



Family Guidance Center of Alabama  
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[www.familyguidancecenter.org](http://www.familyguidancecenter.org)

## April, May, June Newsletter/Calendar 2019

## Save the Dates



Mark your calendar for these exciting events in both the Dothan and Montgomery locations!

**Nature Saturday - Montgomery**  
April 6, 2019

**Spirit of Excellence Awards Luncheon - Montgomery**  
*Celebrating Child Care Leaders - April 24, 2019*

**Supporting Children with Special Needs Conference**  
Montgomery - May 18, 2019  
*Helping Your Classroom to be a Place Where All Children  
Grow and Develop Together*

**Opening Doors for Children with Special Needs Conference - Dothan**  
August 2019

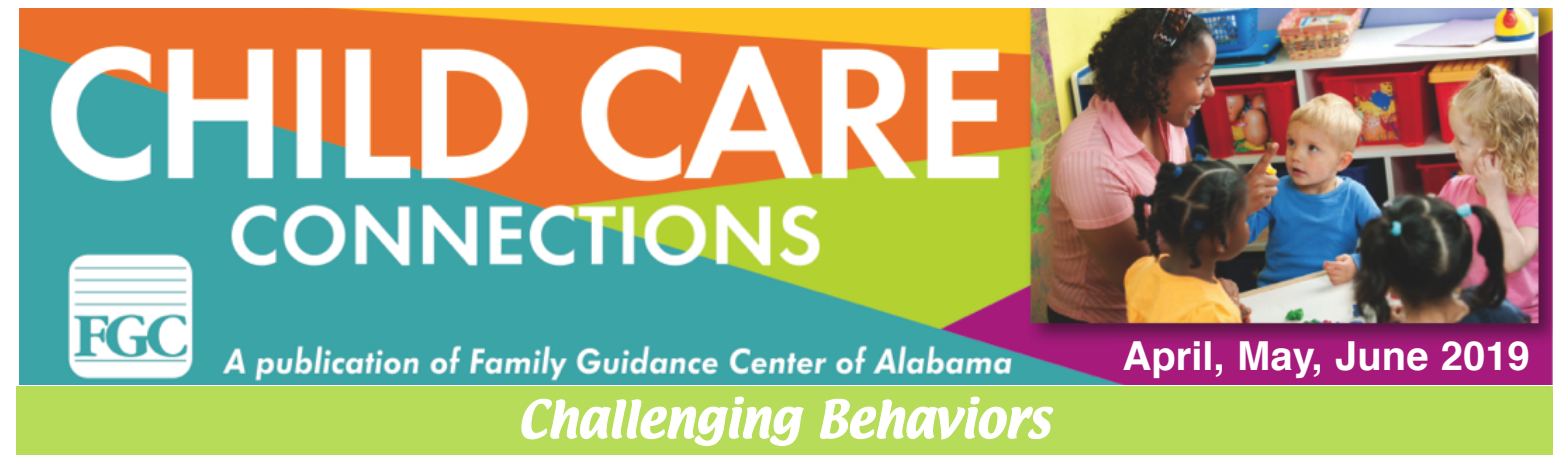
## 2019 Diamond Jubilee Gala

Family Guidance Center of Alabama will be holding its annual gala on Friday, July 19 at 6:30 PM at the Alabama Activity Center on Dexter Avenue in downtown Montgomery. This year's gala theme will be focused on our 60th Anniversary of the agency's founding. The evening will include dinner, a silent auction, musical entertainment, cash bar, and grand prize drawings totaling \$10,000!! Tickets are \$100 which admits two people and all the proceeds benefit the many programs and services of Family Guidance Center, which has been serving the community for 60 years! Ask us about how you can get tickets by calling us at 270-4100 or 800-499-6597 or visit our website at [www.familyguidancecenter.org](http://www.familyguidancecenter.org).



So, put on your favorite sparkling outfit and come on out to have a great time and support a wonderful organization on July 19.

**We are going to have a great time! See you there!!**



## Challenging Behaviors

Children deal with a wide range of emotions that create a variety of behaviors. Some of these behaviors can be quite challenging. They occur in all child care settings. As adults we can choose to be proactive or reactive. By deciding to be proactive, we can utilize preventive measures rather than waiting for something to happen. We tend to be reactive when we take action the moment the behavior happens.

A behavior that is challenging to one person may not be challenging to another. Demanding behaviors can take place for several reasons:

- *to avoid or escape a situation*
- *to gain something (object or attention)*
- *change their level of stimulation*

Sometimes the behavior is just the tip of the iceberg. Often there are much deeper underlying issues. Before we deal with a challenging behavior, we must know what to expect. All behavior is communication. The cry of an infant might be indication of anything from hunger to illness. A temper tantrum might send a message of frustration, lack of verbal skills, tiredness, etc.

Many things can prompt difficult behaviors:

- *testing boundaries*
- *lack of rules, routine, schedule*
- *little or no consistency*
- *prior experiences*
- *showing independence*
- *developmental stages*
- *illness*
- *boredom*
- *lack of sleep*
- *the environment*



With so many possibilities, we must be willing to put on our detective hats to

figure out what triggered this child's behavior. We all have triggers. As much as we do not want to admit it, we could be a trigger for a child. Deciding who or what set that trigger into motion will help decide what assistance you can offer the child.

We often tell a child what not to do. Then we wonder why they did the exact same thing again. "Stop!" "Don't do that." and "No!" are very nonspecific. If we want to see a different outcome we must offer them an alternative behavior.

When confronted with demanding behaviors, keep in mind you get what you give. Yelling=yelling. Children are always watching and mimicking. So take the time to consider your tone of voice, actions, triggers and mood. Be willing to let go of the little things.

Before helping children deal with challenging behaviors we must:

- *change how we view the behavior (take the focus off the child)*
- *understand why they are happening/what purpose do they serve for the child*
- *assist children to learn ways to handle strong emotions*
- *provide preventative interventions*

Here are a few proactive tips to help reduce those challenging behaviors:

- *redirect/refocus their attention*
- *create a schedule/routine*
- *be flexible; have a backup plan*
- *set up a safe environment that encourages exploration*
- *offer choices (when appropriate)*
- *focus on the desired behavior*
- *model*
- *match expectations to the child*

One last thought to keep in mind when dealing with a behavior; it wasn't created overnight. Therefore, it will take more than one night to change. It will take time, patience, commitment and understanding.

## Sensational Saturday Child Care Conference Recap



Family Guidance Center in both Dothan and Montgomery welcomed Deborah Stewart, from Noblesville, Indiana as the presenter for Sensational Saturday 2019. Deborah presented two exciting sessions titled *Fostering a Love for Reading in the Early Childhood Classroom* and *Loose Parts Play and Simple STEAM*.

On January 26, 2019, Dothan had 189 participants attend Sensational Saturday. Montgomery's conference was held on February 23, 2019 and had 429 participants attend. From the comments, it looks like reading will become even more exciting for the children in your care. Thanks again to everyone who attended Sensational Saturday.

**You truly helped to make it a "Sensational Saturday"!**



Celebrating Child Care Leaders

Activities

Family Guidance Center's *Spirit of Excellence Awards Luncheon - Celebrating Child Care Leaders* will be held on April 24, 2019 in Montgomery. The Awards Luncheon promises to be a great opportunity to highlight the important work of child care providers in our area.

We know that there are many outstanding leaders in the field of early childhood education and our Spirit of Excellence Awards provide a wonderful opportunity to highlight the importance of leadership. If you would like to submit a nominee to be considered, please call the Child Care Education and Training Program at 800-499-6597 ext 289 and request a Nomination Form. The deadline for submission is March 29, 2019 at 4:30 pm.

We are excited to help celebrate the Week of the Young Child by focusing on the importance of your role in the lives of young children.



Dothan - Resource Library

The Dothan Resource Library has a variety of resources available to local child care providers. The Resource Room is open 8:00 AM to 4:30 PM. The die cut room has recently expanded for easier access to over 350 patterns. Newly acquired die cut patterns include a chameleon, snail, paper chain, pinwheel, snow globe, various pennant patterns, large dragon, mug, winter assortment, elf, 3D reindeer, eggs and ham. A complete list of available die cuts can be picked up in the library. Information is available each month on ideas, activities, and resources related to a highlighted theme/holiday.

We are excited to begin a collection of infant/toddler books called “Indestructibles,” which differ from board books in that they are thin paper with brightly colored illustrations that easily lend themselves to the handling of our youngest children. They hold up to chewing and crumpling and do not rip or tear.

We have also added a great problem solving stem kit based on “The Three Little Pigs” for the preschoolers and schoolagers as they are able to explore different building materials used in the tale. It has already received rave reviews by the centers that have used it. Other new items include sensory capsules which allow for sound and texture exploration. One of the most exciting additions to our resources is a collection of plant and animal specimens encased in acrylic. They offer a unique up close view of our natural world and spark great conversation and observations.

We are sure you will find something to enrich the quality care you provide in the Family Guidance Center - Dothan Resource Library. For assistance contact Michelle Woodham at 334.712.7777, Ext 224.

Infant Activity - No Mess Painted Butterfly

**Materials:** paints, zipper bag, chenille stem  
Squirt a few different colors of paint into a zipper bag, seal tight. Allow infants to squeeze and rub baggie to disperse the paint. Cinch the center of the baggie with a chenille stem to make the antennae and body of the butterfly. Hang in a window and enjoy!



Toddler Activity - Sticky Wall Butterfly

**Materials:** clear contact paper, tissue paper squares, markers, construction paper, google eyes  
Draw the outline of a butterfly on the non-sticky side of clear contact paper. Peel off backing and tape the paper to the wall sticky side out. Add a chenille stem antennae. Have toddler add the construction paper body, google eyes and draw a mouth. Then, encourage the toddler to fill in the wings with the tissue paper squares.



Preschool Activity - Caterpillar to Butterfly

**Materials:** paper towel tube, green pompoms, clothes pin, coffee filter, google eyes, watercolor paint, glue  
First, glue the three cotton balls to the top of the clothes pin. Attach google eyes. Paint the coffee filter with watercolors. Let everything dry overnight. To turn your caterpillar into a butterfly, glue the coffee filter to the bottom of the clothes pin. Wrap the wings around the body of the butterfly, and slide it into an empty toilet paper roll like a cocoon. The caterpillar can now emerge from the cocoon into a butterfly.



Schoolage Activity - Butterfly Life Cycle Necklace

**Materials:** yarn, straws, construction paper, rotini, shell pasta, bowtie pasta, food coloring, glue  
Dye each pasta type a different color. Glue each life cycle label on one green leaf. Glue each life cycle piece on the appropriate leaf. The tiny circle hole-punched from white paper is the egg, the rotini is the caterpillar, the shell pasta is the chrysalis, and the bow tie pasta is the butterfly. Once the items are dried, assemble the life cycle necklace, alternating leaves and straw pieces.

Infant Quality Tip

Developmental Milestones

Beginning at birth, children reach milestones in how they play, learn, speak, act and move. Skills such as taking a first step, smiling for the first time, and waving “bye bye” are called developmental milestones.

For more information on developmental milestones, contact the Child Care Education and Training Program in your region.

Day for Directors Recap

CDA Update

On Saturday, January 26, 2019, Family Guidance Center’s Child Care Education and Training Program in Montgomery held their annual Directors’ Conference. Deborah Gamble, Program Manager, Office of Training and Development with Alabama DHR was the presenter for the conference. Deborah’s presentation focused on Minimum Standards. We had 76 child care directors, assistant directors, and owners attend the four hour conference. Comments from the participants indicated Deborah’s presentation provided them with valuable information on keeping child care centers within the mandatory guidelines.



For more information regarding the minimum standards, contact the Alabama Department of Human Resources. (334)242-1425

Toddler Quality Tip

P-L-A-Y

Play is essential in the toddler classroom!

It begins early and helps toddlers to develop a number of skills, such as, learning to exercise problem-solving skills, helping toddlers to face their fears, and helping toddlers to establish self-confidence. It helps toddlers develop their imagination, dexterity, physical, cognitive and emotional strengths. Play is important to healthy brain development.

Play is a child's job!

Update for Directors

Week of the Young Child

Every other month, the FGC Training Program offers a thirty-minute teleconference 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. This quarter a director teleconference will be held on:

**Wednesday, May 1st from 12:00 pm - 12:30 pm:**  
*Tips for Miminizing the Impact of Staff Change*

**Please see the Dothan or Montgomery training calendar for more information on the director’s teleconferences.**

DATES OUR OFFICES WILL BE CLOSED

- April 22, 2019 – Confederate Memorial Day
- May 27, 2019 – Memorial Day
- June 3, 2019 – Jefferson Davis’ Birthday

CDA prerequisites include a high school diploma to apply for the CDA unless you are a high school student in an early childhood education vocational program. You must complete 120 hours of formal education in early childhood education, including specific topics such as planning a safe learning environment. The council requires a minimum of 480 hours of experience working with children of the appropriate age in a class setting. You must undergo formal observation by an adviser and collect reference materials and parent questionnaires during the six months before applying.



For more information on the CDA, please visit their website:  
[www.cdacouncil.org](http://www.cdacouncil.org)

Online Training Opportunities

Family Guidance Center partners with ProSolutions Training to offer online 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 the 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 face to face classes at FGC

Primary Position at Center/Home	Required DHR Hours	Online Hours
Center Director	24 hours yearly	12 hours yearly
Center Teacher	12 hours yearly	6 hours yearly
Center Support Staff	4 hours yearly	2 hours yearly
Family Child Care Provider	20 hours yearly	10 hours yearly

If you are interested in this training opportunity, please call the training department for more information.

For young children, the future of their academic success and development relies on early learning. Children learn as they enjoy music, explore food and cooking, build together, create art, and celebrate their families!

Each year, the National Association for the Education of Young Children (NAEYC) acknowledges the importance of educating young children by holding a week-long celebration focused on the earliest learners and honoring those who teach them. This year's celebration is April 8-12, 2019.

This national celebration, known as the Week of the Young Child (WOYC), gives early childhood programs, community organizers, and state and local affiliates an opportunity to host events and activities for early learners, teachers, and families.

For a list of activities you can do with the children in your care, visit NAEYC’s website at:

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

