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Head Start Holiday Closings

All Head Start Centers, except HAFH and Pinewood will be closed December 21, 2020 through January 1, 2021. Children will return on January 4, 2021.

HAFH and Pinewood will be closed December 23, 2020 through January 1, 2021. Children will return on January 4, 2021.

The Head Start Central Office will be closed on December 23, 24, 25, 2020 and January 1, 2021 for the Holidays.

L.B.J. & C.



Head Start Notes

December 2020

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Making Life Easier: Surviving and Enjoying the Holidays

Prepare your child for changes in routines and schedule.

Involve your child in some of the holiday preparations.

Keep aspects of your typical routine whenever possible.

Give clear directions.

- Use positive words.
- Provide transition warnings.
- Use 'Wait Time.'
- Provide limited choices.
- Tell your child how to

behave.

- Provide frequent and specific praise for acceptable behavior.

Empathize with your child's feelings.

Happy Holidays!

Inform family and friends of helpful strategies.

Be attentive to your child's diet.

Holiday Travel – Plan ahead

- Pack a bag of favorite

items to take with you.

- Call airlines, airport or bus depot ahead about special accommodations.
- Visit the airport or bus depot in advance.
- Create a personal story.
- Celebrate the successes along the way.

Source: https://challengingbehavior.cbcs.usf.edu/docs/life_easier_holidays%20and%20tipcard.pdf

White Bread Clay Recipe

Ingredients

- 1-2 slices White Bread, crusts removed
- 1 Tbsp. White Glue (you may want to double or triple this recipe, 1 bread slice makes approx. 3 tablespoon. of clay.)

Directions

Rip bread into tiny pieces

in bowl. Add glue and mix with fork till all crumbs are moistened. Roll into ball. If too wet, add a little more bread. Knead until smooth. If dough dries out while working, add a few drops of water and knead. Store in sealed container in refrigerator up to a month. Air dries in 1-3 days. For a semi-gloss

finish; brush on equal parts water and white glue. Good for detailed projects-won't crack when drying.

— **Preschool Parent Press**



L.B.J. & C. Inclement Weather Policy

In the event of inclement weather, the Head Start Program will continue to observe the public school closing in each county where Head Start centers are located.

In the event that the public school system in the county where your Head Start Center is located is closed, the Head Start center will be closed.

If the public school system in the county where your Head Start center is located is open on time, 1-hour late, or 2-hours late, the Head Start Center will open at its normal opening time. Children will be allowed to come at their regular time. They are not required to come later. Breakfast will be served at the regular time.

If the public school system

closes early due to inclement weather, non-working parents will be expected to pick their child up at the time of school closing.

Working parents will be expected to work out a system so their child can be picked up as soon as possible. Parents should make arrangements in the event the Head Start center should close early.



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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..."

"Education is not the learning of facts, but the training of the mind to think." – Albert Einstein



"Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning."
– Mr. Rogers

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: Amy Mahoney (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.

Get Dental Care for Your Child



Check your child's teeth and gums once a month. Look for white spots. If you see white spots, take your child to a dentist right away.

If your child has not been to the dentist, make an appointment. Continue to visit the dentist to have your child's teeth and gums checked. The dentist will tell you when you need to come back.

Source: <https://www.mchoralhealth.org/PDFs/childbrochure.pdf>

GIVE YOUR CHILD HEALTHY FOODS

- Give your child healthy foods. Give her foods like fruits, vegetables, whole-grain products like bread or crackers, and dairy products like milk, yogurt, or cheese.



Lean meats, fish, chicken, eggs, and beans are also good for your child.

- Wean your child from a bottle to a cup by age 12 to 14 months.
- Do not put your child to sleep with a bottle filled with milk, juice, or sugary drinks like fruit-flavored drinks or pop (soda).

- Serve juice in a cup with no lid, not a bottle. For children ages 1 to 3, offer no more than 4 ounces of juice each day. For children ages 4 to 6, offer no more than 4 to 6 ounces of juice each day. Give your child 100-percent fruit juice only. It is even better to give your child fruit instead of juice.

- Give your child water several times a day. The water should have fluoride.
- Give your child fewer sweets like candy,

cookies, or cake. And give your child fewer sugary drinks. If you give your child sweets or sugary drinks, give



them at mealtimes only.

- Reward your child with a big smile or a hug, not with food.

Source: <https://www.mchoralhealth.org/DFs/childbrochure.pdf>