

LCBOE Head Start September 2024 Nurse's Notes



Welcome Back!! We are very happy you and your child are a part of our Head Start family. This time of year is exciting for so many reasons. We also know it can be a little scary too because for some this is a new experience. We want to make the transition as smooth as possible. This is an opportunity for a fresh start, making new friends and connections, and embarking on new learning are things that often come with the start of a new school year. Let us all recommit ourselves to the understanding that the children's health and safety is our top priority.

Parents, be reminded that your child must have an up-to-date shot record on file at the school at all times. Also, remember that your child will need to receive a complete physical exam every 12 months and a dental exam every 6 months. Please continue to refer to Head Start's website, the REMIND app, and Facebook page for additional information. If you have any questions, feel free to contact Nurse Robinson at 334-548-2145.

We want to make the Head Start year a very positive, rewarding experience for you and your child. Please let us know what we can do throughout the year to make this the best year ever!

~Nurse Robinson



SEPTEMBER IS
CHILDHOOD
CANCER
AWARENESS
MONTH

SUPPORT • ADVOCATE • CURE



HEALTH UPDATES

Remember, if your child received a letter or referral from Head Start, call to make an appointment for follow up care with the appropriate doctor.

Status Reports:

Mental Health: Classroom observations will begin this month. With referrals to follow.

Missing Health Information:

- *Sickle Cell-1
- *Hearing-14
- *Vision-5
- *Hemoglobin/Hematocrit-12
- *Lead-2
- *Dental Exam-47
- *Growth Assessment-4
- *Immunization Record-0

If your child is missing any health information, contact us to update your child's records.

334-548-2021 (fax)

PO Box 158 Hayneville AL 36040 (mailing address)



Nurse's Notes

MENTAL HEALTH NOTES

If you're experiencing anxiety and dealing with overbearing symptoms, it can often feel like there's no way out. Knowing that you don't have to give in to these emotions, even some simple lifestyle changes can make a huge impact.

By prioritizing exercise, meditation, breathing exercises, and journaling, you can work toward a routine of wellness, balance, and calm. Some people who struggle with anxiety also find that a caffeine-free diet is enormously influential in reducing their symptoms. Start by experimenting with a variety of methods until you find what works for you.

If lifestyle changes aren't seeming to help reduce your anxiety or if you'd like some extra support, set up time with a licensed therapist. Medication and therapy are two well-proven ways to help manage anxiety. Above all, know that you're not alone; about 40 million adults in the U.S. struggle with anxiety, and we can help you get through this.



Resource: Montgomery Area Mental Health
2140 Upper Wetumpka Road
Montgomery, AL 36107
(334) 279-7830 (Available 24-Hours)



Breastfeeding

Research shows that breastfeeding provides many health benefits for you and your baby. But it also can be difficult to manage breastfeeding in today's hurried world. Learning all you can before you give birth can help. The decision to breastfeed is a personal one. As a mom, you deserve support no matter how you decide to feed your baby. Contact Head Start if you would like more info on breastfeeding or information about applying for WIC.

What are some benefits of breastfeeding?



THINGS TO KNOW

Don't forget to review the section in the handbook on illness. Questions to ask! **Is my child's nose runny? Have they thrown up? Does my child have diarrhea? Do they have a fever? Do they have a rash? Are they coughing? Are my child's eyes red or running? Is my child just not feeling well?** If you answer **yes** to **any** of these questions, please keep your child at home. Call or email the office to inform us about your child's symptoms.

334-548-2145 or jrobinson@lowndesboe.org