

L.B.J. & C.

Head Start Notes

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Reminders:

- All centers will be having their first Parent Meeting in September to elect Parent Committee members, Policy Council Representatives and Alternates. The meeting will be held via Zoom and outside at the center if weather permits. Look for the notification from your local center. See the Center Supervisor or Family Engagement Staff for more information.
- September 10th: World Suicide Prevention Day
- September 12th: Grandparent's Day



L.B.J. & C. would like to welcome each child, each family, and every community member to Head Start!

Break In Continuity of Health Care

Coronavirus disease (COVID-19) can affect young children, birth to 5 years, directly and indirectly. Beyond getting sick, many young children's social, emotional, or mental well-being has been impacted by the pandemic. Trauma faced at this developmental stage may have long-term consequences across their lifespan.

Parents may have felt pressured to avoid seeking health care due to earlier stay-at-home orders and may continue to do so because they are afraid of getting sick with COVID-19. However, well-child visits and immunizations are important to maintain the health of your child. Similarly, social services closures may have impacted many young children's ability to receive other therapeutic services, like speech and occupational health. It is important to ensure children receive continuity of health care, including checking on their development at well-child visits, continuing speech, mental health, and occupational health therapies (e.g. via telehealth), and receiving vaccines for illnesses such as measles, influenza, whooping cough, and others. Developmental milestones matter.

Source provided by Sky Moore, Child Health Specialist:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/early-childhood.html>

Transitions: Helping Your Child Adjust to Head Start

- **Prepare yourself for leaving your child at preschool**
 - Remain calm and confident, children can pick up on non-verbal queues.
- **Create a consistent routine**
 - Children thrive on consistent routines.
- **Make a speedy departure**
 - After the first few days of school, they are now used to the routine of drop off, say a prompt goodbye.
 - Assure your child that you will return and that they will have a good day and then promptly leave.
- **Don't sneak out**
 - Always say goodbye to your child, don't sneak out without letting them know you're leaving.
- **Involve the teacher or staff**
 - Make sure we are aware of what is going on.
 - Example: "They had a rough night with nightmares" or "He didn't eat breakfast this morning"

Source by: Jennifer McKee, Behavioral Specialist and Beverly Nash, ERSEATransition Specialist

Cholesterol Health

About 38% of American adults have high cholesterol (total blood cholesterol ≥ 200 mg/dL). Too much cholesterol puts you at risk for heart disease and stroke, two leading causes of death in the United States. High cholesterol has no signs or symptoms, so the only way to know if you have it is to get your cholesterol checked. Talk to your health care team about how you can manage your cholesterol levels and lower your risk.

Source provided by Valerie Scrivnor, Nutrition Specialist:
<https://www.cdc.gov/cholesterol/index.htm>



Sesame Street in Communities builds on our almost 50-year commitment to addressing kids' developmental, physical, and emotional needs.

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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