



Family Guidance Center of Alabama
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CHILD CARE CONNECTIONS



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July, August, Sept. 2015

Seeing How Children See Us



In the article, *Seeing How Children See Us*, Deb Curtis and Lorrie Baird, discuss the importance of body language when working with young children. As stated by Curtis and Baird, “children are skillful social scientists, learning about themselves, relationships, and the world by carefully observing the people around them.” Both Curtis and Baird are fascinated with how children see the world, and have been working together about the notion of how children see us.

Children are keen observers. They notice the smallest details about us. Our interactions with the children we care for have a powerful impact on how children view themselves and us. It is important to be conscientious about how we want children to see us and take the time to examine ourselves.

In their research Curtis and Baird have concentrated on 4 major points:

1. Study Yourself - How you physically and verbally respond to children and how they see you grows from your beliefs and values, your view of children, and the role you hope to play in their lives. This makes it essential to spend time developing and revisiting core values for your work.

- As you interact with children, be attentive to your actions and how you communicate the values you hope to encourage in them.

2. Notice Your Body - Research on body language suggests that we can't ignore the fact that our bodies - and the way we physically present ourselves to children - communicates more than the actual words we speak. Our size and how we position our bodies, the closeness or distance to the children, how slow or fast we move; all have an impact on the much smaller people we spend our days with. When you are with children, be mindful of your body:

- Are you towering over the children or down at their level?
- Is your body tense or relaxed?
- How fast are you moving?
- How are the children experiencing and responding to your physical presence?

3. Celebrate Your Hands - When you think about your hands and all the ways you use them each day in your work, it is mind boggling! How often do you hold a child's hand, wipe away a tear or runny nose, mix paint and play dough, clap along with a tune or for a child's accomplishments, demonstrate how to cut with scissors, calm with a back rub at nap time, write a note or type an observation, or wash your hands for the millionth time? Children notice the intimate details of our hands at work and so should we.

- Take note and take care of your hands.

4. Make Friends with Your Face - As the saying goes, “your eyes are a window to your soul.” Children pick up the smallest nuances - like a twinkle in your eye or the grimace around your mouth - and come to understand how to ‘read’ people and complex emotions. Stop to consider the powerful impact facial expressions have on your interpretation of an interaction. You have been reading faces and developing your own facial expressions since you were born and you do it now instantaneously and unconsciously. You can work to be more conscious of what your face and eyes communicate by studying them.

- What does your face communicate?
- How might the children see and understand what your eyes are saying?
- Study your facial expressions, as well as your body language and tone of voice.
- Are the children seeing you how you would like them to see you?

Children See When You See Them

One of the most powerful ways to impact how children see you is to carefully observe them and find ways to let them know you see them. They see when our words and bodies communicate that we are listening with our hearts and minds. When we engage with children in this deeply respectful way, observing them closely while being continually aware of ourselves, children will come to see us as we hope to be seen and in turn we will see children as they deserve to be seen and known.

Article taken from: www.childcareexchange.com

www.familyguidancecenter.org

July, August, September Newsletter/Calendar 2015

Save the Dates



**Opening Doors for Children
with Special Needs Conference - Dothan**
August 29, 2015

October 2015 - Art to Heart (Telecourse)

The Art to Heart is a new distance-learning course offered in partnership with Alabama Public Television and FGC's Child Care Education and Training Program. It is an engaging and fun course that depicts the benefits of using the arts in early childhood education and it consists of 8 episodes over 8 weeks. Participants will receive 12 training hours after completion of the course. The course will be aired on Saturdays from 7:00 to 7:30 am, or it can be viewed online.

Please call your local Training Department for more information!

Gold Rush Gala 2015

Family Guidance Center of Alabama will be holding its annual Gold Rush Gala on Friday, July 24 at 6:30 PM at the Alabama Activity Center on Dexter Avenue in downtown Montgomery. This western themed evening is the agency's largest fundraising event and it promises to be lots of fun again this year. The evening will



include dinner, a silent auction, musical entertainment, cash bar, and grand prize drawings of \$2,000, \$3,000 and \$5,000!! Tickets are \$100 which admits two people and all the proceeds benefit the many programs and services of Family Guidance Center, which has been serving the community for over 56 years. Ask us about how you can get tickets by calling us at 270-4100 or 800-499-6597 or visit our website at www.familyguidancecenter.org.

So, put on your favorite western outfit and come on out to have a great time and support a wonderful organization on July 24.

We are going to have a great time! See you there!!

Movie Night - Montgomery



Mark your calendars for Monday Night, August 10, 2015, and join the staff of the Montgomery Training Program as we view and discuss the movie, *The Miracle Worker*. In the movie, we will see several different techniques illustrating ways to work with special needs children as well as the challenges and joys of teaching children with disabilities.

Blind and deaf after suffering a terrible fever as a baby, young Helen Keller (Patty Duke) has spent years unable to communicate, leaving her frustrated and occasionally violent. As a last chance before she is institutionalized, her parents (Inga Swenson, Andrew Prine) contact a school for the blind, which sends half-blind Annie Sullivan (Anne Bancroft) to teach Helen. Helen is initially resistant, but Annie gradually forms a bond with her and shows Helen ways of reaching others.

Recaps



Week of the Young Child Events - Recap

The Education and Training Program in both Dothan and Montgomery would like to thank the child care providers who attended the two hour teacher training presented by children's author, Kimberly Johnson. Kimberly also entertained children, teachers and parents with children's events in both Dothan and Montgomery. The Dothan location had 103 child care providers attend the teacher training and 361 children, teachers and parents attend the children's events. The Montgomery location had 110 child care providers attend the teacher training and 263 children, teachers and parents attend the children's event. It is always fun for the Family Guidance Center staff to see the children at this event.

Thanks for helping us celebrate the Week of the Young Child.

Supporting Children with Special Needs Conference - Recap

On Saturday, May 16, 2015, the Education and Training Program in Montgomery held their Supporting Children with Special Needs Conference. The focus of the conference was *Autism and ADHD - Differences and Common Threads*. Nancy Deabler, M.Ed. and Tommy Bates, M.S., of Family Guidance Center, were the presenters for the conference. Some of the wonderful comments that we received after the conference were: *Both speakers have real life experiences on the topic! Glad to not only hear a text book answer, but real-life answers as well, and how important the word "More" is for functional communication for special needs children.* We had 59 child care providers and parents attend the conference.

For providers in the Dothan Region, the Opening Doors for Children with Special Needs Conference will be held on Saturday, August 29, 2015 at Wallace Community College. The focus of this conference will be *Young Children with Special Needs and Adapting Learning Environments*.

A NEW Look for the FGC Website

To access calendar and training information, please go to www.familyguidancecenter.org - click on the Child Care Training Calendars on the home page. For more information about the Child Care Education and Training Program, click on the Early Childhood Services tab on the home page, then the Child Care Education and Training Program tab.



Update for Directors

Every other month, the FGC Training Department offers a thirty-minute teleconference for Directors. One hour credit is given. This is a convenient way to gain insight and to connect with other Directors in your area. Without leaving your center, you can learn about new trends in child care and engage in discussion about ways to improve your center and staff dynamics.

Our next teleconference is entitled, *"Using Technology with Parents"* It will be held August 12th, from 12pm - 12:30pm.

This quarter, both Dothan and Montgomery locations will be offering 2-hour trainings for directors. These trainings are the **Especially for Directors** series and are held for Owners, Directors and Assistant Directors of day care centers. Please check your calendars for the dates, times and locations of these upcoming directors trainings.

Letter Activities

Infant - Letter Sounds

Materials: None

Hold a baby on your lap so baby can see your face. Make a variety of sounds such as, "da-da," "ma-ma," "la-la." Watch to see if baby imitates your sounds or make some of his/her own. Repeat baby's sounds back and forth until baby loses interest. While not a lesson in "letters," it is a good language development activity.



Toddlers - Sing and See ABC's

Materials: Construction paper, markers

Write each letter of the alphabet on individual pieces of construction paper. Sing the "ABC" song with toddlers. As you sing the song, hold up the spoken letters. This provides a visual for children as you sing. Toddlers are not developmentally ready to "study" the alphabet, but introducing letters into their environment helps make letters familiar to them.

Preschool - Letter Name Matching

Materials: Poster board, markers, die cut letters for each child's name

Write each child's name on a strip of poster board. Place the appropriate die cut letters of each child's name on the table with the name strips. At first, children match letters to spell their names. Encourage children to say the letter name as they place it on the name strip. After children accomplish this, challenge them to use the letters to spell their name on the table, using the strip for support. The next step is to use the letters to spell their names without using the name strip.



Schoolage - Cereal Scrabble

Materials: Alphabet cereal, construction paper, glue

Offer each child a small cup of alphabet cereal on a napkin. Children use cereal letters they have to make as many words as they can. As they make a word, it is glued onto construction paper. Offer remaining cereal for a snack! Display word boards. Younger schoolagers may need your help.

Infant Quality Tip

Baby Videos: Helpful or Harmful?



When a baby is born, his brain has about all of the neurons he will ever have. But the job of forming connections between them is still underway. Although watching TV is a passive activity, understanding TV requires certain skills. In the first few years of life, many of these skills are only beginning to develop. To a baby, TV is a stream of 2-dimensional pictures that change about every 6 seconds and have no apparent connection to each other, to the sounds coming from the same direction, or to real people and objects. Until around age 2, studies show that young children can not cognitively comprehend what's being said and recommends that children under age 2 do not watch TV. Hands-on learning activities are best for children at this age.

Library Giveaway - Montgomery



Congratulations to child care provider, Colleen Sedote, from Evangel Preschool in Montgomery! Colleen won the Montgomery Library Give Away Basket that was valued at over \$250.00. Thanks Colleen for your many visits to the Resource Library.

To join your local Resource Library, please contact the Resource Specialist in your region.

Toddler Quality Tip

"Swarm" Weather

Well, here we are right in the middle of "swarm" weather. In the summer, the children are outside playing when along comes the mosquitoes swarming around. The Center for Disease Control recommends avoiding the outdoors during dawn and dusk when mosquitoes are most active. They also recommend using insect repellent. A question that comes to mind, "Can insect repellents be used on children?" Even though the answer is "yes," some precautionary measures need to be taken.

First of all, parents should give their approval before anything is applied to their child's skin. Products containing oil of lemon eucalyptus should not be used on children under the age of three years since it may cause breathing problems in some children. It is not recommended to use a single product that combines insect repellent containing DEET and a sunscreen. However, different containers of insect repellent and a separate sunscreen may be used together. Apply the sunscreen first, followed by repellent.



Training Express

The Child Care Education and Training Program staff in Montgomery and Dothan are always ready to support caregivers by providing technical assistance or bringing training sessions you request to your site.

Sessions, with topics based on your needs, can be planned for 1 or 2 hours either during the day or evening. To schedule these sessions, please call the office you normally contact to register for training.



DATES OUR OFFICES WILL BE CLOSED

July 3, 2015 – Independence Day

September 7, 2015 – Labor Day

CDA Update

The CDA Renewal Process will change beginning October 1, 2015. The original CDA process and now the renewal process has been streamlined for easy online access. Changes in the new system allows you to upload your documents directly into your CDA. You will not have to fax or e-mail your supporting documents to the Council. You will receive the CDA renewal preparation packet FREE as part of your renewal fee; this guide will ensure that you have an efficient application process. The renewal application can be processed faster. Also effective October 1, 2015 the renewal processing fee will increase to \$125.00 online; however, the paper processing fee will be \$150.00. Take advantage of the new process and save.

The Family Guidance Center training staff is available to help you with the CDA process, but if you want to go to the Council for Professional Recognition website, www.cdacouncil.org, they offer a live chat option for your convenience. Have a safe and happy summer!

Online Training Opportunities

Family Guidance Center has once again partnered with ProSolutions Training. Through this partnership you are able to earn a portion of your training hours to meet the DHR requirements through their online courses.



Three easy steps to enroll:

1. Call and talk to the online training specialist and complete enrollment form
2. Verify that you have worked a full year in child care
3. Verify that you have taken at least half of your yearly required training hours as face to face classes at FGC

If you are interested in this training opportunity, please call the Training Department for additional information. For the Dothan area, please call 334-712-7777, ext. 227. For the Montgomery area, please call 334-270-4100 ext. 235. Please ask to speak to the Online Training Specialist, or, if necessary, please leave your name, phone number and a brief message and your call will be returned.

Registration For Classes

Registration Procedures

- Registration is on a first come, first served basis.
- To attend any class please call the number listed below and on the calendar grid.
- Cancellation calls are accepted prior to the training. **Please remember that if you are not able to attend, by calling you will allow someone else to use that slot.**

Registration Guidelines

- To register in Montgomery, please call 334.270.4100 ext. 235 or 1.800.499.6597 if long distance. To register in Dothan, please call 334.712.7777 ext. 227 or 1.800.290.0933 if long distance.
- At either location, you may leave a voice mail message after office hours on the appropriate extension.
- Walk-ins will be accommodated as seating allows.

Registration Notes

SINCE CHILD CARE IS NOT AVAILABLE, PLEASE MAKE OTHER ARRANGEMENTS FOR YOUR CHILDREN.

Family Guidance Center's training is open to all persons regardless of race, color, national origin, handicapping disability, age, sex, political beliefs or religions. If your attendance is hindered by transportation, language, location or any other reason, you may contact the Montgomery office at 334.270.4100 or 1.800.499.6597 or the Dothan office at 334.712.7777 or 1.800.290.0933 to discuss the matter. As resources are available, attempts will be made to overcome obstacles that hinder attendance. Funding provided by Alabama Department of Human Resources.