

Provider Spotlights

Lee County is proud to spotlight Mrs. Barbara Goula. She is 75 years young, and the mother of 1 daughter and 2 sons. Barbara has 7 grandchildren, who affectionally call her “Nonni.” She also has 2 nieces and 3 nephews. Her grandchildren have enjoyed the activities, books, toys and games she has obtained from her participation in the program over the years. She worked for over 40 years as an RN and is now retired. She was also certified as a Lamaze Prepared Childbirth Instructor. She enjoyed teaching and coaching dozens of



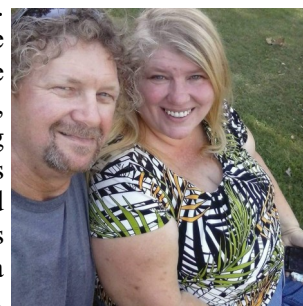
women in childbirth and labor. She participates regularly in the “Moving Matters” exercise classes. She is a huge Auburn University sports fan. Cooking, entertaining and spending as much time as possible with her grandchildren are her favorite activities. She currently helps provide meals through her church to adults in need in her community. She has enjoyed and benefitted from what was presented in every training offered by the program. She is looking forward to more fun and educational experiences with the Kids and Kin Program.

Shelby County is pleased to spotlight and recognize Ms. Lucie Riley. She is the Family Advocate at Family Guidance Center of Alabama’s Calera Head Start, where the Kids and Kin Program meets. Ms. Riley has diligently helped to support the program. Not only does she make sure that the families who are served at the center have detailed information about the trainings offered,



but she also encourages and reminds them to attend. Thank you Lucie for your continuous support of the Kids and Kin Program.

Chilton County spotlight shines on Mrs. Linda Mims. Linda has been married for 36 years. She has twin grandsons, 3 nephews and 5 nieces. She has been an relative care provider in the program since 2004. She enjoys camping, teaching, baking and playing board games. Linda volunteers her time with her church and she also works with various food drives through Manna Ministries. Linda says,



“throughout my 19 years with the Kids and Kin Program, I have learned so much. I feel educated on topics from mental health and depression to dyscalculia.” She feels all the trainers have been very informative and she has an entire bookshelf of books from the Kids and Kin Program that the children pull and read from. Linda also says, “I am a visual/hands on learner and just love the added PowerPoints and curriculum provided in each training. Kids and Kin is just an awesome program.”

Marengo County is blessed to spotlight Ms. Angela Hackworth. Angela is a mother, grandmother and a retired school teacher. She is super involved and active in her church, with the school, the Kids and Kin Program and the apples of her eyes, her grandchildren. Her passion is her family, and she wears many hats for them. On any given day she can be doctor, nurse, teacher or lawyer, depending on her grandkids needs. Ms. Hackworth reconnected with her CCP Janice Thompson at their doctor’s office, and Janice quickly talked her back into the fold. Angela once again will be aiming to complete Fall Incentive. Thank you for bringing a wealth of knowledge to the Kids and Kin Program and thanks for being an awesome woman, Angela Hackworth.



Helping Children To Create New Year's Goals !



New Year's resolutions can empower a child to change a behavior or work on a new skill. Good New Year's resolutions are thoughtfully made with reasonable end goals in mind. Progress charts and regular check-ins can help kids keep their resolutions on track. Ideally, New Year's resolutions teach kids how to set and work steadily toward goals. Children may need some help creating meaningful goals they'll be able to stick with. However appealing an end goal is, it's easy to get side tracked. Help children craft sustainable plans by making sure they are:

1. **Specific:** The resolution should include the child's goal, the skill he is working on and how he will achieve it: "To become a better trumpet player by our May concert, I'll practice 30 minutes a day."
2. **Measurable:** He should track his progress on a chart or in regular check-ins with you.
3. **Attainable:** The goal should be ambitious but realistic, something that will stretch the child's skills but not overwhelm him.
4. **Results-oriented:** The resolution should explain what he will be able to do once he reaches his goal. For example: "Studying with a tutor twice a week will help me consistently get better grades in math."
5. **Time-bound:** The child's resolution should specify a reasonable time frame and can include mini-goals along the way (mini-successes can be very motivating).
6. **Relevant:** The child has to want to set and reach this goal! He should feel eager and committed.

Resolution Ideas for Preschoolers: Kids from the ages of 3 to 5 might have trouble sticking to long-term goals. However, thinking about a few small goals to work on each day is a good strategy for this age group. Set up a sticker chart on the refrigerator to help them keep track of their goals. You can even discuss planning a reward if they're successful. Here are some examples of age-appropriate goals for preschoolers:

- I will clean up my toys at the end of the day before bedtime.
- I will brush my teeth twice a day, once after breakfast and again before I go to sleep.
- I will try all the food on my plate, even if it's just one bite.
- I will work on my letters and numbers for at least five minutes per day.

Goals for School-Aged Kids: Coming up with resolutions is a fun activity for school-age children (from kindergarten to middle school), too. Here are some ideas to help your child get started:

- I will drink plain milk and water, limiting soda and fruit drinks to once per day or less.
- I will find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing, or riding my bike) that I can do at least three times per week.
- I will turn off electronic devices, like tablets, television, and video games, at least 30 minutes before bedtime.
- I will read at least one book per month.

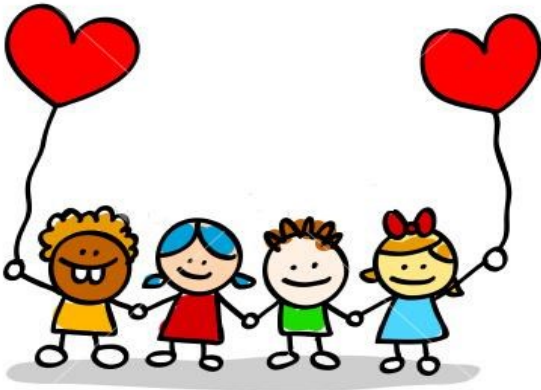
Family New Year's Resolutions: How about setting some New Year's Resolutions to work on as a family? Include the kids in the process of setting goals to improve your interactions and build healthy habits together. Here are some ideas:

- We will limit fast food to twice per month or less.
- We will add at least one fresh fruit snack to our daily routine.
- We will pick a fun run/walk or 5K a few months away, sign up, train as a family, and participate in it together.
- We will share a meal (whether it's dinner or breakfast) together four days of the week, cell phone free.
- We will help out in our community through volunteering or working with community groups.



Congrats to **Elysia Williams** of Bullock County. She was the winner of the 50 dollar Walmart gift card in our October random drawing just for responding to our Kids and Kin provider survey. Thanks to everyone who took the time to give us feed back. We value your input and each of you are instrumental in helping us to make our program stronger.

Valentine Games With Heart!



Get kids up and moving with some activities to balance out the sugar high from too many Valentine treats.

Heart Relay: Divide the group into two teams. Have the teams, one child at a time, carry a paper heart across the room from one bowl to another bowl using a pair of chopsticks (easy) or by sucking one up with a straw (harder). If a child drops his heart along the way, he has to go back to the beginning and start over. The first team to get all their hearts from one bowl to the other wins!

A Perfect Match: Cut out heart shapes from construction paper and write a famous word pair on each heart (such as “peanut butter / jelly” or “salt / pepper”), then cut the hearts into two pieces with one word on each piece. Mix up all the pieces, and hand each child one piece. Then the children have to find their match.

Torn Hearts: Have the kids draw a heart onto a sheet of paper. Now have all the kids hold the paper behind their backs and try to tear it out along the lines as best they can but no peeking. Whoever has the paper that looks most like a heart wins.

Heart Target Practice: Make paper airplanes (call them love birds) and make a heart-shaped target from masking tape on the floor. Have the kids aim at the target and let their birds fly to see which one can land closest to the center of the heart.

Fun and Educational Ways to Repurpose Those Plastic Easter Eggs



When spring rolls around, you’ll find plastic eggs everywhere. But don’t throw them away after the egg hunts are done, as there’s still plenty to do with those magical little eggs!

Make eggimals- Go wild with creativity and let kids turn plastic eggs into adorable animals. Give them felt, foam, beads, markers, glue, and other supplies, and you’ll be amazed at what they come up with!

Replace flash cards with eggs- This is way more fun than flash cards. Simply write problems on one half of the egg and solutions on the other. Then let kids match away!

Match up uppercase and lowercase letters- This is the perfect activity for pre-readers since it will help them identify upper- and lower-case letter pairs. You can use letter stickers or just write the letters on the eggs with a Sharpie.

Bocce - Show children how to gently roll an egg so that it ends up being the closest to (but not touching) a designated item (such as a bean bag, stuffed animal, or other soft item). This is great practice for fine and gross motor control.

Directional egg hunt -This is just like the typical Easter egg hunt, but with verbal directional clues to guide them toward the hidden eggs. (This will help them practice their listening skills.) It’s quick to set up and can be played with kids of ALL ages.

Race them - fill a couple of eggs with different items (cotton balls, crumpled paper, marbles, etc...), then place them on one end of a slanted cookie sheet. Predict which will make it to the bottom of the slope first. Release them at the same time and see if the prediction came true. Repeat several times with a variety of different fillings and see if the child(ren) can find a pattern and fine tune predictions.





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Thank
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The Kids and Kin Program Says Thank-You!

As we, the staff of the Kids and Kin Program, reflect on the past year and prepare for the new one, we are especially appreciative for the relative child care providers that make up our program. Because of each of you, we are able to improve the quality of child care in the communities we serve. There is no greater gift than that of learning, and your continued dedication to the Kids and Kin Program is very much recognized and appreciated. We have been fortunate throughout the years to work with stellar trainers as well as community and agency partners. We thank each of you for the resources, skills and talents that you bring to our program. So during this time of reflection and growth, please know how very proud we are to work in your counties and communities, and we look forward to the continued success of the program in 2024.

Sincerely,
The Staff of the Kids and Kin Program

For more information about the Kids and Kin Program in your county, please call 800-499-6597 ext. 211 or email kward@familyguidancecenter.org.

