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**SPECIAL
HIGHLIGHTS:**

- Welcome to a new program year!
- Give input into your child's education. Become a part of your center's Parent Center Committee.
- All centers will be having their first Parent Meeting in September to elect Parent Committee members. The meeting will be held on 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.

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

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You Can Promote Good Oral Health



You can promote good oral health by..

- Knowing how to make sure you and your family have healthy mouths and teeth
- Helping your children learn good mouth and teeth habits

Why Is It Important?

When Children Have a Healthy Mouth, They:

- Can speak clearly
- Can eat healthy foods
- Feel good about themselves

Having a Healthy Mouth Also Means:

- Healthy growth and development
- Being able to focus and learn
- A pain-free mouth
- Lower dental care costs for your family

Things you can do to help your child:

- Brush your child's teeth

with fluoride toothpaste twice a day.

- If your child is younger than 3 years, brush with a smear of fluoride toothpaste.
- If your child is age 3 to 6 years, brush with a pea size amount of fluoride toothpaste.
- Young children will want to brush their own teeth, but they need help until their hand skills are better. Brush children's teeth or help children brush their teeth until they are about 7 or 8 years old.
- Be a role model for oral health! Brush your teeth with fluoride toothpaste twice a day (in the morning and at bedtime) and floss once a day.
- Serve healthy meals and snacks like fruits, vegetables, low-fat milk

and milk products, whole-grain products, meat, fish, chicken, eggs, and beans.

- Limit the number of snacks your child has in a day.
- Do not give your child food for rewards.
- Take your child to the dentist for a check up by her first birthday and keep taking her.
- If your child has not gone to the dentist take him.
- Ask your dentist what you can do to keep your mouth and your child's mouth healthy.
- Make sure to go to the dentist as often as your dentist would like you to go.
- Let your child care, Early Head Start, or Head Start program know if you need help or have questions about oral health.

Source: *Tips for Families from the National Center on Early Childhood Health and Wellness*

Facts About COVID-19 to Discuss with Children

What is COVID-19?

*COVID-19 is the short name for "coronavirus disease 2019." It is a new virus. Scientists and doctors are still learning about it.

*Recently, this virus has made a lot of people sick. Scientists and doctors are trying to learn more so they can help people who get sick.

*Doctors and health experts are working hard to help people stay healthy.

What can I do so that I don't get COVID-19?

* Wash your hands often.

* Avoid close contact.

* Cover your mouth and nose with a mask when around others

* Cover coughs and sneezes

* Clean and disinfect

* Monitor your health daily

What happens if you get sick with COVID-19?

* COVID-19 can look different in different people. For many people, being sick with COVID-19 would be a little bit like having the flu. People can get a fever, cough, or have a hard time taking deep breaths. Most people who have gotten COVID-19 have not gotten very sick. Only a small group of people who get it have had more serious problems.

* If you do get sick, it doesn't mean you have COVID-19. People can get sick from all kinds of germs. What's important to remember is that if you do get sick, the adults at home will help get you any help that you need.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>



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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..."

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: 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.

Census 2020: Have an Impact on Your Community

School lunches. Plans for highways. Support for firefighters and families in need. Census results affect your community every day.

Shaping Your Future

The results of the 2020 Census will help determine how hundreds of billions of dollars in federal funding flow into communities every year for the next decade. That funding shapes many different aspects of every community, no matter the size, no matter the location.

Think of your morning commute: Census results influence highway planning and construction, as well as grants for buses, subways, and other public transit systems.

Or think of your local schools: Census results help determine how money is allocated for the Head Start program and for grants that support teachers and special education.

The list goes on, including programs to support rural areas, to restore wildlife, to prevent child abuse, to prepare for wildfires, and to provide housing assistance for older adults.

Source: 2020census.gov

Back-To-School Tips: A Checklist for Parents

- Remember to have verbal contact with the Head Start staff when transferring your child into our care.
- Please do not send food, money, toys, or backpacks to the center with the child.
- When your child is picked up at the center, he/she will only be released to an **authorized adult**. An authorized adult is one who the parent or legal guardian has listed on the child's application as an "authorized release person." Changes or additions to authorized release persons may only be made in person. Changes may not be made over the phone or through notes. Authorized persons may be required to show photo ID.
- Firearms, weapons, alcohol, and drugs are strictly prohibited on the L.B.J. & C. Head Start operational sites. A child will not be released to any person suspected of being under the influence of drugs and alcohol.
- Head Start has a Tobacco-Free Environment Policy prohibiting tobacco use at all times in all space utilized by the Head Start Program.
- Your child's attendance is very important to his/her learning. Please notify the center if your child will be absent from the center.

**Virtual Families
Don't forget
"Grab-n-Go" meal
pickup on Monday and
Wednesday,
9 a. m. - 11 a.m.**



We will be using Oxford Owl website for our Traveling Book Bags and Father Role Read Programs. Check with your child's teacher for more information.