



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

Inside this issue:

Open House Schedule	cover	The importance of talking to your children	3
Put Down That Device!	2	Dealing with Domestic Violence	3
Stepping outside for Mindfulness			
Child Health Week!	2	Parenting Tips	4



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

Fall 2018

October is Open House Month!!!

You are cordially invited to attend Open House at all of our Head Start Centers.

October 2, 2018 HAFH & HAFH Pinewood HS Crossville, Tennessee 1:00 p.m. - 4:00 p.m.	October 3, 2018 Bondecroft Head Start Sparta, Tennessee 1:00 p.m. - 4:00 p.m.	October 4, 2018 Clarkrange Head Start Clarkrange, Tennessee 1:00 p.m. - 4:00 p.m.
October 5, 2018 Sparta Head Start Sparta, Tennessee 1:00 p.m. - 4:00 p.m.	October 8, 2018 Red Boiling Springs HS Red Boiling Springs, TN 1:00 p.m. - 4:00 p.m.	October 9, 2018 Jamestown Head Start Jamestown, Tennessee 1:00 p.m. - 4:00 p.m.
October 10, 2018 Midway Head Start Rock Island, Tennessee 1:00 p.m. - 4:00 p.m.	October 11, 2018 Livingston Head Start Livingston, Tennessee 1:00 p.m. - 4:00 p.m.	October 12, 2018 Algood Head Start Algood, Tennessee 1:00 p.m. - 4:00 p.m.
October 15, 2018 Crossville Head Start Crossville, Tennessee 1:00 p.m. - 4:00 p.m.	October 16, 2018 Monterey Head Start Monterey, Tennessee 1:00 p.m. - 4:00 p.m.	October 17, 2018 Lafayette Head Start Lafayette, Tennessee 1:00 p.m. - 4:00 p.m.
October 18, 2018 Byrdstown Head Start Byrdstown, Tennessee 1:00 p.m. - 4:00 p.m.	October 19, 2018 Smithville Head Start Smithville, Tennessee 1:00 p.m. - 4:00 p.m.	October 22, 2018 Brookside Head Start McMinnville, Tennessee 1:00 p.m. - 4:00 p.m.
October 23, 2018 Celina Head Start Celina, Tennessee 1:00 p.m. - 4:00 p.m.	October 24, 2018 Smith County Head Start Carthage, Tennessee 1:00 p.m. - 4:00 p.m.	October 25, 2018 Gainesboro Head Start Gainesboro, Tennessee 1:00 p.m. - 4:00 p.m.
October 26, 2018 Shiloh Head Start Cookeville, Tennessee 1:00 p.m. - 4:00 p.m.	October 29, 2018 South Cookeville Head Start Cookeville, Tennessee 1:00 p.m. - 4:00 p.m.	



Put Down That Device! Stepping outside for Mindfulness



The other day, I jumped in the van to head to the grocery store and got down the street before I noticed I'd left my phone charging at home. Once I realized it, I felt like I was missing a limb and had to resist the urge to turn around and get it. The store is only a mile from home and the likelihood of me being needed in

that half hour or so was very, very slim. But I felt anxiety over not having it on hand.

I have fallen down a rabbit hole of electronics. And my kids are in that hole with me. I know I need to wean them (and myself) off screens, but it is much easier said than done. I'd love to say that I didn't hand my preschooler the Kindle to keep him busy as I type this or allow our data plan to be eaten up by the teenagers on a recent car trip to keep peace. But I'd be kidding myself.

We are habitually and immediately accessing and responding to nearly every email, phone call, text message, tag or tweet. Documenting the details of our days on social media and giving ourselves the impression that everything is urgent. If you've uttered, "I just need a minute to answer this" or heard "Just let me finish this level" more than once today, you aren't alone. Too much media can feed anxiety, depression, insecurity, obesity and other conditions. Luckily, something that can help is right outside your door: nature!

Nature has a restorative power that cannot be denied. We want our kids to get outside for the physical benefits of fresh air and exercise, but the mental health boosts from outdoor activity are just as crucial.

Dr. Sarah Cornbrooks, a Baltimore-area clinical child psychologist, recommends the therapeutic benefits of being outdoors for her patients. Cornbrooks provides treatment for a wide variety of mental health concerns including anxiety, depression, ADHD, learning disorders and low self-esteem. She regularly "prescribes" a homework assignment to get outdoor time, particularly for kids that are frequently on phones or iPads. It's not a fix in and of itself, but it can be a valuable part of achieving better overall mental health.

"The ages 10, 11, 12, becomes a time when, if given a choice in structuring their own time, kids tend to choose to be on a device," Cornbrooks says. It's isolating, especially when overused. It is tough being a kid these days, particularly a middle schooler, when self-esteem is teetering and social media stokes insecurity. "For a middle school girl obsessed with Snapchat, getting outside for 10 minutes, paired with exercise, is a great mood lifter," Cornbrooks notes. Feeling better is a great motivator to choose to do it again.

"When we exercise, our moods rise, particularly on a nice day. When you disconnect from technology and all that we are inundated with, when you get away from the video games and the iPads, you allow yourself to just have your own thoughts. Being 'bored' can be a good thing," Cornbrooks continues.

Cornbrooks says mindfulness can start with subtle shifts, but with practice it can become a habit that can help alleviate depression and anxiety. "Be aware of all your senses," she advises. "Think 'How do I feel right now? What do I hear? See? Smell?'" Taking five to ten minutes to embrace being present in the moment can help develop critical coping skills. Kids realize 'I can shift my thinking and shift how I feel by being mindful,' and that is a powerful tool."

Adults can certainly benefit from an audit of electronics usage as well. Cornbrooks relates the story of a friend who cut back her phone-checking habit to just three times per day and discovered she had so much more free time and a lot less stress.



There's no time like the present for being more present and reaping the health benefits of nature. Longer days of summer sunshine can make almost anything seem possible. I often say I'm "solar powered," because my improved state-of-mind and energy on a nice day make me a better version of myself (my kids will attest).

Empower yourself and your children by putting away the devices and getting outdoors more often. Breathe deeply and exhale the stress. You'll make memories and cultivate coping skills the good old-fashioned way. No wifi required.

Source: <http://baltimoreschild.com/Courtney McGee> (submitted by Melony Pryor, Sparta Center Supervisor/FEA)

Celebrate Child Health Week!



Governor Bill Haslam has proclaimed October 1-7, 2018 Child Health Week in Tennessee. Child Health Week is a time to celebrate and raise awareness around what Tennessee is doing to promote the health of our most important resource—

Tennessee's children. "Each of us has a role to play to help keep Tennessee children safe, healthy and on track," said TDH Commissioner John Dreyzehner, MD, MP.

The importance of talking to your children

Research supports adult and child communication as one of the top literacy skill development strategies.

Did you know one of the most important ways to help children be prepared for school is simply to talk with them frequently? Simply put, the more words a child hears, the more prepared they are when they enter school. By the third grade, children who hear more words tend to have bigger vocabularies, be stronger readers and perform better on tests.

There is a specific reason why hearing those words before age 3 is so important. Early childhood is a critical time in children's brain development; over 85 percent of our physical brain growth occurs in the first three years of life. The great news is that this important way to support your child's brain development is completely free and can be done at any time and in any place.

The Thirty Million Words initiative recommends parents use the "three t's" when engaging with their young children. Tune in, talk more and take turns.

Tune in by paying attention to what your child is communicating to you. This includes responding to babies coos and cries with spoken language. Get down on your child's level. Maintain comfortable eye contact. Show your child you are interested in what they are saying.

Talk more with your child using descriptive words to build their vocabulary. Think of yourself like a sportscaster, narrating your child's day. These don't need to be exciting times, necessarily, but just adding words to the normal daily routines. "OK, it's time to go grocery shopping. Let's find our shoes. Your shoes are pink! My shoes are black." And so on. Add "big" words to your speech. "You saw that big tree! It is humongous!"

Dealing with Domestic Violence

Domestic violence is destructive for both the battered and the batterer. Its tendency to be passed down over generations makes it all the more important that we develop effective methods for combating abusive behaviors. Domestic violence can be physical or psychological, and it can affect anyone of any age, gender, race, or sexual orientation. It may include behaviors meant to scare, physically harm, or control a partner. While every relationship is different, domestic violence generally involves an unequal power dynamic in which one partner tries to assert control over the other in a variety of ways. Examples include insults and threats, emotional abuse, and sexual coercion. Some perpetrators may even use

Take turns by encouraging your child to respond to your words and actions. Think of a conversation with your child like playing a game of catch. You want the ball to go back and forth. Support your child engaging in the conversation. Ask open-ended questions instead of questions that have a yes or no answer. Reflect back to your child what you hear them saying. "It sounds like recess was really fun today! Tell me more about the game you played."

As you are supporting your child's growing literacy skills, it's also important to be reading to them. Even babies benefit from time spent in laps reading books. Add daily reading to your child's schedule. If you read to your child for 20 minutes daily from birth through age kindergarten, they will go to school with over 900 hours of reading time already logged. You do not have to read for 20 minutes straight—most young children won't sit that long. Read when they are interested, for as long as they are interested, for little bits of time throughout your day and at routine times such as before nap and bed.

Many recommendations for school readiness can seem complicated and over-whelming, but this task—just talking with your child—is not only very important, but also very easy to do! Take time to talk with your young children today.

Visit Michigan State University Extension's Early Childhood Development webpage for resources and information for families and children.

Source: excerpt from http://msue.anr.msu.edu/experts/carrie_shrier-submitted by Melony Pryor, Sparta CS/FEA

children, pets, or other family members as emotional leverage to get the victim to do what they want. Victims experience diminished self-worth, anxiety, depression, and a general sense of helplessness that can take time and often professional help to overcome.

Source: <https://www.psychologytoday.com/us/basics/domestic-violence>



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Recipients:

Head Start Families
Head Start Policy Council Members
Head Start Board Members
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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 getting your GED? Contact your T/TA Representative at your local center. Continuing education opportunities are available. College? Start Today!! It is never too late to learn.



HEY, PARENTS!



Read together every day.

Read to your child every day. Make this a warm and loving time when the two of you can cuddle close.

Give everything a name.

Build comprehension skills by playing games that involve naming objects. Say things like, "Where's your nose?" Or touch your child's nose and say, "What's this?"

Say how much you enjoy reading.

Tell your child how much you enjoy reading with him or her. Talk about "story time" as the favorite part of your day.

Read with fun in your voice.

Read to your child with humor and expression. Use different voices. Ham it up!

Know when to stop.

Put the book away for awhile if your child loses interest or is having trouble paying attention.

Be interactive.

Discuss what's happening in the book, point out things on the page, and ask questions.

Read it again and again.

Go ahead and read your child's favorite book for the 100th time!

Talk about writing, too.

Mention to your child how we read from left to right and how words are separated by spaces.



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