

CHILD CARE CONNECTIONS



A publication of Family Guidance Center of Alabama



October, November & December 2024

SAVE the DATE

Sensational Saturday
March 1, 2025

Cattleman Park, US Hwy 231
Troy, AL 36081

We will be welcoming
Mr. J. Lamont Harris



He is a highly accomplished and respected leader in the field of education and leadership development. He has dedicated his career to empowering individuals and organizations to reach their full potential through education, training, and coaching.

Look for more information in the January, February and March 2025 newsletter.



Opening Doors for Children with Special Needs

In August, we welcomed over a hundred child care providers to learn more about Autism and Applied Behavior Analysis. Sean Roehler from Southeast Alabama Autism Center presented the information.

Thank you to everyone for making this a successful event!



How to Keep Kids from Becoming Overwhelmed this Holiday Season

The holidays are a whirlwind of excitement, especially so for kids. The over-the-top nature of the holidays is a lot of fun, but can easily become too much. While you may get a bit stressed out by all of the parties and plans, kids can be downright overwhelmed. Before you know it, the most wonderful time of the year has turned into a time of meltdowns and misery, for them and for you. But you can help children find a calmer way of dealing with the holidays, that will make things more fun for everyone.

Try to Maintain a Normal Schedule: Parties, school performances and late shopping trips are all disruptions to your normal schedule. As you probably know, most kids with behavioral or social issues are even more dependent on consistency in their schedule. Stick to your normal routine as much as possible. That may mean saying no to certain activities, or if you don't want to opt out completely from holiday happenings, choose quiet activities like cutting snowflakes or reading a holiday story with the child.

Watch for Signs of Sensory Overload: Bright lights and loud sounds are just some of the sensory changes during the holidays. They make the holiday season more distinct from the rest of the year. But a child may be very sensitive to them and may become easily overloaded. Watch them closely in public places and at events to see if they're starting to become overwhelmed. Whenever possible, make a polite but hasty exit when you see that the conditions are right for a meltdown.

Keep Their Healthy Habits: Holidays not only change our schedules in terms of time, but also in terms of what we eat and what other activities we have time for. Diet and exercise are important for everyone, but they often get pushed to the wayside during the busy holiday season. Kids are especially affected by diet changes (usually including more sugar), lack of exercise and short-changing their sleep. Try to maintain the positive habits, even during the holidays.

Sometimes when we get stressed or overwhelmed all we need to reset and calm down is to breathe. This works for children too! It helps to use a visual cue with children. The simplest technique is inhale deeply through your nose and out your mouth.

1. Smell the flower



and

2. Blow the pinwheel



Blowing bubbles is always a great way for everyone to de-stress



ALABAMA PUBLIC TELEVISION'S EARLY CHILDHOOD ONLINE Summer 2024 TRAINING COURSES

Registration for fall facilitated classes opens **Monday, September 16, 2024.** @ <https://www.aptlearnonline.org/>

Facilitated fall online courses begin on **Monday, October 17, 2024.**

Fall 2024 Facilitated Online Training Titles

- Alabama Early Learning Guidelines (AELG) Online
- Character Education: Life's Little Lessons with Daniel Tiger and Friends
- ACEs: Understanding and Preventing Adverse Childhood Experiences
- Kindergarten Readiness: Essential Math Skills for Preschoolers
- Essentials of High-Quality Early Care and Education



Scan the QR code to access information regarding APT's Fall facilitated course registration

APT's On-Demand Course Catalog

On-demand 2-hour trainings are always available on our website: [aptlearnonline.org](https://www.aptlearnonline.org) .

Scan the QR code to access APT's on-demand training catalog.

For more APT training opportunities see the Dothan and Montgomery training calendars .

RESOURCE LIBRARY

We invite you to visit our resource libraries in Dothan and Montgomery for lots of great ideas and materials to enhance your learning environment.

Each library offers a selection of books, learning materials, puppets, kits and a wide assortment of die cuts. Best of all, it is a free resource for you. We provide basic colors of construction paper for die cuts and lamination. For check out procedures and die cut orders, please contact the resource librarian in your area. Be sure to sign up for the library newsletters emailed each month.



CONTACT INFORMATION



Dothan

Library hours: 8:30 am to 11:30 am; 1:00 pm to 4:00 pm
Monday through Friday (*evening appointments available*)

Resource Specialist:

Michelle Woodham (334) 712-7777 ext. 1713
Email: michelle.woodham@dhr.alabama.gov

Montgomery

Library hours: 8:30 am -12:30 pm to 1:30 pm - 4:00pm
Monday through Friday (*evening appointments available*)

Resource Specialist:

Lisa Kirkland (334) 270-4100 ext. 1102
Email: lisa.kirkland@dhr.alabama.gov

Check out a few of our Die Cut selections for this quarter. You can use these shapes to create puppets by adding a craft stick, use on bulletin boards, or create a game or book

Bat
Firetruck
Oak leaf
Maple leaf
Birch leaf
Pumpkin
Apple
Turkey



Pilgrim
Cornucopia
Native American
Angel
Dreidel
Candy cane
Gingerbread man
A variety of Christmas shapes



Tune: "Are You Sleeping"
Leaves are falling, leaves are falling on the ground, on the ground
Swirling all around swirling all around
Then they land, then they land.



Use a variety of colored paper and weight (regular, construction, tissue) for the leaves, then have the children toss the leaves in the air as they sing the song.

MEET OUR INFANT/TODDLER SPECIALISTS

Looking for opportunities to increase the quality of care for your infants and toddlers? Need guidance with behaviors, activities or mentoring? Then please contact the specialist in your area:

DOTHAN: Barbara Culver, 334-712-7777 or barbara.culver@dhr.alabama.gov

MONTGOMERY: Adrienne Royster, 334-270-4100 or adrienne.royster@dhr.alabama.gov



SAVE the DATE!

2nd Annual Infant Toddler Specialist Network Conference
February 21-22, 2025 Bryant Conference Center, Tuscaloosa face-to-face AND virtual



Interested in obtaining your Child Development Associate Credential (CDA)?
For information, visit the Council for Professional Recognition at
<https://www.cdacouncil.org/en/>





Family Guidance Center of Alabama
 2358 Fairlane Drive
 Montgomery, Alabama 36116

Non-Profit Org.
 U.S. Postage
 PAID
 Permit #409
 Montgomery, AL

www.familyguidancecenter.org

REMEMBER

CALENDARS

RED = Montgomery office **IN PERSON** classes **GREEN** =ZOOM classes
BLUE = Dothan office **IN PERSON** classes ***Look at OFFICE to register

Please see the calendar insert for the following:

- Registration procedures
- Classes specifically for directors
- Trainings in person and via ZOOM

Our office will be closed the following dates:

- October 14, 2024
- November 11, 2024
- November 28 & 29 2024
- December 25, 2024
- January 1, 2025



SCHOLARSHIP INFORMATION

T.E.A.C.H. ALABAMA EARLY CHILDHOOD SCHOLARSHIP PROGRAM

A project of Alabama Partnership for Children, helps early learning professionals increase their level of education and effectiveness in the classroom by making the educational process more attainable and affordable

For more information, contact Alabama Partnership for Children 334-271-0304. or visit <https://alabamapartnershipforchildren.org/our-work/t-e-a-c-h/>

LEADERSHIP IN CHILD CARE SCHOLARSHIP

The scholarships are funded by the Department of Human Resources. For additional information, contact Virginia Frazer, Leadership in Child Care Scholarship program assistant, at (334) 293-4552 or by email at virginia.frazer@accs.edu.

For information about the Child Development Associate credential, visit <https://www.cdacouncil.org/en/>

