



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

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Permit #409  
Montgomery, AL

[www.familyguidancecenter.org](http://www.familyguidancecenter.org)

## January, February, March Newsletter/Calendar 2014

### Food Safety

#### The USDA Food Safety Project at ASU Offers FREE Workshops:

Mark your calendar for these upcoming training dates in Dothan and Montgomery! Trainer Rose Winkler addresses proper food safety and illness prevention practices in the home, classroom and child care environments, as well as how to share food safety content with children and parents. Though not affiliated with “Serve Safe,” this workshop meets DHR Alabama Pathways Professional Development criteria in several areas.

**Registration is required:** Please provide your name, name of your center/agency, and contact information (phone number, mailing and email addresses).

- **Saturday, February 22, 2014 from 9 a.m. to 1 p.m. in Dothan**  
Held at Family Guidance Center at 545 West Main Street, Suite 311;  
Dothan, AL 36301.

**To Register:** Please call 1-800-290-0933 ext. 227 or (334) 712-7777 ext. 227 and follow the phone prompts.

**Registration Deadline:** Thursday, February 13, 2014

- **Saturday, March 22, 2014 from 10 a.m. to 4:30 p.m. in Montgomery**  
Comprehensive Train-the-Trainer workshop held at Family Guidance Center, Bldg. D at 2358 Fairlane Drive in Montgomery.

**To Register:** Email Tillie Jones at [tilliemcquaidjones@gmail.com](mailto:tilliemcquaidjones@gmail.com) or leave a message with complete details at 334-229-4189.

**Registration Deadline:** Thursday, March 13, 2014

### It's Never Too Early!

It may seem like the summer months are a long way away, but when it comes to preparing for an extraordinary summer schoolage program, planning ahead is key! From deciding on themes, developing room configurations, scheduling activities, and setting classroom expectations, each component plays an integral role in your program's success.

The Child Care Education and Training Department will be hosting a four-hour training in the Spring of 2014 for interested Directors or Schoolage teachers. It will be a training session focused solely on developing a successful Summer Program. More details will be coming soon!

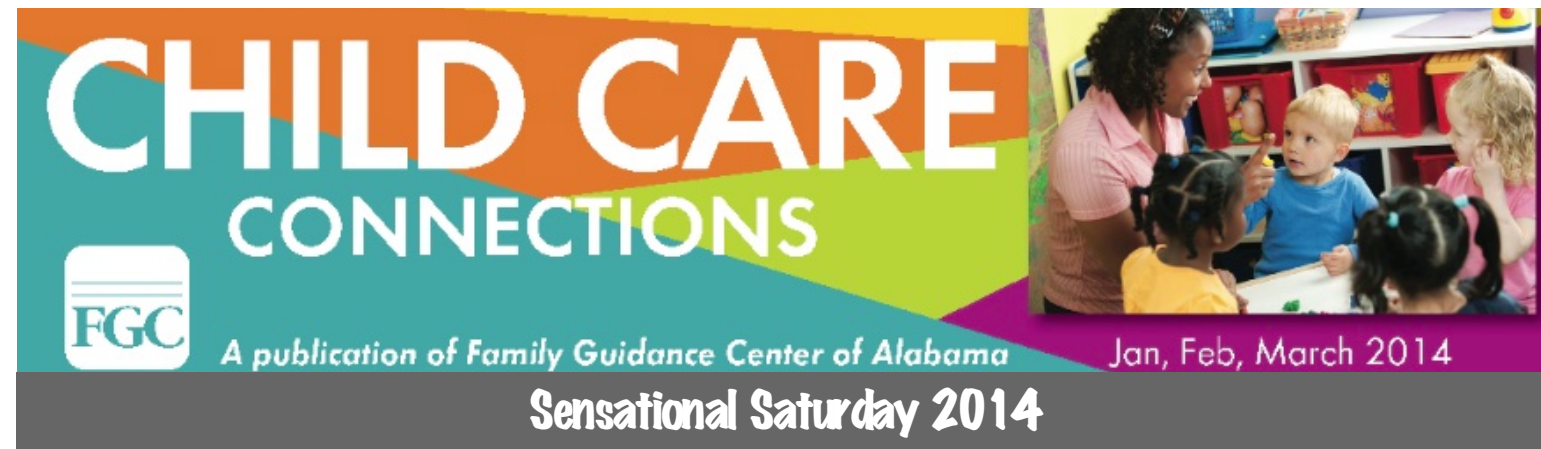
In the meantime, please join us for our monthly Schoolage Trainings.

**January 14, 2014** – 6:30 pm to 8:30 pm  
*Homework and Schoolage Care:*

*Filling the Need While Finding a Balance.*

**February 25, 2014** – 6:30 pm to 8:30 pm  
*Colossal Clubs! Activities-Based Curriculum*

**March 18, 2014** – 6:30 pm to 8:30 pm  
*Helping Schoolage Children Learn to Manage Anger*



We are pleased to announce that David Kisor, with Growing Sound, will be the presenter for Sensational Saturday both in Dothan and Montgomery. Dothan's Sensational Saturday is scheduled for January 25, 2014. Montgomery has their Sensational Saturday scheduled for February 22, 2014.

DAVID KISOR is a multi-award winning singer, songwriter, composer, performer and teacher who creates music CDs that translate key findings from recent child development research into practical and entertaining products and performance events for children, teachers and parents. David tours all over the United States, and internationally; and has trained over 65,000 teachers on how to use music in the classroom; in addition to presenting hundreds of concert events for children and their families. Songs focus on topics such as creativity, curiosity, hope, optimism, mindfulness, self-control, confidence, mastery motivation, resilience, empathy, acceptance, teamwork, responsibility and more. His songs, published by GROWING SOUND are geared primarily for children ages 0-10.

DAVID KISOR holds a Master's of Music from University of Cincinnati and a Bachelor's of Music from the University of Miami. He has been a featured

presenter at many National Conferences including NAEYC, NHSA, and AMS. He has been a keynote presenter at numerous State and Regional Conferences including SECA, PAHSA, PATHS, One Goal Conference, FLAECY, Zero to Three and others. He is a certified credentialed trainer in OH, KY, GA, and MO. David Kisor resides in the Cincinnati, OH area and is also a Dad to four (4) children.

#### Sessions for Sensational Saturday:

##### ***Songs of Resilience: Music For Social and Emotional Development***

Using resilience theory and research, we will explore songs that promote attachment to caring adults, the initiative to turn mystery into mastery, and tools for self-control. Participants will move and sing songs and discuss related classroom activities that can accompany the songs and enhance their message and skills.

##### ***Music that Matters for Infants and Toddlers: Songs of Security and Stepping Out***

In this workshop, participants will learn how songs can be used to build a secure bond between caring adult and infant, preparing the way to build positive motivation and self regulation skills in toddlers. Participants will become familiar with appropriate key research findings, listen to and learn the songs based on the research, and explore ways to use the songs and the supportive materials in the infant/toddler development center.

### A Day for Directors

On Saturday, January 25, 2014, the Child Care Education and Training Department will be hosting a Director's Conference in Montgomery from 8:00 am to 2:00 pm. Our guest speakers for the conference will be Dr. Charlotte Hendricks and Mr. Michael A. Holt (see right column). Below will be the schedule for the day.

7:30am – 8:30am	Registration/Visit Vendors
8:30am – 9:30am	<b>Keynote: New Year's Resolutions You Can Keep (or Not!)</b> Dr. Charlotte Hendricks, President <i>Healthy Childcare Consultants, Inc.</i>
9:30am – 10:00am	Vendors
10:00am – 11:00am	<b>Get Organized: Use it, Put It Up, or Throw It Out!</b> Dr. Charlotte Hendricks
11:00am – 11:30pm	Lunch
11:30pm – 12:15pm	<b>The Three R's of Leadership: Lessons for Life</b> Michael A. Holt <i>U.S. Department of Homeland Security, Retired</i>
12:15pm – 12:30pm	Break/vendors
12:30pm – 1:30pm	<b>Stay in Touch – But Don't Put Anything in Writing You Don't Want The World To Read!</b> Dr. Charlotte Hendricks
1:30pm – 2:00pm	Evaluations/door prizes/announcements

Dr. Charlotte Hendricks, President and founder of [www.childhealthonline.org](http://www.childhealthonline.org), has promoted health education for young children, parents, and teachers for over 30 years. She pioneered research and curriculum development for preschool health education based on the principle that adults are responsible for children's health and safety; however, young children need to explore their work and begin to develop decision-making skills and healthy habits to promote lifelong health. She earned her Bachelor's and Master's degrees from Western Kentucky University, and a doctoral degree from Indiana University. Her formal education focused on health and safety, program evaluation, and research in early childhood health education.



Mr. Michael A. Holt retired as the Assistant Director for Programs within Immigration and Customs Enforcement (ICE), Homeland Security Investigations (HSI). In this position, he was responsible for strategic planning, national policy implementation, and the development and execution of operational initiatives spanning four major investigative program divisions within HSI: National Security Investigations; Financial, Narcotics and Public Safety Investigations; Critical Infrastructure Protection and Fraud Investigations; and Investigative Services.





## QRIS Update

The pilot phase of the Quality Rating and Improvement System for Alabama has begun with 50 centers participating in this process. These centers will be using the PAS (Program Administration Scale), the ITERS-R (Infant/Toddler Environment Rating Scale) and the ECERS-R (Early Childhood Environment Rating Scale) as the assessment tools for their centers.

The PAS is designed to reliably measure and improve the leadership and management practices of center-based programs. The ITERS-R is designed to assess group programs for children birth to two and a half years of age. The ECERS-R is used to assess programs for children two and a half through five years of age. These rating scales are used to assess quality in child care programs and are proven and reliable.

### The Benefits of Using the Scales:

*Children:* Protects their basic needs, health and safety, and offers opportunities for stimulation and learning experiences  
*Child Care Staff:* Allows staff to see what changes will benefit the classroom, the child and families

*The Child Care Program:* Provides a roadmap to quality child care

These rating scales are available for checkout in both the Montgomery and Dothan Resource Libraries.

## Online Resources for Teachers

The internet is a valuable resource for educators, offering free curriculum ideas and activities for children of all ages. Listed below are a few websites that provide an array of new learning opportunities for your classroom.

[www.teachpreschool.org](http://www.teachpreschool.org)

[www.zerotothree.org](http://www.zerotothree.org)

[www.stepbystepcc.com](http://www.stepbystepcc.com)

[www.earlychildhoodnews.com](http://www.earlychildhoodnews.com)

[www.dltk-teach.com](http://www.dltk-teach.com)

## Connecting to the FGC Website

To access calendar and training information go to [www.familyguidancecenter.org](http://www.familyguidancecenter.org). - on the right hand side of the home page you will see a purple box. Locate the file that you want to open and double click.



## Director's Update

Every other month, the FGC Training Department offers a thirty-minute teleconference for Directors. 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, “*QRIS: What Do All Those Letters Mean?*” It will be held February 5th, from 12pm - 12:30pm. Sign up quickly, as spots are limited!

On March 24th, 2014, a two-hour Director's class will be held at Family Guidance Center that will expand on this topic even further.

## Magazine Activities

### Infant - *Magazine Picture Book*

*Materials:* Old magazines, glue, white paper plates, hole punch, yarn  
Cut familiar pictures from old magazines. Glue a picture on the front and back of a white paper plate. Write the name of the picture under the picture with a colored marker. Punch holes in the paper plates and fasten them together with yarn. Hold a baby on your lap and share the book. Point to pictures as you say the names.



### Toddlers - *Turning Pages Practice*

*Materials:* Old magazines  
Offer old magazines to toddlers and encourage them to use thumbs and pointer fingers to turn the pages. Toddlers need practice in learning how to turn pages without tearing them. When magazines are well-worn from page-turning practice, use the remaining pages for toddlers to practice using a glue stick to glue pictures onto scrap paper.

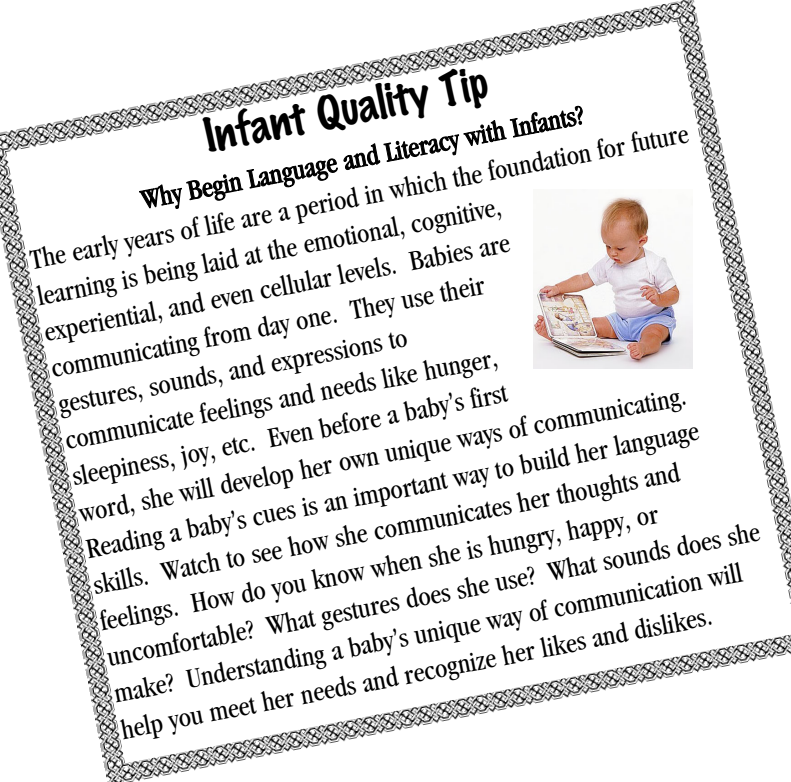
### Preschoolers - *Magazine Collage*

*Materials:* Old magazines, poster board, glue  
Help children cut pictures from magazines. Children can use glue sticks to glue the pictures onto a poster board. Encourage children to cover the whole poster board with pictures. Hang the poster at children's eye-level. Call out a name of a picture on the collage; encourage a child to find the named picture on the collage.



### Schoolagers - *Favorite Books*

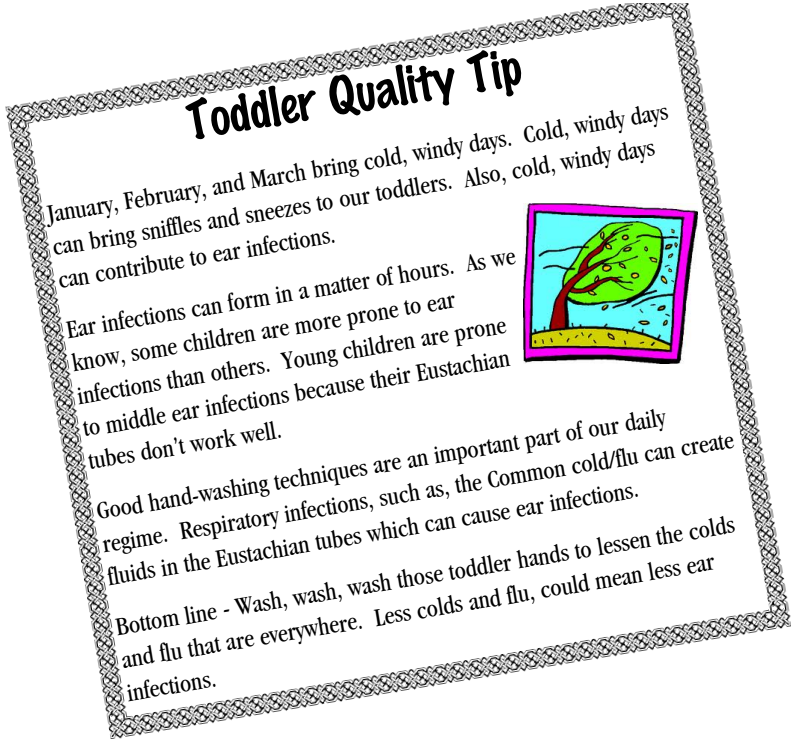
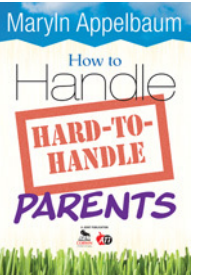
*Materials:* Old magazines, construction paper, glue, hole punch, yarn  
Schoolagers can look through old magazines to find pictures of favorite things. They cut out the pictures, glue them onto pieces of construction paper, and label the pictures. Punch holes in each page and tie them together with lengths of yarn. Schoolagers can



## Book Club

### Is a Book Club in Your Future?

Book clubs are a great way to meet new colleagues while enjoying refreshments and discussing a book that will enhance your child care program. In April, we will begin the book, *How to Handle the Hard to Handle Parent*, by Marilyn Applebaum. The class will meet for 1.5 hours weekly for 6 weeks, with reading done at home. Join us on Tuesday, April 8th, for a preview and light meal at FGC from 5:30 to 7:00 pm. Call to reserve your space; there will only be 12 book club members. Books will be provided to participants.



## New Information

### 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

January 1, 2014 – New Year's Day

January 20, 2014 – Martin Luther King, Jr. Day

February 17, 2014 – President's Day

## CDA Update

Young children deserve high quality early childhood programs that enrich their lives and build a foundation for school success. The reality is that too many children do not attend high-quality early childhood programs today. The good news is that Alabama is on the road to ensuring our children receive quality early childhood education and you can be a big part of this positive change! Quality begins with knowledge, and earning a CDA will give you the tools to impact children's lives by providing meaningful learning experiences in literacy, math, social skills, thinking and reasoning skills. The qualifications of the caregiver is one of the most critical elements of a quality early childhood program. Call or visit the Family Guidance Center resource specialist to find out how to get started in the CDA process now.

## 10 Reasons to Attend Training at FGC

1. Stay up to date on early childhood standards and trends
2. Join a group of dedicated child care professionals
3. Build your own child care network by meeting and sharing with other professionals
4. Enhance your knowledge of early childhood education
5. Approach diverse topics with hands-on learning
6. Explore new ideas for the classroom or for administering programs
7. Learn from our experienced staff
8. Take home ideas and resources to use immediately
9. Share what you learned with your colleagues
10. Energize your program with an infusion of new ideas

### Don't Forget!

Share this Newsletter with your staff!

## Registration

### 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.