



Take the 1st step toward meeting your goals...

**FREE CLASSES
B'HAM PUBLIC LIBRARIES**

Career Test Prep
2/4/19, 2/11/19, 2/18/19,
2/25/19, 3/4/19, 3/18/19,
& 3/25/19
10 – 11 a.m.
Smithfield Branch Library

**Money Matters Retirement
Planning Workshop**
2/13/19 & 3/13/19
12-1 p.m.
Central Library

GED Test Prep
2/1/19, 2/8/19, 2/15/19,
2/22/19, 3/1/19, 3/8/19,
3/15/19, 3/22/19 &
3/29/19
10 -11 a.m.
Smithfield Branch Library

**Steps to Starting Your
Business**
2/19/19 & 3/19/19
12-1 p.m.
Central Library

Tech Tuesday
3/12/19 @ 2-4 p.m.
Bring in your device for
assistance
Smithfield Branch Library

**Do you know someone who needs help learning to read or speak English? The Literacy Council offers programs in adult basic literacy and English of other languages (ESOL)
Call 205-326-1925*

**GED Classes: Mon-Thurs
(9-4 p.m.)**
Literacy Council Office
2301 1st Ave N, Suite 102
Birmingham, AL 35203

**February is Boost your
Self-Esteem Month**

Think happy, and be nice to yourself!

It might sound silly, but changing the way you think is the most important thing about boosting your self-esteem.

Read and watch things that are positive and happy.

Reading inspirational articles or quotes, and watching things that are pleasant on television or the Internet will help you keep you in a positive frame of mind.

Get outside, and get some exercise.

Even if it's just a 20-minute walk on your lunch break, getting out into the sun and working up a sweat is the perfect combination to make you feel great.

Surround yourself with supportive people.

Get rid of the negative people and naysayers in your life. Surround yourself with the people who lift you up and treat you with love and respect. You deserve it!

Do something you love.

Sometimes our jobs or daily commitments may not include doing what we are passionate about. Get a hobby or explore something you have always wanted to do, experience, or be a part of! Doing things that we love of course makes us feel better about ourselves!

goldengateobgyn.org

**JCCDC accepting applications
for the 2019-2020 Program**

Jefferson County Child Development Council Inc. is now accepting applications for children at licensed family child care homes with full day, full week child care at no cost to eligible parents. JCCDC serves all qualified children. For more information, please call JCCDC Early Head Start/Head Start Program at 205-933-1095/ Monday – Friday 8:00 a.m. – 5:00 p.m. or visit our website at www.jccdc.com

FEBRUARY 2019/MARCH 2019



Visit our website!
www.jccdc.com

What's happening at JCCDC?

Feb. 7: Parent Meeting at 6 p.m.

Feb. 8: Profession Development Training (All FCC Sites are closed)

Feb. 12: Male Involvement Meeting

Feb. 14: Valentine's Day

Feb 18: Presidents' Day

Feb. 19: Policy Council Meeting

March 2: Read across America Day

March 10: Daylight Savings Time Begins (Set your clock 1 hour ahead)

March 12: Male Involvement Meeting

March 17: St. Patrick's Day

March 19: Policy Council Meeting

March 25 – 29: Spring Break (All FCC Sites are closed)

**March- Focus First/Vision Screening at all sites*

Attention Parents!!

Jefferson County Child Development Council's Policy Council Meeting will be held **February 19** and **March 19** at 6:00 p.m.

All parents are welcomed

** The members participating will be responsible for contributing to the direction of our agency. Please come out and become an advocate for your child. For more information contact: Navie Eason at 205-379-6068 or 205-224-9092 (Cell)*



Even Nonreaders can Celebrate Reading Month

Each year at the beginning of March, school children kick off National Reading Month by celebrating the birthday of the beloved Dr. Seuss. But what about the little ones? With a little help, they can enjoy National Reading Month too.

Remembering what you hear

Read it again...and again. When your child asks for repeated readings of the same book, rejoice! While you may tire of the storyline, your child is gradually memorizing the text and enhancing her listening comprehension. Eventually, you can encourage your child to “read” the story to you, using what she’s memorized to retell the tale. You can also have your child retell the story using puppets, or by simply acting it out. Books with predictable, repetitive storylines are a good place to start.

Read and discuss. While younger children benefit from fewer interruptions during reading in order to maintain attention, occasionally ask your child questions about the story and illustrations. Sometimes, repeat your child’s response. Other times, expand on what he has said, or make your own responses. This provides your child with a model of how to talk about books and enhances his ability to remember what he’s heard.

Make up listening games. Implement a version of Simon Says, with one, then two, then three or more verbal instructions to follow (Simon Says, touch your nose; Simon says touch your nose, then jump. Simon Says touch your nose, then jump, then turn around).

Playing with the sounds of language

Introduce nursery rhymes and sing-along games. Recite nursery rhymes, play the name game (Mason, Mason, bo bason, bananfana...), check out children’s sing-along CDs at the local library, and spark your child’s delight in the sounds of language.

Enjoy rhyming books. Read aloud and pause at opportune spots, encouraging your child to join in on the rhyming portions of text.

Go on a treasure hunt. Help your child search for items in your home that rhyme, or start with the same sound.

Tune your child’s ears to the rhythm of music. Clap or dance to the beat, or tweak lyrics by substituting new rhyming words, even silly ones. Music provides plenty of natural opportunities for children to appreciate and manipulate the sounds of language.

www.leapfrog.com

The Importance of Children’s Dental Health

In honor of National Children’s Dental Health Month this February, here are some of the important facts that earned this issue its own month.

Cavities are surprisingly common in children: 5x more common than asthma, 7x more common than hay fever, and also more common than type 2 diabetes and obesity.

Many cavities go untreated. A study by the CDC reports that approximately 42% of children ages 2-11 have untreated cavities.

Not only can cavities affect a child’s oral health, overall health, and self-esteem, but they can also affect academic performance. The Center for Health and Health Care in Schools reports that 51 million school hours are lost each year due to dental-related issues.

Over 80% of the cavities children get are on the chewing surface of their teeth. Dental sealants help to protect against these cavities, but only 18.5% of children have at least one sealed permanent tooth. Talk to your child’s dentist to see if dental sealants are a good option for them.

Fluoride has been proven to be the most effective way to prevent cavities. Unfortunately, more than 100 million Americans do not get enough fluoride from their tap water. Talk to your dentist about other ways to make sure your children are getting enough fluoride to protect their teeth.

www.castledental.com

Heart Disease: It Can Happen at Any Age

Heart disease doesn’t happen just to older adults. It is happening to younger adults more and more often. This is partly because the conditions that lead to heart disease are happening at younger ages. February is Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.

Heart disease—and the conditions that lead to it—can happen at any age. High rates of obesity and high blood pressure among younger people (ages 35-64) are putting them at risk for heart disease earlier in life. Half of all Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol, and smoking).

4 Ways to Take Control of Your Heart Health

You’re in the driver’s seat when it comes to your heart. Learn how to be heart healthy at any age.

Don’t smoke. Smoking is the leading cause of preventable death in the United States. If you don’t smoke, don’t start. If you do smoke, [learn how to quit](#).

Manage conditions. Work with your health care team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed. Learn more about preventing and managing [high blood pressure](#) and [high cholesterol](#).

Make heart-healthy eating changes. Eat food low in trans-fat, saturated fat, added sugar and sodium. Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options. Learn more about [how to reduce sodium](#).

Stay active. Get moving for at least 150 minutes per week. You can even break up the 30 minutes into 10-minute blocks. Learn more about [how to get enough physical activity](#).

www.cdc.gov

Our Services

- ❖ Education..... (205) 379-6069
- ❖ Disabilities/Mental Health..... (205) 379-6068
- ❖ Health & Safety..... (205) 379-6059
- ❖ Enrollment..... (205) 379-6063
- ❖ Family Engagement..... (205) 379-6071
- ❖ Nutrition..... (205) 379-6058

Mission Statement

The Jefferson County Child Development Council, Inc. (JCCDC) Head Start/Early Head Start Family Child Care Program provides comprehensive services for children and families to grow: physically, emotionally, socially, and intellectually. JCCDC will enhance the knowledge and skills of children and their families necessary to promote self-sufficiency, self-esteem, and confidence in nurturing environment that supports the successful transition to public school and demonstrated school readiness.