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

Opening Doors for Children with Special Needs Conference - Dothan

Helping Your Classroom to be a Place Where All Children
Spirit of Excellence Awards Luncheon - Montgomery
Supporting Children with Special Needs Conference

April, May, June Newsletter/Calendar 2019

Nature Saturday - Montgomery
Spirit of Excellence Awards Luncheon - Montgomery
Supporting Children with Special Needs Conference - Montgomery
Opening Doors for Children with Special Needs Conference - Dothan

www.familyguidancecenter.org

April, May, June Newsletter/Calendar 2019

Save the dates
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.

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 what you give. Yelling—screaming. 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/keep 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 STEM.

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”!
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 4:30 PM. The die cut room has recently expanded for easier access to over 350 patterns. Newly acquired die cut patterns include a

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 wonderful 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 4:50 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.

Infant Activity - No Mess Painted Butterfly
Materials: paints, zipper bag, chenille stem
Square 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 stick 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, roseti, shell pasta, bowtie pasta, food coloring, glue
Dye each pasta 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 roseti 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.

Activities

Update for Directors

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 quarterly director teleconference will be held on:

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

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

Week of the Young Child

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!

This national celebration, known as the Week of the Young Child (WOC), 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

CDA Update

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