

Inside this issue:

It's Time to Complete Your Child's 2020-2021 Application for Head Start	1
A Dangerous Winter Mix: Car Seats and Winter Coats	1
Head Start Closing	1
Foster Grandparent Volunteers Needed	1
8 Bad Brushing Habits to Break in 2020	2

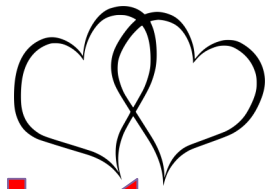


Head Start Closings

All Head Start Centers and Central Office will be closed February 17, 2020 in observance of President's Day.

HAFH and Pinewood will remain open.

L.B.J. & C.



Head Start Notes

February 2020

Volume 1, Issue 7

It's Time to Complete Your Child's 2020-2021 Application for Head Start!

Things you will need to bring to complete the application process.

1. Child's birth certificate, Mother's copy, or Foster Care Contract.
2. Income Verification

Serving children ages 3-5 including children with disabilities.

Children that are 3 years old by August 15, 2020 and do not turn 5 years old by August 15, 2020 are age eligible for Head Start.

For more information, call your local Head Start center or call 931-528-3361, ext. 222.



Foster Grandparent Volunteers Needed

Is your retirement not quite what you planned? Not enough money? Bored with sitting at home?

Help children with special and exceptional needs in our local schools and Head Start Centers in Cumberland, Overton, Putnam, or White Counties. We are looking for volunteers at least 55 years of age, who have at least 15 to 40 hours a week to serve one-on-one with these special children at

these sites. You must be under 200% of the poverty level – \$2,081.67 gross for one person per month or \$2,818.33 gross for two people. Your income can be up to 50% more if you have unmet medical needs, and show verification of such. You receive one to two meals a day at no charge to you, help with transportation, excess insurance, sick leave, annual leave, holiday pay and a small tax-exempt sti-

pend (cannot be counted against you for any government program) of \$2.65 an hour (20 hours a week = \$106.00 every two weeks).

For more information contact Cheryl Pack, Director, at 1-877-928-6488 (toll-free), 1-931-528-6488 (office) or 1-931-529-0663 (cell) or stop by our office at 240 Carlen Avenue, Cookeville, TN (next to Avery Trace Middle School).

A Dangerous Winter Mix: Car Seats and Winter Coats

Bulky winter coats and car seats are a dangerous combination. Car seat professionals advise to put nothing thicker than a sweatshirt on your child under the harness straps of the car seat.

In the event of a crash, the bulky material of a winter coat could compress, creating slack in the harness straps. When the harness straps are not snug on the child, the straps are not able

to do their job of helping the child come to a gentle stop in a crash. It is even possible that the child could slip through the harness straps due to the slack and come out of the car seat during a crash.

The American Academy of Pediatrics recommends buckling your child in the car seat wearing indoor clothing, then placing a blanket over the child for

warmth, or placing the child's winter coat on the child backwards after securing the harnesses.

A car seat is designed to protect your child in the event of a crash. You must use the car seat correctly, following all of the manufacturer's recommendations, in order for the car seat to perform properly.

When in doubt, find out.



1150 Chocolate Drive
Cookeville, TN 38501
Phone: 931-528-3361
Fax: 931-528-2409
www.lbjc.org

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..."

"When you can't find the sunshine, be the SUNSHINE!" – Unknown

"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.

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

8 Bad Brushing Habits to Break in 2020

Keeping Your Toothbrush for Too Long

The ADA recommends changing your toothbrush every 3-4 months, so make a resolution to change your toothbrush with every season this year. Frayed and broken bristles won't keep your teeth clean—these are signs it's time to let go. When you're shopping, look for one with the ADA Seal of Acceptance.

Not Brushing Long Enough

Speed demons, listen up! Your teeth should be brushed for a full two minutes, twice per day. Most of us fall short—the average time most people spend brushing is 45 seconds. If you're racing through cleaning, try setting a timer. Or distract yourself by humming your favorite tune!

Brushing Too Hard

Be gentle with your teeth. You may think brushing harder will remove more leftover food and the bacteria that loves to eat it, but a gentle brushing is all that's needed. Too much pressure may damage your gums.

Brushing Right After Eating

If you feel the need to clean your teeth after eating or drinking, wait at least 60 minutes before brushing—especially if you have had something acidic like lemons, grapefruit or soda. Drink water or chew sugarless gum with the ADA Seal of Acceptance to help clean your mouth while you are waiting to brush.

Storing Your Brush Improperly

When you're done brushing, keep your toothbrush upright and let it air dry in the open. Avoid keeping your toothbrush in a closed container, where germs have more opportunity to grow.

Using a Brush with Hard Bristles

Soft bristles are a safe bet. And be mindful to be gentle, especially where your gums and teeth meet, as you brush. Talk to your dentist about what kind of toothbrush is best for you.

Improper Brushing Technique

Here's one technique to try for a thorough brush: First, place your toothbrush at a 45-degree angle to the gums. Then, gently move the brush back and forth in short (tooth-wide) strokes. Next, brush the outer surfaces, the inner surfaces, and the chewing surfaces of the teeth. Finally, To clean the inside surfaces of the front teeth, tilt the brush vertically and make several up-and-down strokes.

Using a Brush That's Not the Best Fit for You

There are many toothbrushes that can leave your teeth fresh and clean, including manual and power brushes that carry the ADA Seal of Acceptance. Both get the job done. Try different types until you find one you're comfortable with. For example, a power brush can be easier to hold and does some of the work for you if you have trouble brushing. No matter which you choose remember that it's not all about the brush—a clean mouth is really up to the brusher!

Source: <https://www.mouthhealthy.org/en/brushing-mistakes-slideshow>