



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

**October is Open House Month!**



Open House will be virtual this year. Open House is from 1pm-3pm. Please go Live with us on Facebook.

## Open House Schedule

- October 4: Bondecroft Head Start
- October 5: Clarkrange Head Start
- October 6: Sparta Head Start
- October 7: RBS Head Start
- October 8: Jamestown Head Start
- October 11: Midway Head Start
- October 12: Livingston Head Start
- October 13: Algood Head Start
- October 14: Crossville Head Start
- October 15: Monterey Head Start
- October 18: Lafayette Head Start
- October 19: Byrdstown Head Start
- October 20: Smithville Head Start
- October 21: Brookside Head Start
- October 22: Celina Head Start
- October 25: Smith County Head Start
- October 26: Gainesboro Head Start
- October 27: Shiloh Head Start
- October 28: South Cookeville Head Start

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# Dental Health & Hygiene for Young Children

SOURCE PROVIDED BY SKY MOORE, CHILD HEALTH SPECIALIST  
[HTTPS://WWW.HEALTHYCHILDREN.ORG/ENGLISH/HEALTHY-LIVING/ORAL-HEALTH/PAGES/TEETHING-AND-DENTAL-HYGIENE.ASPX](https://www.healthychildren.org/english/healthy-living/oral-health/pages/teething-and-dental-hygiene.aspx)

As you might guess, the number-one dental problem among preschoolers is tooth decay.

- One out of 10 two- year-olds already have one or more cavities
- By age three, 28% of children have one or more cavities
- By age five, nearly 50% of children have one or more cavities

Many parents assume that cavities in baby teeth don't matter, because they'll be lost anyway. But that's not true. Dental decay in baby teeth can negatively affect permanent teeth and lead to future dental problems.



## Teaching Good Dental Habits

The best way to protect your child's teeth is to teach him good dental habits. You'll need to supervise and help him so that the brush removes all the plaque—the soft, sticky, bacteria- containing deposits that accumulate on the teeth, causing tooth decay. Also, keep an eye out for areas of brown or white spots which might be signs of early decay.

### Toothbrushing

As soon as your child has a tooth you should be helping your child brush her teeth two times a day with a smear (size of a grain of rice) of fluoride toothpaste on a child-sized toothbrush that has soft bristles. At age 3, you can start using a pea-size amount of fluoride toothpaste, which helps prevent cavities. Also try to teach your child not to swallow it, although at this age they are often still too young to learn to rinse and spit. Swallowing too much fluoride toothpaste can make white or brown spots on your child's adult teeth.

### Brushing Motion

You'll hear all kinds of advice on whether the best brushing motion is up and down, back and forth, or around in circles. The truth is that the direction really doesn't matter. What's important is to clean each tooth thoroughly, top and bottom, inside and out. Incidentally, a child cannot brush his teeth without help until he's older—about six to eight years old. Be sure to supervise or do the brushing if necessary.

### Too Much Sugar

Besides regular toothbrushing with the right amount of fluoride toothpaste, your child's diet will play a key role in his dental health. And, of course, sugar is the big villain. "Sticky sugar" foods such as sticky caramel, toffee, gum, and dried fruit—particularly when it stays in his mouth and bathes his teeth in sugar for hours—could do serious damage.

### Dental Checkups

During regular well-child visits, the pediatrician will check your child's teeth and gums to ensure their health. If she notices problems, she may refer your child to a pediatric dentist (pedodontist). Both the American Academy of Pediatrics and the American Academy of Pediatric Dentistry recommend that all children see a pediatric dentist and establish a "dental home" by age one. As part of her dental checkup the dentist will make sure all teeth are developing normally and and give you further advice on proper hygiene. She also may apply a topical fluoride solution to provide extra protection against cavities. If you live in an area where the water is not fluoridated, she may prescribe fluoride drops or chewable tablets for your toddler.

**Cookeville Fire Department** partners with State Fire Marshal to provide home smoke alarm installations. The fire alarms are FREE but must be installed by the fire department. **For Putnam County Residents ONLY.** Supplies are limited so call (931) 520-5255.

# WIC Data and Statistics

Source provided by: Valerie Scrivnor, Child Nutrition Specialist

<https://www.tn.gov/health/health-program-areas/fhw/wic/redirect-wic/data-stats.html>

## Early Childhood Obesity and Overweight

Overweight or obesity is defined as an excessively high body weight relative to height. Body mass index (or BMI) is a measure used to compare weight to height. In children, BMI is compared to children of the same age and sex, using CDC growth charts to determine the BMI percentile-for-age and sex.

Children who have obesity are at a higher risk of: Type 2 Diabetes, breathing problems (such as asthma or sleep apnea), and having obesity as an adult.

A child is classified as obese, overweight, normal or healthy weight, or underweight.

- Obese (BMI above 95th percentile)
- Overweight (BMI above 85th percentile but below 95th percentile)
- Normal or Healthy Weight (BMI above 5th percentile but below 85th percentile)
- Underweight (BMI below 5th percentile)

## Obesity Rates among WIC Children, Aged 2 – 4 Years

The WIC program provides nutritious food, education, and services to about 4 million children under the age of 5. WIC services have been shown to have positive results in promoting healthy weight and nutritionally-balanced diets for its child participants.

According to the most recent State of Childhood Obesity published by the Robert Wood Johnson Foundation (RWJF), the rate of obesity among children aged 2 to 4 years enrolled in WIC has declined.

In 2016, 13.9% of 2 to 4 year WIC children had obesity, down from 15.9% in 2010. State obesity rates ranged from 7.8% to 19.8%.



## Tennessee WIC Program: Early Childhood Overweight and Obesity

Among children aged 2 to 4 years enrolled in Tennessee WIC, about 1 in 3 (31.2%) were considered to be overweight or have obesity in 2020. 18.4% of WIC children had a BMI above the 95th percentile compared to 13.4% in 2019.

Higher obesity rates were noted for:

- Boys (19.4%) vs. girls (17.3%)
- 3-year olds (19.4%) compared with 2-year olds (19.3%) and 4-year olds (16.2%)
- White children (19.3%) compared with black children (15.6%) and children of other race (12.3%)

Obesity rates exceeded the state rate in 48 counties, and county-level obesity rates ranged from 8.0 percent to 35.6 percent. Between 2016 and 2020, Tennessee WIC there was no statistically significant change in obesity among child participants.

# Happy. Healthy. and Safe Halloween

Source: [www.cdc.gov](http://www.cdc.gov)

Halloween is an important fun holiday for many families. Like the year 2020, Halloween will look different than past years, but it can still be enjoyable with proper safety measures.

To protect trick-or-treaters and avoid the spread of COVID-19 and other respiratory illnesses, we must continue to maintain physical distance, wear face coverings, avoid large gatherings and wash hands often. Look into safer alternatives to celebrate with appropriate distancing and face covering enforced.

## Low Risk

- Pumpkin carving or decorating with members of your household, or outdoors with neighbors and friends
- Decorate the inside and outside of your home
- Indoor scavenger hunt for household members or outdoors for children walking from house to house admiring decorations
- Virtual Halloween costume contest
- Halloween movie night with household members



## Medium Risk

- Halloween movie night outdoors with local family and friends
- Outdoor, open-air costume parade or party in small groups
- Open-air, one-way haunted forest
- Visit a pumpkin patch or orchard where hand sanitizer use is required before touching pumpkins or apples

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](mailto: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](http://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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**Or visit our website:**  
<https://www.lbjc.org>