

L.B.J. & C. HEAD START NOTES

A look inside this issue:

2025-2026 CHILD APPLICATION - 1

EMPLOYEE SPOTLIGHT - 1

UPCOMING EVENTS - 1

VOLUNTEER OPPORTUNITIES - 1

TOOTHBRUSHING TIPS FOR YOUR CHILD WITH A DISABILITY - 2

Things you will need to bring to complete the application process.

- Child's birth certificate, Mother's copy, or Foster Care Contract.
- Income Verification



- ### Age requirements:
- 3 years old by August 15, 2025
 - Does not turn 5 years old before August 15, 2025

Head Start serves children ages 3-5 including children with disabilities.

For more information, call your local Head Start center, call 931-528-3361, ext. 222, or visit our website www.lbjc.org to start the application process.

Upcoming Events

- February 17 President's Day
- Centers Closed/HAFH Closed

Volunteer Opportunities

Be a Head Start Volunteer-Contact your local Center Supervisor today. Head Start needs and appreciates all volunteers.

Employee Spotlight

 Three photographs of employees in a classroom setting. Ms. Carol Dawes is standing behind a table with supplies. Ms. Celine Freeman is sitting on a chair, holding a book. Ms. Freda McBride is standing next to a printer.

Ms. Carol Dawes
COOK,
COOKEVILLE CENTER

Ms. Celine Freeman
TEACHER,
LAFAYETTE CENTER

Ms. Freda McBride
CUSTODIAN/CENTER ASSISTANT,
ALGOOD CENTER

● Toothbrushing Tips for Your Child with a Disability ●

Some children with disabilities need extra help to take care of their teeth. Young children, especially those with a physical, emotional, behavioral, intellectual, or communication disability, may not have the fine motor skills they need to clean their teeth well. It's important to brush and help your child with toothbrushing.

Here are some tips to make brushing your child's teeth a good experience:

- Choose a toothbrush made for children. Look for toothbrushes with soft bristles and a small head made for brushing a child's teeth. Let your child pick a toothbrush that is a favorite color or favorite character.
- Use oral hygiene aids. If it is hard for your child to hold a toothbrush, look for a toothbrush with a thick handle, or make the handle thicker by putting it inside a tennis ball. The toothbrush handle can also be strapped to your child's hand with a hair band or Velcro. Another way is to place a hand over the child's hand to guide the toothbrush as the child brushes.
- Use fluoride toothpaste that your child likes. Find one that your child likes and feels good in his or her mouth.
- Use the right amount of fluoride toothpaste. An adult should always place toothpaste on the toothbrush. For children under age 3, use a smear (size of a grain of rice) of toothpaste. For children ages 3 to 6, use a pea-size amount of toothpaste. Encourage your child to spit and not swallow the remaining toothpaste.
- Make toothbrushing fun. Sing a song, count or say the alphabet, tell a story, say a nursery rhyme, or make animal sounds while brushing.

Use a smear for children under age 3.



Use a pea-size amount for children ages 3 to 6.



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: Angela West (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

1150 Chocolate Dr
Cookeville, TN 38501
(931) 528-3361

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

facebook

<https://www.facebook.com/lbjc.headstart.5>

Or visit our website:

<https://www.lbjc.org>