



Family Guidance Center of Alabama  
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## Earth Day 2024

Our planet is an amazing place, but it needs our help to thrive! That's why each year on April 22, more than a billion people celebrate Earth Day to protect the planet from things like pollution and deforestation. Earth Day is a great time to reflect on all the ways that our planet takes care of us and what we can do to better preserve its resources for future generations. From the soil that nourishes the food we eat to the water and air that give us life, we have so much to thank Mother Earth for. Earth Day is a good opportunity to get back in touch with nature and give back in ways that benefit the natural world and all of its inhabitants. Celebrate Earth Day for kids with these fun activities.

**Make an Animal Feeder or House:** This sweet Earth Day craft provides shelter to a myriad of tiny animals that visit your window or backyard, like birds and squirrels. To make an animal shelter or a bird feeder, reuse a milk carton, a large water or soda bottle, popsicle sticks, or any other eco-friendly art supplies and let your child's creativity go wild!

**Create Recycling Bins:** Recycling is a great way to give used materials another life and reduce waste. Designate a bin for recyclable items, like paper, plastic, and metals and glass. Cut out pictures of plastic bottles, paper, and aluminum cans and glue them to the bins to make them easy to identify. Get the kids involved in sorting everyday items into each recycling bin together!

**Grow Something:** This hands-on Earth Day activity is great for teaching children about earth science. Reuse old paper egg cartons, a clay pot, or even a shoe box to plant a seedling, their favorite flowers, or even a small spice or vegetable garden. Depending on what you grow together, you may be able to use it in your cooking to show your child how we rely on the environment to nourish us.

# KIDS and KIN CONNECTION



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## Provider Spotlights

**Lawrence County** is honored to spotlight Leda Patlan.



Mrs. Patlan has been happily married for 33 wonderful years. She helps to care for her niece and 3 of her friends children and has been a relative care provider in the Kids and Kin Program for 7 years. Leda enjoys gardening, taking walks and listening to music. When asked what she wants others to know about the Kids and Kin Program she expressed the following: "I like the Kids

and Kin Program because I have learned many things that have helped me resolve situations with children. I have the best instructor, Marquita Wilson, and she has the patience and takes time to explain to me anything that I don't understand as English is my second language. Ms. Patlan, our program values the knowledge and insight that you bring to the trainings from your years of experience, and we appreciate your generous and kind heart.

**Butler County** is elated to spotlight Mrs. Shirley Killough.



Mrs. Killough has been a relative care provider with the Kids and Kin Program for 14 years. Shirley has been married to Mr. Bobby Killough for fifty-two amazing years, they have two children and four grandchildren. Shirley takes care of her granddaughter, Ryleigh Kate, who is four years old. Shirley enjoys gardening and quilting. She is a die hard Alabama football fan who enjoys vol-

unteering with the Shepherd's Table, which is a food bank, affiliated with her church, Southside Baptist. Shirley states that the "Kids and Kin Program is very educational and very helpful for grandparents who care for their

grandchildren. Each meeting is like going to visit family because of the great fellowship and trainings." Thank you, Mrs. Shirley, for your dedication to our program.

**Baldwin County** spotlight shines on Latrece Johnson. Latrece has been happily married for 30 years. She has three handsome and talented sons and one 11 year old niece.

Latrece's hobbies include acquiring knowledge and information, helping out at her church, and traveling when opportunity allows. Latrece has been with the Kids and Kin Program since 2014. She feels that Kids and Kin is a valuable resource for building community and personal knowledge concerning child development. For a monthly two to four hour time investment, you leave each session with information and materials to help you raise the gifts that God gave you and your family.



**Macon County** is delighted to spotlight Angela Huggins.

Ms. Huggins is a relative care provider to her 2 nephews Jalen and Kaleb. She is a member of Shady Grove Missionary Baptist Church where she sings in the choir. She enjoys spending time with her sister Tiffany, assisting at her local food bank, and volunteering at the Golden Life Center. Angela also enjoys quilting and sewing and shared her talent teaching this skill to young women at the Brothers Keeper Program. Angela is a girl scout and served as the assistant troop leader for Troops 176 and 310. Thank you, Ms. Higgins, for all you do for your community, it is providers like yourself that makes the Kids and Kin Program so worthwhile.







## Simple Spring Activities Kids Will Love!

The flowers are blooming, the sun is shining, and the air is fresh and crisp. But as parents and caregivers, we often find ourselves wondering how to keep the kids entertained during the spring months. (Especially during spring break!) After all, with so much energy to burn, it can be challenging to find activities that are both fun and engaging. Below is a list of simple spring activities for kids that the whole family will enjoy. So just get started and make the most of this beautiful season!



### Bubble Art

**Materials:** bubble solution, washable watercolors or food coloring, large sheet of paper, straws, tape, tablecloth

**Directions:** Pour bubble solution into shallow containers. Add washable watercolors or food coloring to the bubble solution. Stir and check for vibrancy. Add more bubbles if needed. Lay the paper on a tablecloth outside. Place the colored bubble solution on the tablecloth as well. To make the straw bubble blower, tape a few straws together in a group. Next, dip one end of the straws into the bubbles, making sure it is clear to the kids that they don't put their mouth on the straws while they are in the solution. In-

stead, they should wait until the straws are out of the solution and then blow through the straws and onto the paper. The kids are going to love it!



### Magic Paper Towel Art

**Materials:** Markers both permanent and washable, paper towels, water in a small tray, scissors

**Directions:** fold a paper towel in half like a book. Then cut the folded paper towel in half so you end up with a smaller book. Take a permanent marker and draw an image on the top layer of the folded paper towel. Start by drawing a simple design like a rainbow. When you lift up the top layer of the paper towel you will see that the pen has gone through the paper

towel onto the layer below. Now color in the outline on the second layer. Color the image with washable markers so the colors bleed when placed into water. Now it's time for the magical part of this paper towel activity. Make sure everyone is watching as this happens fast! Place the paper towel into the water. As the water soaks through the two layers of the paper towel the colors from the bottom layer will appear through the top layer of the paper towel making it look as if the colors or images have appeared by magic.



**Pretzel Peanut Butter Birds' Nests:** These pretzel and peanut butter birds' nests are easy, fun and yummy!

**Materials:** Peanut Butter Playdough (see recipe below), Pretzel sticks, Easter candy, like chocolate eggs or marshmallow peeps

**Directions:** Make your playdough,

**Create your nest shape:** Divide the peanut butter dough into 4-6 balls. Roll the peanut butter into a ball and then press your thumb into the center, working it into a shallow bowl shape.

**Add pretzel sticks:** Poke and press the pretzel sticks into the peanut butter pinch pot to act as twigs in the nest snack. Once the nest is com-

plete, add a few little candy eggs or a marshmallow Peep.

### Peanut Butter Edible Playdough

**Ingredients:** 1 cup creamy peanut butter, 2 cups powdered sugar, 1/4 – 1/2 cup honey (just enough to make it stick together). Mix all ingredients in a medium bowl with an electric mixer. It's as easy as that!

## The Facts about Kids and the Danger of Drowning



**The Problem:** Almost 800 children drown in the U.S. every year. Two thirds of these deaths occur during May-August. More than half of all child drowning deaths are among children ages 0 to 4.

### Drowning Risk Varies by Age

- ◆ 1-year olds are more likely to drown at home.
- ◆ 1 to 4 -year olds are more likely to drown in a pool.
- ◆ 5-17-year olds are more likely to drown in natural waters.

### Parents' Misconceptions

**Misconception 1:** Nearly half of parents surveyed think that if a child was drowning nearby, they would hear it.

**Reality:** Drowning is silent. There can be very little splashing, waving or screaming.

**Misconception 2:** 1 out of 3 parents have left a child alone in a pool for two or more minutes.

**Reality:** Drowning is quick. Once a child begins to struggle, you may have less than a minute to react.

**Misconception 3:** More than half of parents surveyed think that when present, a lifeguard is the primary person responsible for their child's supervision at the pool.

**Reality:** Watching your child in the water is your responsibility. A lifeguard's job is to enforce rules, scan, rescue and resuscitate.

**Misconception 4:** 60 percent of parents surveyed would not worry as much about drowning if their child has had swim lessons.

**Reality:** Swim lessons are essential, but skill level varies. A review of children who drowned in a pool revealed that 47 percent of 10 – 17-year olds reportedly knew how to swim.

### 5 Survival Skills That Could Save Your Life in the Water

- ◆ Step or jump into water over your head and return to the surface.
- ◆ Float or tread water for one minute.
- ◆ Turn around in a full circle and find an exit from the water.
- ◆ Swim 25 yards to the exit.
- ◆ Exit from the water. If in a pool, be able to exit without using the ladder.

### Water Safety Tips

- ◆ Watch your kids when they are in and around water, without distraction.
- ◆ Teach children to swim and the 5 Water Survival Skills.
- ◆ Learn CPR and basic rescue skills.
- ◆ Make sure pools have four-sided fencing at least 4 feet high.

Learn more at [safekids.org](https://www.safekids.org)