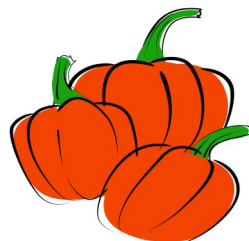




The L.B.J. & C. Head Start Headliner

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

Fall 2020

October is Open House Month!!!

You are cordially invited to attend Open House at all of our Head Start Centers. Due to COVID-19, our Open Houses will be held virtually this year. You will be able to view them on ClassTag and Facebook.

October 1, 2020
HAFH & Pinewood
Crossville, TN

October 12, 2020
Livingston Head Start
Livingston, TN

October 21, 2020
Brookside Head Start
McMinnville, TN

October 2, 2020
Bondecroft Head Start
Sparta, TN

October 13, 2020
Algood Head Start
Algood, TN

October 22, 2020
Celina Head Start
Celina, TN

October 5, 2020
Clarkrange Head Start
Clarkrange, TN

October 14, 2020
Crossville Head Start
Crossville, TN

October 23, 2020
Smith County HS
Carthage, TN

October 6, 2020
Sparta Head Start
Sparta, TN

October 15, 2020
Monterey Head Start
Monterey, TN

October 26, 2020
Gainesboro Head Start
Gainesboro, TN

October 7, 2020
Red Boiling Springs HS
Red Boiling Springs, TN

October 16, 2020
Lafayette Head Start
Lafayette, TN

October 27, 2020
Shiloh Head Start
Cookeville, TN

October 8, 2020
Jamestown Head Start
Jamestown, TN

October 19, 2020
Byrdstown Head Start
Byrdstown, TN

October 28, 2020
South Cookeville HS
Cookeville, TN

October 9, 2020
Midway Head Start
Rock Island, TN

October 20, 2020
Smithville Head Start
Smithville, TN

ORAL HEALTH

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

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.



ADMINISTRATION FOR
CHILDREN & FAMILIES



NATIONAL CENTER ON
Early Childhood Health and Wellness

CARES Act Gives Additional Funding for Head Start Program

L.B.J.&C. Head Start has received \$1,148,602.00 through the Coronavirus Aid, Relief, and Economic Security (CARES) Act. These funds will support Head Start services to low-income children ages 3-5 within our 12 county service area in the Upper Cumberland.



Nationally, \$750 million has been designated for Head Start programs to support preventative, preparedness, and response activities related to the coronavirus through the CARES Act. To support low-income children who have experienced a disruption of services during

this time, programs will provide supplemental summer Head Start programs as they are able. Funds will be released directly to all 1,600 local Head Start and Early Head Start programs, including tribal programs, in every state and territory beginning this week.

"President Trump has secured more than \$6 billion in funding to help supplement human services during this crisis," said U.S. Department of Health and Human Services Secretary Alex Azar. "This \$750 million for Head Start will help ensure that children and families who rely on the program continue receiving services like meals, health screenings, and pre-K education where possible. As we move toward safely reopening, it only grows more important that we support vulnerable families and children whose lives have been disrupted by the virus and its economic effects."

"We know that investing in programs that use a whole

family approach to learning and development can be pivotal to the success of children and families," said Lynn Johnson, assistant secretary for the Administration for Children and Families. "During this pandemic, it is important to support programs that enrich and enlighten children, families, and communities as they work towards their goals and make concentrated efforts to improve their future post the pandemic."

The L.B.J.&C. Head Start program plans to use the CARES Act funding to provide critical support to enrolled children and families. "During this crisis, we have been able to provide crisis response to our Head Start families, including meals, mental wellness support, and connection to community resources," said Penny Meadows, L.B.J.&C. Head Start Director. "We have also trained all of our staff in infectious disease management prior to reopening our classrooms in August."

The L.B.J.&C. Head Start program is using the CARES Act funding to resume services. "The health and safety of each child in our care is our highest priority," said Penny Meadows, L.B.J.&C. Head Start Director.

Learn more about L.B.J.&C. Head Start at www.lbjc.org. Follow us on Facebook.

L.B.J.&C. Head Start is currently recruiting children and families for fall enrollment. Contact us at (931) 528-3361 or visit us on our website at www.lbjc.org.

Find additional information about Head Start programming specific to this public health crisis on the Early Childhood Learning and Knowledge Center website: <https://eclkc.ohs.acf.hhs.gov/coronavirus>



National Domestic Violence Awareness Month is recognized each October through educational events, community gatherings, and support groups. In 2018, the Domestic Violence Awareness Project developed a unified theme: #1Thing. The purpose of this campaign is to remind everyone that ending domestic violence starts with just one small action, whether that is seeking help or sharing resources.

Source: <https://nationaltoday.com/%e2%80%8bnational-domestic-violence-awareness-month/>



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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

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.

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.

Talking with Children about Coronavirus

CDC has created **recommendations to help adults have conversations with children about COVID-19 and ways they can avoid getting and spreading the disease.**

Children may worry about themselves, their family, and friends getting ill with COVID-19. Parents, family members, school staff, and other trusted adults can play an important role in helping children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety or fear.

Tips for talking to children

- Remain calm. Remember that children will react to both what you say and how you say it. They will pick up cues from the conversations you have with them and with others.
- Reassure children that they are safe. Let them know it is okay if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Make yourself available to listen and to talk. Let children know they can come to you when they have questions.
- Avoid language that might blame others and lead to stigma.
- Pay attention to what children see or hear on television, radio, or online. Consider reducing the amount of screen time focused on COVID-19. Too much information on one topic can lead to anxiety.
- Provide information that is truthful and appropriate for the age and developmental level of the child. Talk to children about how some stories on COVID-19 on the Internet and social media may be based on rumors and inaccurate information. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Teach children everyday actions to reduce the spread of germs. Remind children to wash their hands frequently and stay away from people who are coughing or sneezing or sick. Also, remind them to cough or sneeze into a tissue or their elbow, then throw the tissue into the trash.
- If school is open, discuss any new actions that may be taken at school to help protect children and school staff.

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