

NOVEMBER 2021



LBJ&C HEAD START NOTES

VOLUME 1 ISSUE 4

How to Dress a Toddler for the Cold?

Toddler winter wear should both keep your little one cozy and allow for movement. A child who's mobile needs to be able to move easily, so he/she shouldn't be so bundled up that she can't climb the playground ladder or romp in the snow.

Even if your little one has no interest in dressing or undressing herself, if she's still not fully potty-trained, you'll want to go for easy-on/easy-off clothes for your own sanity. Some specific shopping tips to focus on:

- Choose safe and easy clothing features. Snaps and zippers are really good choices for toddlers.
- Don't forget car seat safety. Even if it's freezing cold, take off your toddler's winter jacket in the car seat: It can compress in the event of an accident, creating a dangerous amount of space underneath the harness.

Source: www.whattoexpect.com/toddler/winter-wear-for-toddlers.aspx

Celebrate Child Health Month with Healthy Habits and Activities!

Every child in Tennessee deserves to be as healthy as they can be; from the food they eat to the words they hear, kids need a lot of support, resources and opportunities to grow. The last two years have created challenges for many Tennesseans. For so many families, proper nutrition, regular exercise and even routine doctor or dental visits have gone out the window out of concern or fear of being exposed to COVID-19. Despite the global pandemic, there are ways to encourage healthy habits and activities!

Source: <https://www.kidcentraltn.com/health/physical-activity/celebrate-child-health-month-with-healthy-habits-and-activities--.html>

Upcoming Events

- **Nov. 11 Veteran's Day**
 - Centers Closed/HAFH Open
- **Nov. 24 Family Meal**
 - All children and families are welcomed
- **Nov 25 & 26 Thanksgiving**
 - All centers closed

As a reminder, this month LBJC Head Start will begin the transition process of all virtual children to in-person learning.

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MEANINGFUL VISUAL

An important part of learning social/emotional skills is for children with and without disabilities to be able to regulate and calm down. Here is a useful tool to teach children how to calm down when challenges arise.

Source: www.usf.edu

I can...

 take deep breaths	 count	 go for a walk
 take a drink	 take a break	 listen to music
 draw a picture	 swing	 rock
 read a book	 hug a favorite toy	 do a puzzle

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LBJC WELCOMES NEW POLICY COUNCIL AND BOARD OF DIRECTORS MEMBERS

During October, the L.B.J. & C. Development Corporation welcomed the new members of the recently elected Policy Council and Board of Directors. The Policy Council consists of 12 members--parents and community representatives. The Board of Directs consists of 13 members--local elected officials, consultants, advisors, etc.

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.

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

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Events, parenting tips, developmental milestones, and more... L.B.J. & C. Head Start is your reliable source for early childhood education information.

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