

What's up?

JCCDC Newsletter for Parents, Providers, Community Partners & Staff



As the school year comes to a close 🎓, Jefferson County Child Development Council (JCCDC) will continue to seek new funding opportunities to strengthen and expand our services throughout the Jefferson County community. With your ongoing support, we remain dedicated to our stakeholders—our children and families, our staff, and our community.

Please continue to follow us on our unwavering path as we work to create a positive, lasting impact in the lives of the children and families we proudly serve—this season and beyond.

With appreciation,
Dr. Earlene Reynolds
Director, Jefferson County Child Development Council Inc.



- 🌸 May 1(Fri): School Principals' Day 🍎
- 🐎 May 2(Sat): Kentucky Derby 📺 🌹
- 🌸 May 5(Tue): Teacher Appreciation Day 🏆
- 🌸 May 10(Sun): Mother's Day ❤️
- 🏠 May 22(Fri): Last Day of School 🎓 ✨
- ☀️ May 23(Sat): Parent Appreciation Banquet 🍷
- 🕒 May 25(Mon): Memorial Day 🇺🇸



- 🚩 June 14(Sun): Flag Day 🚩
- 🩸 June 14(Sun): World Blood Donor Day ❤️
- 👤 June 19(Fri): Juneteenth National 🇺🇸
- ❤️ Independence Day 🇺🇸
- 👔 June 21(Sun): Father's Day ❤️
- 📅 June 21(Sun): Summer Solstice 🌞

In the Spotlight

WBRC LAW CALL TONIGHT AT 1030P

NAVIGATING SPECIAL EDUCATION AND LAW

FRS
FAMILY REVOLUTION RESOURCES

Tonight, Willie Glass, mother, grandmother, and Parent Advocate, will be joining Melanie Posey on WBRC's weekly Law Call to shine a light on families navigating special education with IEPs and discussing parental rights

Willie Glass, LMSW
Doctoral Student
Alabama A&M University

SUNDAY, APRIL 19TH, 2026 @1030PM

Our May Spotlight: Willie Glass

This month, we are proud to highlight **Willie Glass** ❤️, a passionate advocate for children with disabilities. With more than 20 years of experience, she has devoted her career to ensuring that children and families receive the support, services, and resources they need to succeed.

As a doctoral student at Alabama A&M University 🎓, Willie continues to contribute to meaningful research and champion positive change in both social work and disability advocacy. Her efforts in developing community-based programs and strengthening partnerships have created a lasting and meaningful impact throughout the community ✨.

We also celebrate her recent appearance on WBRC's Law Call with Melanie Posey on 4/19/26 at 10:30 PM 📺 a proud and exciting moment recognizing her continued advocacy and leadership 🙌.

Simple Budget Tips for Head Start Families



Having a budget helps you cover your bills and save a little for emergencies!

1. Know Your Income



List your job, child support, SNAP/TANF & any other income.

2. Track Your Spending



Write down what you spend each week: groceries, snacks, extras.

3. List Your Bills



Mark down when rent, utilities & other bills are due.

4. Make a Simple Budget



Plan what to pay first & try to save a little.

Stick With It!



Use a Notebook or App



Cut Small Extras



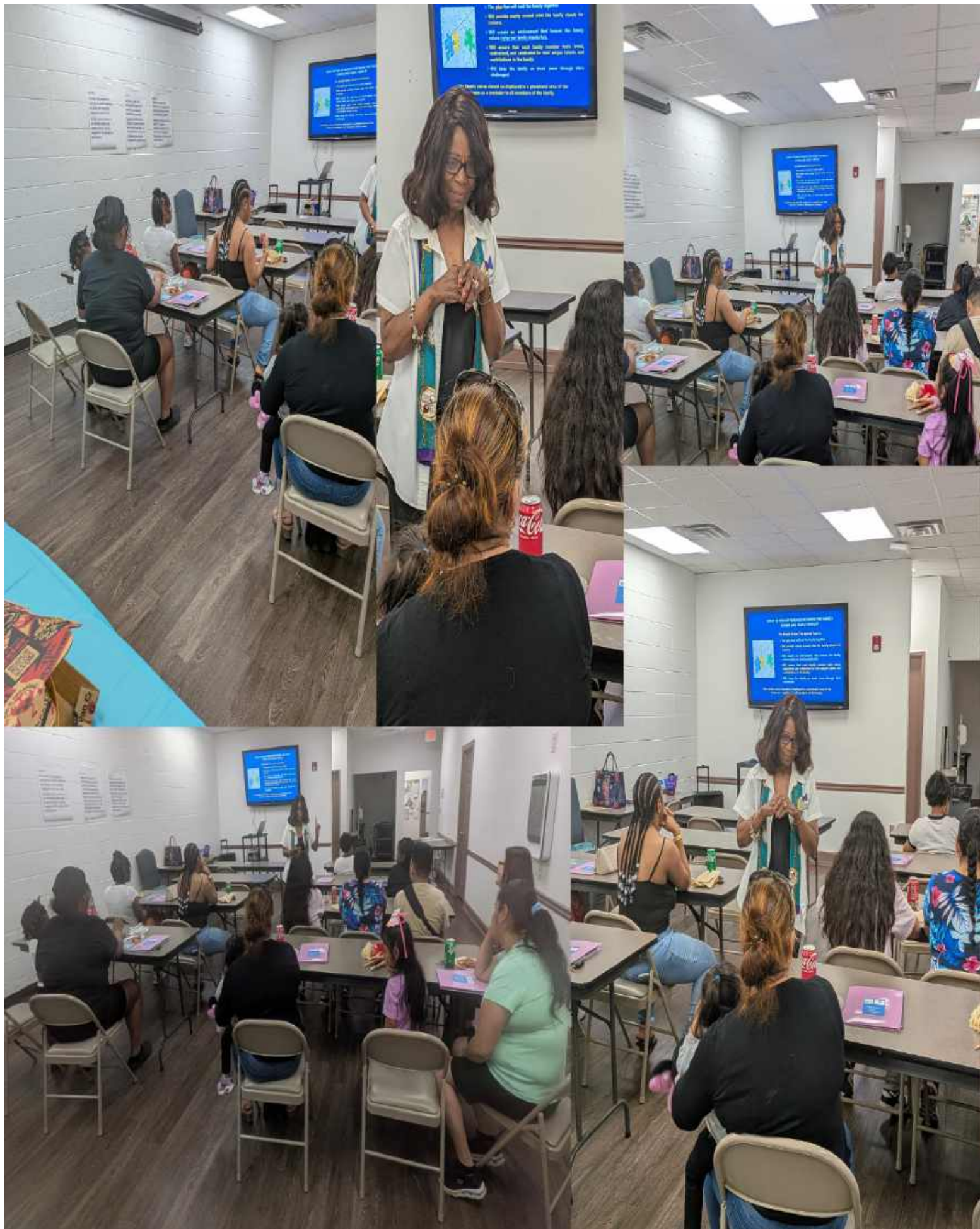
Set a Goal



Ask for Support

Even a little bit saved helps! Your Head Start family is here to support you!

JCCDC APRIL 2026 PARENT MEETING



GOAL SETTING SATURDAY WORKSHOP

We were honored to welcome author **Doris Barren** as a special guest speaker at our **April 2026 Parent Meeting**. Taking time out of her Saturday, Ms. Barren joined us to share powerful insights from her book, *“Change Your Mindset / Save Your Child.”* We are truly grateful for her time, wisdom, and dedication to supporting families in our community.

During her discussion, Ms. Barren emphasized the importance of **mindset** in parenting and how our thoughts and beliefs can directly impact our children’s growth and success. She encouraged parents to be intentional, positive, and proactive in shaping both their own perspectives and their children’s futures.

A key highlight of her presentation focused on the **importance of setting goals**. Ms. Barren guided families on how to:

- Create **meaningful and realistic** goals
- Align goals with their **family’s vision and values**
- Stay **consistent** and **committed** through challenges
- **Model goal-setting behaviors** for their children

She reminded us that goal-setting is not just about **achievement**, but about **building structure, confidence, and direction within the family unit**.

Parents left the session feeling inspired, empowered, and equipped with practical tools to support their children’s development and strengthen their households. Her message reinforced that with the right mindset and clear goals, families can create lasting, positive change.

We sincerely thank **Doris Barren** for sharing her knowledge and passion with us. Her words continue to inspire our families to grow, dream, and succeed together. ❤️



WELLNESS & AWARENESS DATES

🧠❤️ **MAY 11–17: MENTAL HEALTH AWARENESS WEEK**
TAKE TIME TO CHECK IN WITH YOURSELF AND OTHERS 💬 ✨

🧘🌸 **MAY 21: WORLD MEDITATION DAY**
PAUSE, BREATHE, AND FIND YOUR CALM
🌿🧘

❤️👨 **JUNE 15–21: MEN’S HEALTH WEEK**
ENCOURAGING STRENGTH, WELLNESS, AND SELF-CARE 💪🩺

Male Involvement & Volunteering in Head Start



Strong Fathers. Strong Families. Strong Futures.

Head Start believes that children thrive when **all caring adults** in their lives are actively involved. Male caregivers—including fathers, grandfathers, uncles, stepfathers, and mentors—play a powerful role in supporting children’s learning, confidence, and emotional well-being.

Why Male Involvement Matters

When men are engaged in their child’s early education, children:

- Show stronger social and emotional skills
- Develop higher self-confidence and motivation
- Feel supported by a broader circle of caring adults

Positive male role models help children see that learning, kindness, and responsibility are important for everyone.

Ways Men Can Get Involved

There are many meaningful ways male caregivers can participate in Head Start, including:

- Volunteering in the classroom
- Reading books during story time

- Helping with special events, field trips, or celebrations
- Sharing skills, hobbies, or careers with children
- Assisting with outdoor activities or projects
- Serving on parent committees or policy councils

No matter how big or small, every contribution makes a difference.

Male Volunteering Builds Community

Male volunteers bring diverse talents, perspectives, and experiences into our programs. Their involvement strengthens the partnership between families and staff, creating a welcoming environment where children feel supported and valued.

Volunteering also gives men the opportunity to:

- Build deeper connections with their children
- Meet other families and caregivers
- Gain leadership skills
- Show children the importance of giving back

We Welcome You!

Head Start encourages male caregivers to become active participants in our program. Your presence matters, your voice is valued, and your involvement helps shape a brighter future for our children.

If you are interested in volunteering or learning more about male involvement opportunities, please contact your child’s teacher or the Family Engagement staff. We look forward to working together because **when families are involved, children succeed.**

LaTausha Holifield-Child Health & Family Engagement Services
205-933-1095



HOW TO MAKE *Homemade Bubbles*



Make durable homemade bubbles by mixing 4 cups of warm water with 1/2 cup of dish soap (blue Dawn is recommended) and 1/2 cup of sugar or 1 tablespoon of glycerin.

Whisk gently, let the solution sit for at least an hour or overnight, and use straws, pipe cleaners, or hangers as wands.

Homemade Popsicles a Cool Summer Treat



Ingredients: Combo choices:

- Strawberry, mint, and lime juice or
- Strawberry, banana, mango, and lemon juice or
- Blueberries, blackberries, and strawberries with orange juice or
- 2 cups fresh blueberries, raspberries, strawberries and sliced bananas, mixed

Then add:

- 2 cups plain or vanilla yogurt
- 1/4 cup white sugar or to taste
- 8 small paper cups or popsicle molds
- 8 popsicle sticks

Instructions:

- Place the mixed blueberries, raspberries, strawberries, sliced bananas, yogurt, and sugar into a blender. Cover, and blend until fruit is chunky or smooth, as desired.

- Fill paper cups or popsicle molds 3/4 full with fruit mixture.
- Cover the top of each cup or mold with a strip of aluminum foil. Poke a popsicle stick through the center of the foil on each cup or mold.
- Place the cups or molds in the freezer for at least 5 hours. To serve, remove foil and paper cup or mold.

Watermelon Pizza



Ingredients:

- **Watermelon**
- **3 tbsp Heavy cream**
- **1/4 cup Besti Powdered Monk Fruit Allulose Blend (to taste)**
- **2 tsp Lemon juice**
- **1/2 tsp Vanilla extract**
- **1/2 cup Blueberries**
- **1/2 cup Raspberries**
- **Fresh mint (optional, for garnish)**




Instructions:

1. **Slice the watermelon at the thickest part into a 1-inch-thick disc. (You can enjoy the rest of**



2. **Combine the cream cheese, heavy cream, powdered Besti, lemon juice, and vanilla in a blender. Blend until smooth. Adjust the sweetener to taste.**
3. **Drizzle, spread, or pipe the cream mixture over the watermelon slice. Top with berries, and fresh mint if you like.**
4. **Cut the watermelon pizza into 8 slices. Enjoy!**



  Family Fun Indoors:
Birmingham's Best Kid-
Friendly Activities!  

Looking for ways to keep the kids entertained **rain or shine?**   Birmingham is full of exciting **indoor adventures** where children can play, learn, and explore safely all year long! 

 Play, Explore & Burn Energy! 

If your little ones have energy to spare (and we know they do! ) , indoor playgrounds are a perfect choice! Kids can **run, climb, slide, and explore** in colorful, exciting spaces designed just for them. 

-  Many locations feature:
-  Giant slides & tunnels
-  Obstacle & ninja courses

- 👶 Safe toddler play areas
- 🎉 Party & group event options

It's fun for the kids AND a chance for parents to relax a bit too. ☕ 🐱

Learn While Having Fun!

Turn playtime into learning time with Birmingham's interactive museums!

- 🧪 Hands-on science centers let kids touch, build, and discover.
- 🚗 Motor & flight museums spark curiosity about machines and aviation. ✈️

These spots are perfect for curious minds and make learning feel like an adventure! 🌟

Jump, Climb & Stay Active!

For kids who love to MOVE, indoor activity centers are a must!

- 🏊 Trampoline parks = jumping fun & energy release.
- 🧗 Climbing gyms = strength, confidence & focus.

These activities help kids stay active while having a blast! 💪 🎉

Why Indoor Play Matters

Indoor activities aren't just fun, they're important too!

- 🛡️ **Safe Spaces:** Clean, supervised, and secure.
- ☁️ **Weather-Proof:** Fun no matter the forecast.
- 🤝 **Social Skills:** Kids make friends & learn teamwork.
- 🏃 **Healthy Habits:** Encourages movement and activity.

More Than Just Playtime

Many indoor locations also support:

- 🎓 School field trips 🎉 Birthday parties
- 💰 Community events & fundraisers

It's a great way to bring families and communities together. ❤️

No matter the weather, Birmingham offers endless opportunities for **safe, exciting, and enriching indoor fun!** From climbing walls to science exhibits, there's something for every child to enjoy. 🎈 ❤️

So grab the kids and start exploring—your next indoor adventure awaits! 🏠 🎉



Spring Fun in Birmingham—Free & Family-Friendly!

Spring is here 🌞 🌷 and it's the perfect time to get out and explore all the free fun Birmingham has to offer! From beautiful gardens to exciting parks and local events, there's something for everyone to enjoy. ❤️ ✨

🌿 Outdoor Adventures & Nature Spots

Take a relaxing stroll through the stunning **Birmingham Botanical Gardens** 🌸, featuring acres of gorgeous gardens with free admission. Pack a picnic and enjoy the open green space at **Railroad Park** 🚂, or let the kids play and explore at **City Walk Bham** with its playground and walking paths. For nature lovers, **Red Mountain Park & Ruffner Park** both 🌄 offer scenic trails and outdoor fun.

- 🌸 **Birmingham Botanical Gardens** - Stunning gardens, flowers, and peaceful walking paths. 🌸 🌿
- 🚂 **Railroad Park** - Picnics, skyline views, and open green space. 🌳 🛒
- 🌳 **City Walk BHAM** - Playgrounds, splash zones, and walking fun for kids. 👧 👦 🌈
- 🌄 **Red Mountain Park** - Hiking trails, nature views, and outdoor adventure. 🥾 🦶
- 🌳 **Ruffner Mountain Nature Preserve** - Scenic hikes, wildlife spotting, and beautiful overlooks. 🦋 🍃 🌄

🏛️ Indoor Fun (Rainy Day Ready!)

- 🎨 **Birmingham Museum of Art** - Free admission, art exhibits, and interactive kids' area. 🎨 🎭 ✨
- 🏭 **Sloss Furnaces National Historic Landmark** - Explore history, tours, and cool industrial ruins. ⚙️ 🔥 📖

🌸 Spring Events & Local Extras

- 🌸 **Cherry Blossom season** at the **Botanical Gardens**. 🌸 🌳
- ✈️ **Plane watching** near **Alpha Charlie Grill**.
- 🚂 **Train watching** at nearby parks.

- 🎉 **Fun seasonal community events** all across Birmingham.

♥️ No matter your interests, **Birmingham is full of free and exciting ways to enjoy spring**—get out, explore, and make memories! 🌸 🌿

The Best part....

**FREE
ADMISSION**



🌸 Ever Wondered Where Mother's Day & Father's Day Came From? 🤔 🌸

Have you ever stopped and thought... *who came up with Mother's Day and Father's Day anyway?* Are they just sweet Hallmark holidays, or do they actually have deeper roots? 🤔

Well... surprise! These special days have meaningful (and sometimes emotional) origins that might make you appreciate them even more.



❁ The Origin Of Mother's Day ❁

Mother's Day was established by Anna Jarvis to honor her mother, Ann Reeves Jarvis, and the love and sacrifices mothers make every day. After her mother's passing in 1905, Anna Jarvis led efforts to create a National Day of Recognition.

The first official celebration took place in 1908 in Grafton, West Virginia, where white carnations 🌸 were used as a symbol of love and purity. In 1914, Woodrow Wilson declared Mother's Day a national holiday, celebrated on the second Sunday in May.

Earlier efforts to honor mothers date back to the 1800s, including the work of Julia Ward Howe, who promoted peace and recognition for mothers ✨.

Although the holiday later became commercialized 🎁🌸, Anna Jarvis originally intended it to be a personal day ("Mother's," singular) to honor your own mother ❤️.

Today, Mother's Day remains a special time to celebrate, appreciate, and say thank you to mothers everywhere 🌷❤️.



🏠 The Origin Of Father's Day 🏠

Father's Day began in 1910 thanks to Sonora Smart Dodd, who wanted to honor her father, William Jackson Smart—a Civil War veteran who raised six children on his own 💙. The first celebration took place on June 19, 1910 in Spokane, Washington.

Although the idea faced years of resistance and was seen as commercial 🎁, support grew over time. Lyndon B. Johnson officially proclaimed Father's Day in 1966, and Richard Nixon made it a permanent federal holiday in 1972 us.

Today, Father's Day—celebrated on the third Sunday in June honors fathers and father figures for their love, guidance, and role in their children's lives ❤️.



🌈 The Origin of Juneteenth 🌈

Juneteenth marks June 19, 1865, when Gordon Granger arrived in Galveston, Texas to announce that enslaved people were free—over two years after the Emancipation Proclamation 💛.

The name "Juneteenth" combines *June* and *nineteenth*, and the day began as a grassroots celebration by newly freed African Americans 🌈. Early celebrations started in 1866 and grew across the country, including gatherings at places like Emancipation Park in Texas.

After years of advocacy—led by activists like Opal Lee—Juneteenth became a federal holiday in 2021, signed into law by President Joe Biden.

Today, Juneteenth is celebrated with community events, parades, and reflection 🎶 to honor freedom, history, and African American culture ❤️.

STUDENT
ENROLLMENT

Jefferson County
CHILD DEVELOPMENT COUNCIL, INC.

JCCDC HEAD START/EARLY HEAD START
Accepting Applications!
Free preschool for eligible children
ages 6 wks - 5 yrs old

HEAD START

Give your child a strong start for a bright future

Jefferson County Child
Development Council, Inc is an
innovative early learning program
that prepares children birth to 5 yrs
old for school success.

Why Choose Us

- Engaging, play-based curriculum
- Caring and experienced teachers
- Family engagement & support services
- Nutritious meals and snacks

Sites located throughout Jefferson County
Limited Spots Available!

For more information & registration:
www.jccdc.com
728 37th Street S
Birmingham, AL 35222
205-933-1095

STUDENT
ENROLLMENT

Jefferson County
CHILD DEVELOPMENT COUNCIL, INC.

JCCDC INICIO TEMPRANO/INICIO ANTICIPADO
Acceceptando Aplicaciones!
Preescolar gratuita para niños elegibles de 6
semanas a 5 años

HEAD START

Dale a tu hijo un buen comienzo para un futuro brillante

Jefferson County Child
Development Council, Inc. es un
programa innovador de
aprendizaje temprano que prepara
a los niños desde el nacimiento
hasta los 5 años para el éxito
escolar.

¿Por qué elegimos?

- Un plan de estudios atractivo y basado en el juego
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Sitios ubicados en todo el condado de Jefferson
¡Plazas limitadas disponibles!

Para más información e inscripción:
www.jccdc.com
728 37th Street S
Birmingham, AL 35222
205-933-1095



Memorial Day: Honoring Those Who Served

Memorial Day is observed on the last Monday in May to honor the men and women who gave their lives in U.S. military service ❤️💙💜. Originally called “**Decoration Day**” after the American Civil War, communities honored fallen soldiers by decorating their graves with flowers 🌸. Today, it remains a meaningful time to remember their sacrifice and reflect with gratitude ✨.

**MEMORIAL DAY IS MAY 25TH
BE SURE TO TAKE A MOMENT TO
HONOR AND REMEMBER THE BRAVE
MEN AND WOMEN WHO HAVE SERVED
AND CONTINUE TO SERVE OUR
COUNTRY ❤️**

🎂🍰 SPECIAL BIRTHDAY SHOUTOUT TO ELVERIA STURDAVANT 2/19 🍰👩🏻

**GUESS WHO????
HOW WELL DO YOU KNOW OUR
AWESOME TEACHERS??**



**CONTACT US WITH THE CORRECT ANSWER
205-933-1095.**



**THERE WAS NOT A WINNER OF LAST
ISSUE'S
PROVIDER/TEACHER GUESS WHO.**

Name: _____ Date: _____

Memorial Day Word Search

DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

E	I	E	O	D	K	S	O	S	R	Z	S	B	C	Y	Z	R	E	V	A
F	Q	W	B	F	T	M	O	P	T	Z	Y	Q	B	A	A	O	P	C	I
Q	A	I	B	C	B	E	U	O	N	W	A	G	N	E	M	D	L	I	J
R	B	S	E	C	A	H	R	A	A	P	I	L	A	C	E	I	U	R	Z
M	A	X	R	V	M	T	M	E	P	N	W	Y	S	C	C	E	V	L	V
G	C	H	V	P	F	N	W	A	M	V	A	L	D	M	H	I	M	A	O
L	R	P	A	A	L	A	Y	L	S	E	M	F	Y	Z	E	Y	R	U	R
P	I	K	N	T	A	S	F	T	V	R	M	F	R	R	U	O	E	J	G
U	F	X	C	R	H	C	V	P	Z	P	E	E	V	O	O	H	R	J	M
J	I	J	E	I	T	R	A	V	S	T	A	W	R	M	E	A	S	Y	G
D	C	I	Y	O	Y	M	U	R	E	E	Y	K	O	A	B	K	N	K	V
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T	M	S	O	L	D	I	E	R	S	F	R	L	Z	E	T	P	V	C	O
I	U	E	T	D	S	L	J	K	L	E	T	U	L	A	S	S	B	P	N
O	G	U	M	F	L	W	V	A	K	E	T	A	R	O	M	E	M	O	C
N	R	G	N	R	K	S	G	R	V	E	W	H	M	Q	U	Z	L	V	R
Z	N	G	E	U	N	S	K	O	T	K	L	A	I	R	O	M	E	M	B

AMERICAN	HALF MAST	REMEMBRANCE
ANTHEM	HEROES	SACRIFICE
CEMETERY	HOLIDAY	SALUTE
CEREMONY	HONOR	SERVICE
COMMEMORATE	MAY	SOLDIERS
DECORATION	MEMORIAL	TAPS
FALLEN	OBSERVANCE	VETERANS
FLAGS	PATRIOTIC	WAR
FLOWERS		
FREEDOM		
GRAVE		

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