

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

# L.B.J.& C. Notes

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## The Great American Smokeout®

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event on November 15 be your day to start your journey toward a smoke-free life. You'll be joining thousands of smokers across the country in taking an important step toward a healthier life and reducing your cancer risk. Plus, the American Cancer Society can help you access the resources and support you need to quit.

Source: [www.cancer.org](http://www.cancer.org)

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

## Dolly Parton's Imagination Library

In 1995, Dolly Parton launched an exciting new effort, Dolly Parton's Imagination Library, to benefit the children of her home county in East Tennessee, USA. Dolly's vision was to foster a love of reading among her county's preschool children and their families. The new program gave each child a specially selected book each month. By mailing high quality, age appropriate books directly to their homes, Dolly wanted children to be excited about books and to feel the magic that books can create. Moreover, she could ensure that every child would have books, regardless of their family's income.

Since its launch, Dolly Parton's Imagination Library has set and surpassed many goals and milestones. National replication, which started in 2000, allowed more and more communities to adopt the program. State-wide coverage was established in Tennessee in 2004. Furthermore, international growth provided expansion in Canada (2006), United Kingdom (2007) and Australia (2014).

The first book order in 1995 totaled just over 1,700. Today, Dolly Parton's Imagination Library sends more than one million books per

## National Diabetes Month 2018

November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes and its impact on millions of Americans.

This year's National Diabetes Month is focused on promoting health after gestational diabetes. Gestational diabetes is a type of diabetes that develops during pregnancy. Mothers who've had gestational diabetes need to know that they and their children have an increased lifelong risk for developing type 2 diabetes.<sup>1</sup>

Most of the time, gestational diabetes goes away after the baby is born. Even if the diabetes goes away, you have a greater chance of getting diabetes — and your child from that pregnancy is at future risk for obesity and type 2 diabetes. In fact, half of all women who had

month to children around the world inspiring them to Dream More, Learn More, Care More and Be More.

### How It Works

Each month, Dolly Parton's Imagination Library mails a high quality, age appropriate book to all registered children, addressed to them, at no cost to the child's family. Countless parents have shared how excited their child is when their new book arrives each month. Many groups and individuals work hard behind the scenes to make that special moment possible for each child.

The Imagination Library provides the infrastructure of the core program including managing the secure central database for the Book Order System and coordinating book selections and wholesale purchasing. It also incurs the cost of the program's administrative expenses and coordinates the monthly mailings.

Registration forms can be found at the Head Start Parent Rooms/Corners or online at <https://imaginationlibrary.com>

Source: <https://imaginationlibrary.com>

gestational diabetes go on to develop type 2 diabetes.

If you've had gestational diabetes—

1. Get tested for type 2 diabetes within 12 weeks after your baby is born. If the test is normal, get tested every 3 years.
2. Talk to your doctor if you plan to become pregnant again in the future.
3. Tell your child's doctor if you had gestational diabetes.
4. Keep up healthy habits for a lifetime to prevent or delay type 2 diabetes.

Reference: Gestational diabetes. Centers for Disease Control and Prevention website. <https://www.cdc.gov/diabetes/basics/gestational.html> . Updated July 25, 2017. Accessed August 28, 2018.

-[www.diabetes.org](http://www.diabetes.org)

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

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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..."*

We're on the web!  
Check us out at [www.lbjc.org](http://www.lbjc.org)

"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](mailto:information@lbjc.org), or FAX us at (931) 528 - 2409.

It always seems impossible until it's done.

-Nelson Mandela



# HEY, PARENTS!



- ◆ Make math and reading a part of your kids' everyday experiences.
- ◆ When measuring for cooking or baking, have your kids make the measures for you. Once they get used to the whole and fractional measures, limit what they can use so that they have to reason how to get the measure they want. (For example, measure a cup of flour using only the  $\frac{1}{4}$  or  $\frac{1}{3}$  cup measures.)
- ◆ Take books wherever you go. That way, you and your child can enjoy books together wherever you go, whether it's the doctor's office or the barbershop.
- ◆ Books and children's songs on CDs are another fun way for your child to enjoy stories and music. Most libraries have extensive collections of audio books and children's music CDs to borrow.



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