in child development. When she worked at a clinic in a high-tech savvy Seattle neighborhood, Radesky started noticing how often parents ignored their kids in favor of a mobile device. She remembers a mother placing her phone in the stroller between herself and the baby. "The baby was making faces and smiling at the mom," Radesky says, "and the mom wasn't picking up any of it; she was just watching a YouTube video."

When Parents Are The Ones Too Distracted By Devices

Radesky was so concerned she decided to study the behavior. After relocating to Boston Medical Center, she and two other researchers spent one summer observing 55 different groups of parents and young children eating at fast food restaurants. Many of the caregivers pulled out a mobile device right away, she says. "They looked at it, scrolled on it and typed for most of the meal, only putting it down intermittently."

This was not a scientific study, Radesky is quick to point out. It was more like anthropological observation, complete with detailed field notes. Forty of the 55 parents used a mobile device during the meal, and many, she says, were more absorbed in the device than in the kids.

Radesky says that's a big mistake, because face-to-face interactions are the primary way children learn. "They learn



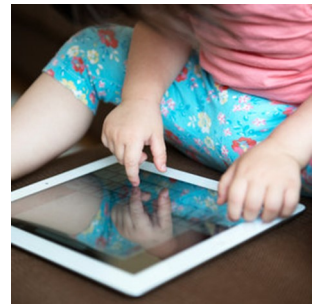
language, they learn about their own emotions, they learn how to regulate them," she says. "They learn by watching us how to have a conversation, how to read other people's facial expressions. And if that's not happening, children are missing out on important development milestones."

And, perhaps not surprisingly, when Radesky looked at the patterns in what she and the other researchers observed, she found that kids with parents who were most absorbed in their devices were more likely to act out, in an effort to get their parents' attention. She recalls one group of three boys and their father: The father was on his cellphone, and the boys were singing a song repetitively and acting silly. When the boys got too loud, the father looked up from his phone and shouted at them to stop. But that only made the boys sing louder and act sillier.

Psychologist Catherine Steiner-Adair wrote a book about parenting, called *The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age*. She sees lots of parents, teens and younger kids in her clinical practice in Massachusetts. The father's reaction to his three silly boys might be expected, she says, because "when you're texting or answering email, the part of your brain that is engaged is the 'to do' part, where there's also a sense of urgency to get the task accomplished, a sense of time pressure. So we're much more irritable when interrupted."

Parenting In The Age Of Apps: Is That iPad Help Or Harm?

And when parents focus on their digital world first — ahead of their children — there can be deep emotional consequences for the child, Steiner-Adair says. "We are behaving in ways that certainly tell children they don't matter, they're not interesting to us, they're not as compelling as anybody, anything, any ping that may interrupt our time with them," she says.



In research for her book, Steiner-Adair interviewed 1,000 children between the ages of 4 and 18, asking them about their parents' use of mobile devices. The language that came up over and over and over again, she says, was "sad, mad, angry and lonely." One 4-year-old called his dad's smartphone a "stupid phone." Others recalled joyfully throwing their parent's phone into the toilet, putting it in the oven or hiding it. There was one girl who said, "I feel like I'm just boring. I'm boring my dad because he will take any text, any call, anytime — even on the ski lift!"

Steiner-Adair says we don't know exactly how much these mini moments of disconnect between a parent and child affect the child in the long term. But based on the stories she hears, she suggests that parents think twice before picking up a mobile device when they're with their kids.

Source: Patti Neighmond

WHAT IS DOMESTIC VIOLENCE?

Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, psychological violence, and emotional abuse. The frequency and severity of domestic violence can vary dramatically; however, the one constant component of domestic violence is one partner's consistent efforts to maintain power and control over the other.

Domestic violence is an epidemic affecting individuals in every community, regardless of age, economic status, sexual orientation, gender, race, religion, or nationality. It is often accompanied by emotionally abusive and controlling behavior that is only a fraction of a systematic pattern of dominance and control. Domestic violence can result in physical injury, psychological trauma, and in severe cases, even death. The devastating physical, emotional, and psychological consequences of domestic violence can cross generations and last a lifetime.

It is not always easy to determine in the early stages of a relationship if one person will become abusive. Domestic violence intensifies over time. Abusers may often seem wonderful and perfect initially, but gradually become more aggressive and controlling as the relationship continues. Abuse may begin with behaviors that may easily be dismissed or downplayed such as name-calling, threats, possessiveness, or distrust. Abusers may apologize profusely for their actions or try to convince the person they are abusing that they do these things out of love or care. However, violence and control always intensifies over time with an abuser, despite the apologies. What may start out as something that was first believed to be harmless (e.g., wanting the victim to spend all their time only with them because they love them so much) escalates into extreme control and abuse (e.g., threatening to kill or hurt the victim or others if they speak to family, friends, etc.). Some examples of abusive tendencies include but are not limited to:

- Telling the victim that they can never do anything right
- Showing jealousy of the victim's family and friends and time spent away
- Accusing the victim of cheating
- Keeping or discouraging the victim from seeing friends or family members
- Embarrassing or shaming the victim with put-downs
- Controlling every penny spent in the household
- Taking the victim's money or refusing to give them money for expenses
- Looking at or acting in ways that scare the person they are abusing
- Controlling who the victim sees, where they go, or what they do

- Dictating how the victim dresses, wears their hair, etc.
- Stalking the victim or monitoring their victim's every move (in person or also via the internet and/or other devices such as GPS tracking or the victim's phone)
- Preventing the victim from making their own decisions
- Telling the victim that they are a bad parent or threatening to hurt, kill, or take away their children
- Threatening to hurt or kill the victim's friends, loved ones, or pets
- Intimidating the victim with guns, knives, or other weapons
- Pressuring the victim to have sex when they don't want to or to do things sexually they are not comfortable with
- Forcing sex with others
- Refusing to use protection when having sex or sabotaging birth control
- Pressuring or forcing the victim to use drugs or alcohol
- Preventing the victim from working or attending school, harassing the victim at either, keeping their victim up all night so they perform badly at their job or in school
- Destroying the victim's property

It is important to note that domestic violence does not always manifest as physical abuse. Emotional and psychological abuse can often be just as extreme as physical violence. Lack of physical violence does not mean the abuser is any less dangerous to the victim, nor does it mean the victim is any less trapped by the abuse.

Additionally, domestic violence does not always end when the victim escapes the abuser, tries to terminate the relationship, and/or seeks help. Often, it intensifies because the abuser feels a loss of control over the victim. Abusers frequently continue to stalk, harass, threaten, and try to control the victim after the victim escapes. In fact, the victim is often in the most danger directly following the escape of the relationship or when they seek help: 1/5 of homicide victims with restraining orders are murdered within two days of obtaining the order; 1/3 are murdered within the first month.

Unfair blame is frequently put upon the victim of abuse because of assumptions that victims choose to stay in abusive relationships. The truth is, bringing an end to abuse is not a matter of the victim choosing to leave; it is a matter of the victim being able to safely escape their abuser, the abuser choosing to stop the abuse, or others (e.g., law enforcement, courts) holding the abuser accountable for the abuse they inflict.

For anonymous, confidential help available 24/7, call the National Domestic Violence Hotline at 1-800-799-7233 (SAFE) or 1-800-787-3224 (TTY) now.

Source: <http://www.ncadv.org>



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Recipients:

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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.

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.



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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