

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

Fall 2025

UPCOMING EVENTS

Open House: You're invited to attend
Open House! 1:00pm-3:00pm

October 31: Fall Fun Day



Mr. Alijah
Smith County Head Start

JOIN US FOR

Open House

10/01 Gainesboro	10/15 Celina
10/02 Red Boiling Springs	10/16 Midway
10/03 Livingston	10/17 Byrdstown
10/06 Clarkrange	10/20 Crossville
10/07 Pinewood	10/21 Lafayette
10/08 Jamestown	10/22 Monterey
10/09 Shiloh	10/23 Bondecroft
10/10 Smith County	10/24 Smithville
10/13 Algood	10/27 Sparta
10/14 Brookside	10/28 South Cookeville

INSIDE THIS ISSUE:

- Open House
- Making Toothbrushing Part of Your Child's Bedtime Routine
- Help for Kids with Medical Needs
- This Month Study

Spotlight: The Katie Beckett Program - Help for Kids with Medical Needs

Source Provided by Angela West, Disability Specialist <https://www.kidcentraltn.com/support/programs-features/the-katie-beckett-program-help-for-kids-with-medical-needs.html>

The Katie Beckett Program supports Tennessee children under age 18 who have intellectual, developmental, or serious medical needs but don't qualify for Medicaid because their parents' income is too high. The goal is to help care for these children at home instead of in a hospital or nursing facility.

Program Structure (Two Parts)

Part A

Offers full Medicaid benefits for children who need intensive care.

Also provides up to \$15,000/year for additional supports, such as:

- In-home care
- Respite care (breaks for parents)
- Home modifications to keep the child safe

Part B

For children with medical needs who require less intensive support.

Offers up to \$10,000/year for things like:

- Therapy
- Help with paying for health insurance
- In-home assistance or short-term caregiver relief

1 How It Helps (Example)

A child who uses a wheelchair might receive funding for physical therapy, adding a ramp to the home, and some nursing support. This enables them to stay safe at home, continue schooling, and spend time with family — while easing caregiver burden.

2 How to Apply

1. Go to TennCare Connect and create an account
2. Complete the online application
3. A case manager from the Tennessee Department of Disability and Aging will reach out to assess the child's needs

Even if you believe your child might not qualify for Medicaid, you must apply first. There can be a waiting list when the program is full.

3 Why It Matters

- Covers essential medical care
- Lets children remain safely at home
- Supports parents and caregivers
- Offers help for families who can't access Medicaid otherwise



Making Toothbrushing Part of Your Child's Bedtime Routine

Source provided by: Malissa Mayberry, Child Health Specialist <https://headstart.gov/publication/making-toothbrushing-part-your-childs-bedtime-routine>

A regular bedtime routine helps your child know what to expect at the end of the day. Brushing your child's teeth with fluoride toothpaste as soon as the first tooth appears in the mouth is an important part of the routine.

Why is setting up a bedtime routine important?

- Brushing your child's teeth with fluoride toothpaste before bed removes bacteria from their teeth and prevents tooth decay (cavities). It also helps to set a toothbrushing routine that lasts a lifetime.
- Spending 15 minutes reading to your child every day can improve their language development. It can also help strengthen the bond between you and your child.
- Sleep is important for your child's health and well-being.

A bedtime routine for your child can include these simple steps:

1. Tell your child it's time to get ready for bed. Letting your child know it's bedtime begins the process for preparing them to relax and sleep.
2. Brush your child's teeth. The American Academy of Pediatric Dentistry and other professional organizations recommend brushing with fluoride toothpaste for all children.
3. Read a book with your child. After brushing, read a book aloud to your child in a comfortable spot. As your child gets older, let them pick out a book or two to read.
4. Put your child to bed. After reading, put your child to sleep in their own bed.

THIS MONTH STUDY

ALL ABOUT BALLS!

Children are exploring balls of all kinds this month. Here's how families can join in:

- Send in balls of different shapes, sizes, and types for our study.
- Play at home with balls—talk about how they look, feel, sound, and move.
- Encourage curiosity by asking questions like, “How far can this ball roll?” or “What is it made of?”
- Look for balls in your community—playground balls, sports balls, or even ones in stories and songs.
- Celebrate learning with us at the end of the study during a special event!

ALL ABOUT TREES!

We're heading outdoors as we dive into trees—what they're made of, who lives in them, and how they grow. Families can help spark curiosity and connection to nature!

How Families Can Get Involved:

- Take a “tree walk” together and collect fallen items—leaves, bark, twigs, acorns, cones, seeds, or flowers.
- Talk with your child about trees—ask “I wonder...” questions like, “Why do leaves change color?”
- Help your child sort, compare, and create—sort leaf shapes or compare bark textures.



Overton Co. Dance Team
w/ Ms. Penny's Class!

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, 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

L.B.J. & C. Head Start

1150 Chocolate Dr
Cookeville, TN 38501
(931) 528-3361

Events, parenting tips,
developmental milestones, and
more... L.B.J. & C. Head Start is your
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