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Spring Break Closings

Bondcroft—March 23-27
 Byrdstown—March 23-27
 Algood—March 19-20
 Crossville—March 26-27
 Clarkrange—March 23-27
 Jamestown—March 23-27
 Livingston—March 19-20
 Monterey—March 19-20
 Sparta—March 23-27
 Brookside—March 19-20
 Midway—March 19-20
 Smithville—March 23-27
 HAFH/Pinewood—No Spring Break
 Celina—April 2-3
 Gainesboro—March 16-20
 Shiloh—March 16-20
 Smith County—March 26-27
 Lafayette—April 6-9
 RBS—April 6-9
 South Cookeville—March 19-20

L.B.J. & C.

Head Start Notes

March 2020

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11 Spring Break Staycation Ideas to Enjoy with Kids

This year, skip the airport restroom lines and cross-country road trip meltdowns, and take your family on a spring break staycation in your hometown.

There's nothing relaxing about a spring break vacation filled with travel delays, cranky kids, and overpriced food. This year, make your time off more enjoyable for everyone by investigating attractions close to your home. Fuel up the car, pack some snacks, and fill your week with a handful of these staycation ideas.

1. **Connect with nature.** You always whiz past the signs on the highway, now it's finally time to make the turn and see what's available at your nearby state park. Camping, fishing, swimming, horseback riding, nature centers, fire pits, trails, and playgrounds are just a few of the activities you can expect to find. If you have an RV, park it for a few days so you can soak in all the park has to offer. And, don't forget to pack the marshmallows.

2. **Play all day.** Sure, you've probably visited the local children's museum, but have you spent the entire day there? Did you let the kids try all the hands-on exhibits? Submerge yourself in a full day of play at the museum by taking tons of photos and stopping to enjoy a picnic lunch or snack outside the building when it's time for a break.

3. **Take a ride.** Does your community have a bike trail system? Pack up the family, dust off the bikes in the garage, and plan a day of exploring the entire path. Look at a map

before you go to plan plenty of stops for taking bathroom breaks, snacking, and admiring the views.

4. **Enjoy the river.** When you live in a river community, it's easy to take it for granted. Spring break is the perfect time to reconnect with the natural wonder by going for a local boat cruise, renting a paddle boat or canoe, or spending the afternoon fishing.

5. **Explore your creativity.** Community colleges, art centers, and local organizations offer pay-as-you-go art classes. As a family, try your hand at painting, making pottery, or taking photographs. Any of the activities help you bond as a family, and you end up with cool handmade mementos of your spring break staycation.

6. **Plan a movie-a-thon.** Is it a rainy, yucky day? Convert the TV room into a plush movie theater, complete with pillows, bean bags, and extra blankets to keep the whole family cozy. Prepare a menu of theater treats, such as hot dogs, nachos, shakes, and of course, hot buttery popcorn. You can even invite a few friends. Having trouble deciding what to watch?

7. **Make some crafts.** You can fill a morning with glitter, colored paper, and scented markers. If it's nice outside, you can try one of these "10 Awesomely Messy Outdoor Activities for Kids" on the deck or patio, or if you're stuck inside, try one of these "9 Easy-to-Clean-Up Crafts for Kids." Or, encourage your children to create their own masks, drawings,

or artwork to give to a neighbor.

You can release your inner child and join in on the creative fun, too.

8. **Take a tour.** From bakeries to pizza places, several businesses in your community offer tours. After you see how things work behind the scenes, put what you learned into action at home. For example, if you saw a baker making huge batches of cake batter and cookie dough, show your kids how to make your famous chocolate chip cookies from scratch.

9. **Try new food.** No vacation is complete without eating something totally unexpected. Your staycation is the perfect time to book a table at that new Indian restaurant or try the pizza place with 101 toppings. Splurge and order the fancy mocktails for the kids and a decadent dessert for yourself.

10. **Make a splash.** It's probably too chilly for the local water park just yet, but you can book a night at a nearby hotel with an indoor pool and water recreation area. Take along the kids' favorite beach toys and a book to enjoy while they mingle with other kids in the water.

11. **Do a park-hop.** Do you have super energetic kids? Plan a day-long park hop, where you visit multiple playgrounds all in one day. Don't forget to incorporate parks with special features, like petting zoos or majestic fountains. Pack sunscreen and changes of clothes for little ones who tend to get extra messy.

Submitted by: Melony Pryor, Center Supervisor www.parenting.com

Volunteers Needed

**Is your retirement not quite what you planned?
 Not enough money?
 Bored with sitting at home?**

Help children with special and exceptional needs in our local schools and Head Start Centers in Cumberland, Overton, Putnam, or White Counties. We are looking for volunteers at least 55 years of age, who have at least 15 to 40 hours a week to serve one-on-one with these special children at

these sites. You must be under 200% of the poverty level – \$2,081.67 gross for one person per month or \$2,818.33 gross for two people. Your income can be up to 50% more if you have unmet medical needs, and show verification of such. You receive one to two meals a day at no charge to you, help with transportation, excess insurance, sick leave, annual leave, holiday pay and a small tax-exempt sti-

pend (cannot be counted against you for any government program) of \$2.65 an hour (20 hours a week = \$106.00 every two weeks).

For more information contact Cheryl Pack, Director, at 1-877-928-6488 (toll-free), 1-931-528-6488 (office) or 1-931-529-0663 (cell) or stop by our office at 240 Carlen Avenue, Cookeville, TN (next to Avery Trace Middle School).



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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..."

"When you can't find the sunshine, be the SUNSHINE!" – Unknown

"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.

Are you interested in becoming a non-paid substitute at your center? Contact the Human Resource Manager at the Central Office.

Brush Up on Oral Health

Factors That Cause Tooth Decay

- Parent has untreated tooth decay. Parents with untreated tooth decay have high amounts of bacteria that can cause decay. Parents can pass these bacteria to their child through saliva-sharing activities. Examples of these activities are cleaning a pacifier by mouth and giving it to their child and sharing forks or spoons.
- Child has frequent between-meal snacks or drinks that contain sugar. When children snack on foods containing natural or added sugar often throughout the day, their teeth are bathed in acid for long periods of time. This gives acid more time to break tooth surfaces down and create tooth decay than it would if the child ate regularly scheduled meals and snacks.
- Child is put to bed with a bottle with liquids that contain natural or added sugar. When children are put to bed with a bottle or sippy cup containing breast milk, infant formula, or any liquid with natural or added sugar, their teeth are bathed in acid for long periods of time. The acid has more time to break tooth surfaces down and create tooth decay.
- Child has dental plaque on teeth. Dental plaque is a film on the surface of the tooth that is a mix of saliva, food, and the bacteria that cause tooth decay. If dental plaque is not removed by brushing with

fluoride toothpaste twice a day, it increases the child's risk for developing decay.

- Child has a medical condition or a disability. Children with medical conditions, such as asthma, may take medicines that contain sugar or make their mouths dry. Children with disabilities may have oral habits that can wear or break teeth, or they may eat soft foods that can lead to more dental plaque on teeth, or they may be physically unable to clean their teeth well.
- Child has had tooth decay in the past. Once children have had tooth decay, their risk for developing more tooth decay increases. This is true even for children who have had fillings.
- Child has early signs of tooth decay. Chalky white spots along the gum line of the upper teeth are the beginning of tooth decay.

Factors That Protect Teeth from Tooth Decay

In addition to lowering the factors that can cause tooth decay, it is important to increase the factors that protect teeth from decay. These include:

- Child receives fluoride. Fluoride puts minerals back into teeth that acid has removed. It also prevents the bacteria that cause tooth decay from growing.

Three main ways children can receive fluoride to help protect against tooth decay are:

- Fluoridated water. Fluoride is added to many community water supplies. Fluoride can be consumed by drinking tap water and eating foods made with tap water.
- Fluoride toothpaste. As soon as the first tooth comes in, parents should brush their child's teeth with fluoride toothpaste twice a day.
- Fluoride treatments. Staff in medical and dental offices and clinics can put fluoride varnish on a child's teeth as soon as the first tooth comes into the mouth and then every few months afterward.
- Child has a regular source of oral health care. Children who have regular dental visits are checked regularly for early signs of tooth decay. Services to protect teeth from tooth decay and repair early stages of tooth decay are also provided.

Keeping the Factors in Balance

The key to preventing tooth decay is keeping a balance between the factors that cause tooth decay and the factors that protect against decay. The goal is to lower the factors that cause decay as much as possible and increase the factors that prevent tooth decay as much as possible.

Source: <https://eclkc.ohs.acf.hhs.gov/publication/preventing-tooth-decay>