



Family Guidance Center of Alabama
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October, November, December Newsletter 2022

Professional Development Registry

Alabama Pathways is a free online resource to provide a path to support and advance the best practices for those who care for and teach children from birth through 12 years. In accordance with Child Care Licensing and Performance Standards for Day Care Centers and Nighttime Centers Regulations and Procedures and Licensing and Performance Standards for Family Day Care Homes Family Nighttime Homes and Group Day Care Homes Group Nighttime Homes Regulations and Procedures, all licensed providers in the State of Alabama are required to participate in the Alabama Professional Development Registry (PDR) and the deadline to be enrolled in the PDR system was September 16, 2022.

The Professional Development Registry (PDR) will allow child care professionals to:

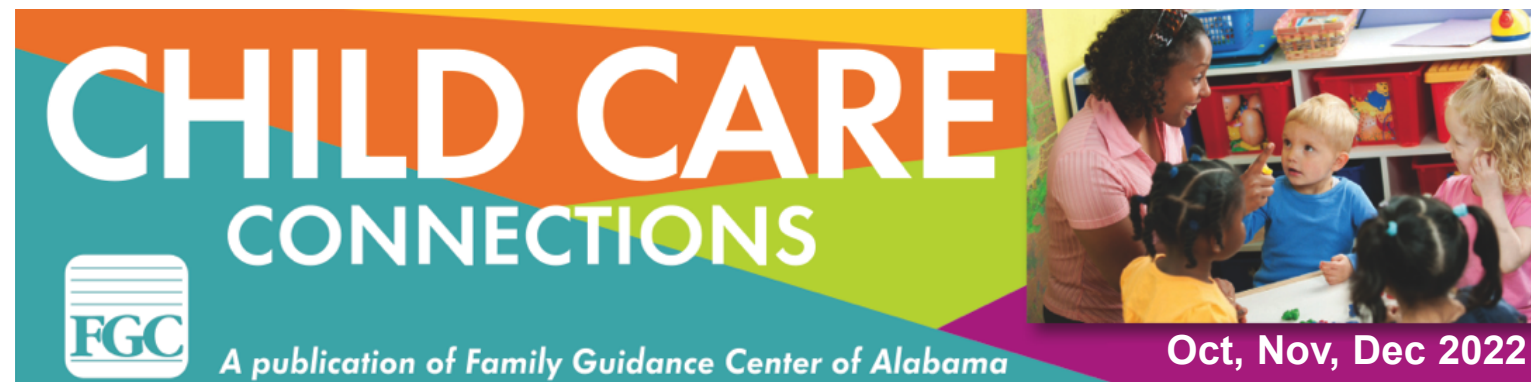
- Create your own early childhood professional and training profile.
- Document your professional accomplishments and professional certificates.
- Identify your current place on the Alabama Pathways Professional Development Lattice.
- Collaborate with state-designated training agencies to help you identify and reach your goals.
- Link to official training organizations.
- Access available resources.

Things to remember:

- Website address — www.alabamapathways.org
- An updated User Guide is always available for your reference on your dashboard
- FAQ's - <https://www.alabamapathways.org/api/file/s/faq>
- When adding info into your profile, go to each tab to add information: education, employment, etc.
- A Help Desk will be available on the footer of the page on the left side.
- When setting up your account, remember to use your PERSONAL email.
- As a FINAL step, don't forget to associate yourself with the facility at which you are working.

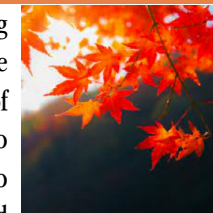


Your profile belongs to you! Take it along wherever your professional journey may take you! All you have to do is [log in!](#)



Fall is Here!

Cooler weather, shorter days, and changes occurring in nature. This change in seasons means more time outdoors to explore and soak up the benefits of being outside. There are many physical benefits to playing outdoors; however, young children tend to spend less time outside than in previous years. Did



you realize that being outdoors allows children to breath fresh air, helping, cleanse their lungs of indoor impurities such as dust. Taking in oxygen allows their brains to recharge and gets them ready to focus on upcoming tasks. Outdoor play boosts immunity, allows us to absorb vitamins needed for development, helps build muscles, can be calming and energizing at the same time, and provides a chance to clear our minds.

The great outdoors provides learning opportunities through nature for all ages. For example, fall offers a different perspective than summer. Nature is getting ready to “sleep” and preparing to renew the world around us. Children are natural investigators and sensory seekers. They take in a great deal of information and ideas using their senses. The outdoors in fall invites children to investigate and explore using all their senses. Nature offers a variety of sights, sounds, textures, and smells that entice children to seek answers and pose questions. Fall offers different colors than other seasons, which can lead to lots of chances for you and the children to become active observers.

Learning opportunities can be created across the curriculum for infants, toddlers, preschoolers, and schoolagers.

Planning for infants, toddlers, and preschoolers is sometimes more about the process than the product. It is about engaging in experiences.

- Take a nature stroll; place the infants in stroller and see what adventure awaits on your stroll outside. Describe how the sun and wind feel. Talk about the leaves on the trees or on the ground. Listen to the stroller crunch on the ground as you walk over leaves, rocks, grass, or other ground coverings. Point out colors all around the children. Provide a few textures that are safe for them to touch.

- While outside with toddlers, help them collect leaves of all shapes, sizes, and colors. Once inside, help them create a leaf collage. Place the leaves in baggies, label them and hang them on the wall in the science area. Describe all the wonderful leaves that were found. Create a conversation with little ones about their findings.

- Playing “I spy with my little eye” is a fun game for older toddler and preschool children. You can spy nature, animals, colors, or shapes. This is an opportunity to build/expand vocabulary, comprehension, listening skills and engage in conversations.

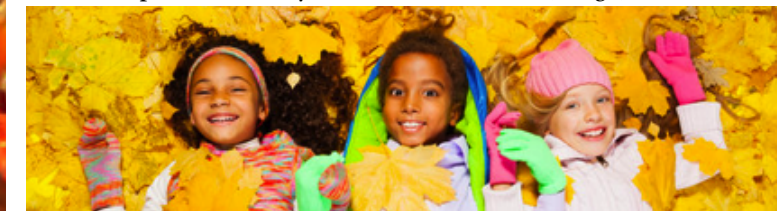
- Use the rhyme “*We’re going on a bear hunt*” or “*We’re going on a nature walk*.” Have the children predict things using their senses. What will we see? What will we hear? What can we touch?

- Have a scavenger hunt. Create a list of items for the children to look for while they are on the playground. This would also be a great chance for parent involvement to build a home school connection. Ask families to find something for the nature scavenger hunt and bring it in to share with everyone.

- For a preschool project, start observing the leaves around your area now. Have the children report their findings each week through October. As the leaves change, let the children share their thoughts about the changing colors.

- Grab a blanket (or two) and head outside for story time. Choose a book about fall or items related to the season to share, such as a *We’re Going on A Leaf Hunt* by Steve Metzger, *Let It Fall* by Maryann Cocca-Leffler or *Because of An Acorn* by Lola M. Schaefer.

Whatever activity you choose or age you teach engage the children in rich outdoor experiences. Always remember to have fun, laugh, and learn!



Stepping Up for Families in 2022



Stepping Up for Families in 2022 was a great success! Dr. Walter White presents Mr. Jim Pruett (L - R pictured above) with the grand prize check. Congratulations to Jim Pruett and the other grand prize winners, Michael Lange and Kimberly McKinney!

Infant Quality Tip

These are three of the important qualities to have to be a great infant teacher.

- Establish strong relationships with young children and their families.
- Create learning environments that encourage children's trust and emotional security and respond to their interests and needs.
- Support and extend children's learning in culturally and linguistically responsive ways.

Opening Doors for Special Needs

On August 20th, FGC's Child Care Education and Training Program welcomed Dr. Doris Hill to the annual Special Needs Conference. Dr. Hill is a Board-Certified Behavior Analyst at the doctoral level and an Associate



Research Professor in the Department of Rehabilitation, Special Education, and Counseling at Auburn University. She is the Director of AU's Regional Autism Network.

With almost 100 professionals in attendance, Dr. Hill shared many resources and information that will be helpful to programs and families that include children with intellectual or physical disabilities.

C-C-C-Crows!

Infants: Two Little Blackbirds

Perform the rhyme with the infants watching. Over time, teach them to do the motions with you.

Two little blackbirds sitting on a hill, (Put 1 forefinger and thumb on each shoulder to represent birds.)

One named Jack. (Hold out one set of fingers.)

One named Jill. (Hold out the other set of fingers.)

Fly away, Jack. (Place one hand behind back.)

Fly away, Jill. (Place other hand behind back.)

Come back, Jack. (Return one hand to its shoulder.)

Come back, Jill. (Return the other hand to its shoulder.)

Toddlers: 5 BLACK AND SHINY CROWS PUPPETS

Materials: poem, lunch sacks, black, white, yellow construction paper, glue, scissors, black feather

Paint the sacks black, cut handprint wings and glue on. Add white and black circle eyes and a yellow triangle beak.

5 BLACK AND SHINY CROWS

(To the tune of 3 green and speckled frogs)

5 black and shiny crows sat on a scarecrow's nose,

Eating the most delicious corn: YUM, YUM

Scarecrow, he shouted BOO! 1 crow, away she flew,

Then there were 4 black shiny crows: CAW! CAW! (Continue counting down until none are left!)

Preschoolers: "The Crow and the Pitcher" STEM Activity

Materials: the story, water, pitcher, rocks or stones, optional painter's tape to mark water line, black, white, orange construction paper

Create shape crows using 3 black circles. Glue two

black circles edge to edge to create a peanut shape.

Cut the third black circle in half and glue in the

center of the peanut shape extending out for wings. Cut and glue on

feet and a triangle beak from orange paper. Cut and glue on eyes

from white paper. Share the story and let children place the stones in

the water and watch what happens. Discuss the story lesson.

Schoolagers: "The Crow and the Pitcher" STEM Activity

Materials: the story, water, pitcher, rocks or stones, optional painter's

tape to mark water line, black, white, orange construction paper,

string, scissors, glue, hole punch

Make a cone from 1 piece of black paper. Cut out eyes using the

white and black paper and glue to the cone near the wide end. Punch

holes on the sides of the cone just below the eyes. Add string to the

holes to make the cone into a crow mask. The children wear them

while you tell the story and direct the children to perform the actions.

Fill the pitcher half full of water and mark with the tape. Have

children add the stones and watch water level rise as

you tell the story. Stop to make predictions and ask

questions related to the story. Discuss the moral to

the lesson.

Funding provided by Alabama Department of Human Resources



Health and Safety

Promoting a healthy and safe child care environment is the responsibility of everyone involved in the care of children. This includes owners/directors, teachers, support staff, parents and volunteers. The most important factor in promoting health and safety is following state health and safety regulations as well as federal guidelines. Knowing your facilities' policies and procedures for emergencies and making sure everyone involved is up to date on these plans is vital for the success of putting any plan into action when the time comes. Promoting health and safety involves many key areas including cleaning and sanitizing your facility, safely storing and serving food, and initial staff training and continuing education. The health and safety of the children you serve is the first step in providing them the quality start in life that all parents and guardians expect.

Toddler Quality Tip

Creating a safe and open environment for toddlers to recognize and express the range of feelings they have can support healthy emotional development.

- Talk about emotions. Identifying and discussing emotions can help young children understand their own and others' feelings.
- Talk about your own feelings and emotions. Model for children how to use words or other strategies to communicate about emotions.
- Help children describe their own feelings. You can use pictures of different emotions and label them for children. You can also help toddlers put their feelings into words and talk about why they feel a certain way.
- Offer comfort and reassurance. Let children know that it's okay to have strong feelings, like anger or frustration, and that you are there to help them manage those feelings.
- Teach ways to manage emotions. Introduce ways for children to handle their emotions. Each child is unique - one child may want a hug while another may need time with their comfort item (blanket or stuffed animal) or deep breaths to cool down.

Update for Directors

Every month, the FGC Training Department offers a 1 hour ZOOM class 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 ZOOM Trainings for Directors will be:

180 Days of Self-Care for Busy Educators, Part 1, will be held on October 12th, from 10:00-11:00 am.

180 Days of Self-Care for Busy Educators, Part 2, will be held on November 16, from 10:00-11:00 am.

Early Childhood Supervision, will be held on December 14, from 10:00-11:00 am.

Resource Library

During the pandemic, Family Guidance Center's Child Care Resource Libraries in Dothan and Montgomery are open to patrons on a limited basis. In order to continue maintaining a safe environment, an appointment will be required to use the Resource Library.



Remember to check with the Resource Specialist in your region for any new resources that are available for check out.

Claire Wallace - Montgomery - 334-270-4100 ext 267

Michelle Woodham - Dothan - 334-712-7777 ext 224

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 FGC 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 FGC face to face or ZOOM classes.**

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 FGC 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

If you work for a licensed facility, you will register for your classes through the Professional Development Registry. All information for classes will be included in the PDR registration.

Exempt centers and participants not attached to a licensed facility will continue to call our offices to register for ZOOM classes.

- You will receive an email with an invitation to join the class via ZOOM.
- 30 minutes before the start of the class, join the meeting through ZOOM. You will be able to join the class by clicking on the link that was emailed to you or you may have to enter the code(s) you were emailed in order to access the training sessions.

DATES OUR OFFICES WILL BE CLOSED

October 10, 2022 - Columbus Day

November 11, 2022 - Veteran's Day

November 24, 2022 - Thanksgiving

December 26, 2022 - Christmas