



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

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L.B.J. & C. Head Start
1150 Chocolate Drive
Cookeville, TN 38501

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Do I Qualify for Earned Income Tax Credit (EITC)?



DON'T FORGET TO FILE YOUR TAXES!!

The Earned Income Tax Credit, EITC or EIC, is a benefit for working people with low to moderate income. To qualify, you must meet certain requirements and file a tax return, even if you do not owe any tax or are not required to file. EITC reduces the amount of tax you owe and may give you a refund.

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When Can I Expect My Refund?

If you claim the earned income tax credit (EITC) or the additional child tax credit (ACTC) on your tax return, the IRS must hold your refund until mid-February — even the portion not associated with EITC or ACTC. Find out more on when to expect your refund.

After you file your return, the best way to track your refund is Where's My Refund? or the IRS2Go mobile app.

Who Qualifies

Do I Qualify for EITC?

To qualify for EITC you must have earned income from working for someone or from running or owning a business or farm and meet basic rules. And, you must either meet additional rules for workers without a qualifying child or have a child that meets all the qualifying child rules for you.

EITC Assistant

Use the EITC Assistant to see if you qualify for tax years: 2018, 2017, and 2016. The EITC Assistant helps you find out your filing status, if your child is a qualifying child, if you are eligible and estimate the amount of the EITC you may get.

Claiming EITC

How Do I Claim EITC?

You need to file a tax return to claim EITC. Find out:

- the documents you need
- the common errors to watch for
- the consequences of filing an EITC return with an error
- how to get help preparing your return
- what you need to do if your EITC was denied in a previous year
- how to claim the credit for earlier tax years

This is for the tax year 2019 Earned Income and adjusted gross income (AGI). They each must be less than:

Filing Status	Qualifying Children Claimed			
	Zero	One	Two	Three +
Single, Head of Household or Surviving Spouse	\$15,570	\$41,094	\$46,703	\$50,162
Married Filing Jointly	\$21,370	\$46,884	\$52,493	\$55,952

Received a Notice

I Received a Letter from IRS about EITC, What Should I Do?

We send letters about EITC that may:

- suggest you claim EITC if you do qualify
- ask you to send information to verify your EITC claim
- provide important information about your claim

This letter/notice page lets you know what you need to do if you receive a letter or notice from us about EITC.

Investment Income Limit

Investment income must be \$3,600 or less for the year.

Maximum Credit Amounts

The maximum amount of credit for Tax Year 2019 is:

- \$6,557 with three or more qualifying children
- \$5,828 with two qualifying children
- \$3,526 with one qualifying child
- \$529 with no qualifying children

Tax Law Changes

We computed the adjustments to these amounts for 2019 based on the Chained Consumer Price Index for All Urban Consumers (C-CPI-U). The Tax Cuts and Jobs Act established this method for determining adjustments for the Earned Income Tax Credit and other tax provisions starting with tax year 2018.

Source: www.irs.gov

Data Shows Worrisome Rise in Youth Vaping

The share of U.S. teens and tweens vaping in school bathrooms and nearly every other place continues to grow. These new data worry health officials. One in every four high-school seniors reported recent vaping, according to an annual survey of teen behaviors. Among sophomores, one in five reported vaping. For 8th-graders, one in every 11 had vaped. And a growing number of studies show vaping can be harmful, in some cases very harmful.

Explainer: What are e-cigarettes?

This growth in teen vaping comes as health officials are witnessing a growing outbreak of severe vaping-related illnesses and deaths. As of October 10, 2019, the Centers for Disease Control and Prevention, or CDC, reports 1,299 cases of lung injury linked to vaping since this summer. Of these, 15 percent of cases were under 18 years old. Another 21 percent were between 18 and 20. The cases come from 49 states, the District of Columbia and one U.S. territory. Of these, 26 people have died. Officials don't yet know what substance or product is fueling the lung injuries.

The new student vaping stats come from Monitoring the Future. It's a nationally representative survey of U.S. teens that is conducted by the Institute for Social Research. That's at the University of Michigan. The survey is funded by the U.S. government. It asked vaping-related questions of more than 4,500 students in each of the three grades. The popularity of vaping continues to increase, as more 8th-graders, high school sophomores and seniors report using e-cigarettes each year from 2017 to 2019.

The new vaping data mark a 4.5-percentage-point rise among 12th graders. The rate is up 4.1 percentage points among 10th graders. Among 8th graders, there has been a rise of 2.8 percentage points over the past year. Richard Miech of the University of Michigan in Ann Arbor and his team reported their findings September 18, 2019 in a letter to the *New England Journal of Medicine*. "Unfortunately, I am not at all surprised by these increases," says Susanne Tanski. She's a pediatrician at the Dartmouth Geisel School of Medicine in Hanover, N.H. "Use [of e-cigs] among teens and young adults is incredibly common, frequent and leading to addiction," she notes.



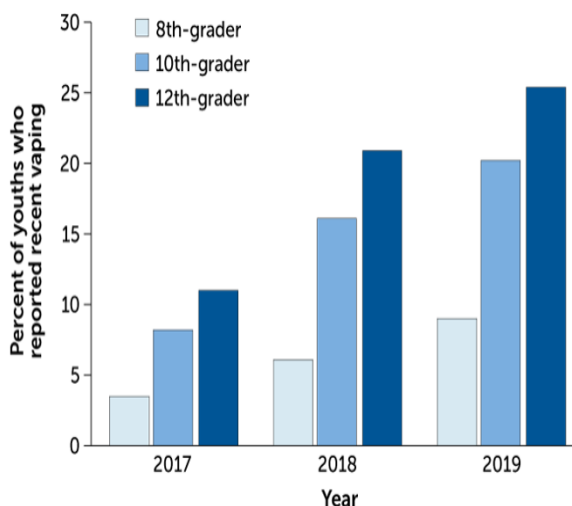
Most e-cigarettes vaporize a liquid that contains nicotine, an addictive drug. So this year's survey for the first time attempted to quantify how many teens might be addicted to e-cigs. To get at that, it asked if students were vaping daily, or at least on 20 of the 30 days before taking the survey. Nearly one in every eight 12th graders had. So had roughly one in every 14 10th graders. Among 8th graders, one in every 50 said they had vaped. Nicotine can alter how a teen's brain develops. It can harm its ability to learn, to pay attention and to control impulses.

"We are seeing young people who are struggling with nicotine addiction," Tanski says. In fact, that addiction "is more intense than we saw with regular cigarettes," she says. Nicotine can harm adolescent brain development, which can impact learning, attention and impulse control (SN: 12/19/18).

<https://www.sciencenewsforstudents.org/article/data-show-worrisome-rise-youth-vaping>



Vaping trends in U.S. middle and high school students



The popularity of vaping continues to increase, as more 8th graders and high school sophomores and seniors report using e-cigarettes each year from 2017 to 2019.
E. Otwell, Source: R. Miech et al./*New England Journal of Medicine* 2019

Fathers Play an Important Role in Child Development

The state of Tennessee thanks fathers, grandfathers, adoptive and foster dads, and other male role models for taking an active role in the lives of children.

Fathers who are actively involved in their children's lives contribute to their emotional health, overall wellness, social development and self-respect, according to the U.S.

Department of Health and Human Services. Dedicated and responsible fathering during infancy and early childhood also contributes to emotional security, as well as improved math and verbal skills.

Before Birth

Fathers can get involved during pregnancy by going to healthcare visits and helping their pregnant partners, even if they are not married. Research has found that mothers are 1.5 times more likely to receive prenatal care in their first trimester if the father is involved, and there is a reduced risk of premature births and infant mortality.

With the increase in both births from unmarried couples and fathers who live apart from mothers, it's important to note that other forms of positive father involvement—like having a supportive relationship with the mother—can lead to kids who are self-confident and do better in school.

Infancy

Babies can attach and bond with fathers just as they can with moms. Dads can play an important role in supporting a mother's breastfeeding, and many hospitals offer programs and resources for expectant fathers. At any time, you can call the Tennessee Breastfeeding Hotline toll-free with questions at 1-855-4BF-MOMS (1-855-423-6667) and speak to certified lactation counselors. This service is available in any language.

Fathers who respond to their babies' cries, hold and hug them a lot, and participate in their basic care (e.g., feeding, changing diapers) tend to have a positive effect on their children's self-confidence and behavior. Studies show that when fathers are more involved in infancy, their kids are less likely to show symptoms of mental health problems at age 9.

Fathers and male role models are more likely than mothers to be a baby's play partner. Fathers' play tends to be more active and energetic than mothers' play with infants. This may help children to explore and be independent.

Early Childhood

Young children with fathers who praise them when they behave well or accomplish something, hug and kiss them often, and comfort them when they are sad or scared are more likely to do well in school compared to children who have uninvolved fathers.

Studies suggest that loving, encouraging fathers who respond calmly when their children misbehave or get upset raise boys who are less aggressive and girls who are less negative with their friends. Studies also show that when fathers are involved with their daughters at a young age,

they are at less risk for early puberty, early sexual experiences and teen pregnancy.

Father involvement in early childhood also leads to positive child development, including advanced language development. While mothers tend to use words children already know, fathers are more likely to introduce new words.



Adolescence

Teenagers who receive praise from their fathers or male role models are more likely to do well in school and have good attendance, regardless of economic status. Many recent national studies show that father involvement in adolescence lessens the risk for mental health problems or risky behaviors. They also show that involved fathers raise boys with less behavioral problems and girls with less psychological problems.

Tips for Father Involvement

Attend doctor's appointments. This comforts your child by showing Dad is there and supportive in different places and experiences. If your work schedule won't allow you to make every appointment, it's still important to reach out to your child's doctor with questions you may have about your child's behavior and development.

Ask for help. If this is your first child, consider spending time with and learning from other dads. Ask your doctor for resources. Take classes on changing diapers, how to wrap a baby snugly in a blanket and other important skills dads need. The Parent Helpline is a 24/7, toll-free number for supportive listening, information and referrals for families experiencing problems, or if parents just need to talk to someone. It is 1-800-356-6767 (1-800-CHILDREN).

Have fun. Find a favorite activity you and your child can do together. You'll both look forward to this special bonding time.

<https://www.kidcentraltn.com/development/0-12-months/fathers-play-an-important-role-in-child-development.html>



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..."

"Have enough courage to start and enough heart to finish" – Jessica N. S. Yourko



**"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.

4 Reasons Your Kid's Bedtime Needs to Be the Same Every Night

A study of 10,000 children between 3 and 7 years old found a kid's bedtime should be the same every night to avoid problem behaviors. Tuck the kids in bed, read them the book *I Love You Forever*, and read this post. It'll give you the resolve to put your monkeys to bed even when they really, really don't want to go. Sometimes you can't deal with the stress of what it takes to get the kids to bed on time. I get it. All parents get it. It's been a crazy day and you're way too tired to spend an ounce more of energy to get your child to bed. When they're going at full throttle and their "I'm not tired" whines have reached a new record even for them, sometimes we give up and we give in. What could another half hour hurt anyway? Unfortunately for bone-weary parents everywhere, it could cause a lot more problems than the temporary aggravation of the bedtime battle.

Why Your Child's Bedtime Should Be Set In Stone

A research paper titled *Changes in Bedtime Schedules and Behavioral Difficulties in 7-Year-Old Children* is a dry read, as all great studies can be, but packs a lot of important information. The study sought answers to three questions. Are bedtime schedules associated with behavioral difficulties? Do the effects of bedtime schedules on behavior build up over early childhood? Are changes in bedtime schedules linked to changes in behavior?

1. Their behavior gets worse. No surprise here. Everyone with a toddler knows what kind of nuclear meltdown can take place, usually in public, when they haven't slept. It's not only toddlers. This will happen to kids of all ages when they're tired.
2. Children can gain unhealthy weight. From a follow-up study, researchers learned that unpredictable bedtimes can be cause for self-regulation problems. It's the same in adults. If we aren't careful, we will eat unhealthy foods more often and in larger amounts when we're tired. (In addition to a regular bedtime, the study also looked at the impact of regular mealtime and strict limits on watching television and/or videos.)
3. A kid's bedtime that's a moving target is like jet lag. It's true. If you've ever had jet lag you know what a monster it can turn you into. You wander around like you're in an episode of *The Walking Dead*, barely able to do all the "peopley" things adults need to do. That's how your kids feel when they have unpredictable bedtimes.
4. Bad effects are reversed as soon as kids have a set bedtime. Thank heavens these cute little humans are resilient. (They really are miracles, aren't they?) Once you set a bedtime and stick to it, no matter how dramatic they may be when it's that time, you'll "fix" the other problems.

Source: <https://kitchenfunwithmy3sons.com/kids-bedtime/>