



Family Guidance Center of Alabama
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www.familyguidancecenter.org

October, November, December Newsletter/Calendar 2018

Save the Dates



October 16, 2018- Art to Heart Orientation (Telecourse)

Art to Heart is a distance-learning course offered in partnership with Alabama Public Television and FGC's Child Care Education and Training Program. It is an engaging and fun course that depicts the benefits of using the arts in early childhood education. Participants will receive 12 training hours after completion of the course. The course will be aired on Saturdays from 7:00 to 7:30 am or can be viewed on-line.

Director's Conference - Dothan

October 29, 2018

Director's Conference - Montgomery

January 26, 2019

Sensational Saturday - Dothan

January 26, 2019

Sensational Saturday - Montgomery

February 23, 2019

Please call your local Training Department for more information!

Sensational Saturday 2019

The Child Care Education and Training Programs in Dothan and Montgomery are excited to announce that Deborah Stewart of Noblesville, Indiana will be our special speaker for Sensational Saturday 2019. Dothan's Sensational Saturday is scheduled for January 26, 2019 and Montgomery's is scheduled for February 23, 2019.

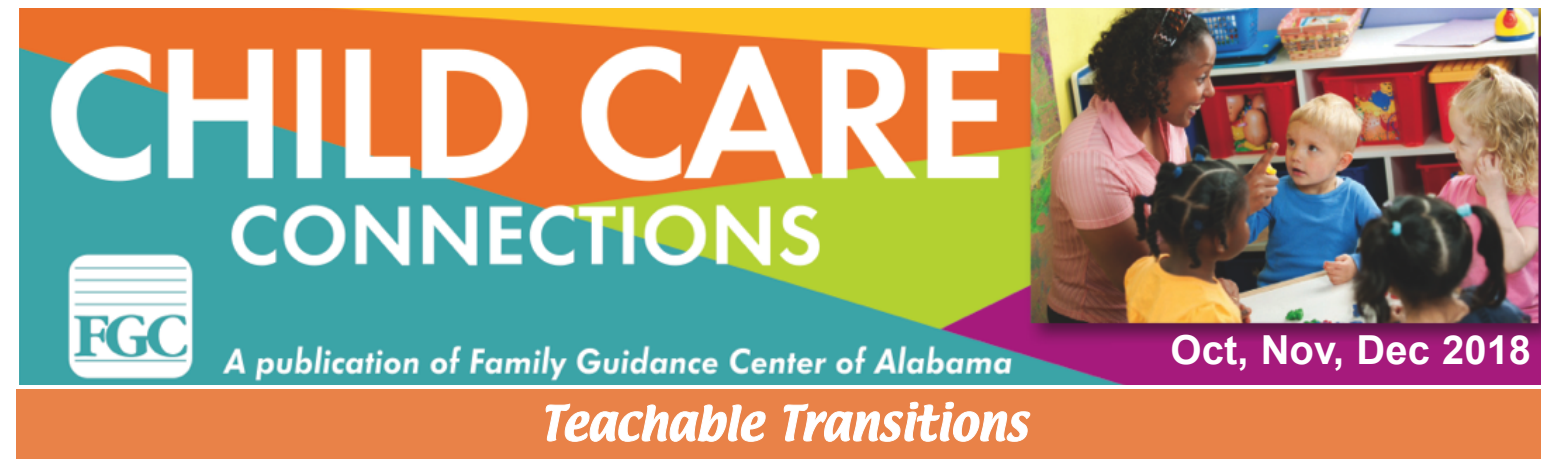
Deborah holds an associate degree and a master degree in Early Childhood Education. Deborah is often a guest moderator of The Bam Radio show and is the Early Learning Expert for Indiana Fox 59 Morning News. She is the author of the book "Ready for Kindergarten" which can be viewed on Amazon and has published over 50 simple songs for young children which are available on her Teach Preschool Blog.

Deborah firmly believes that young children learn and develop best through play. It is through play that young children experience their world, work out their social and emotional well-being, develop and master life-long skills, and build a confident sense of self, school, learning, and life.

After years of experience in the classroom and teaching in a broad range of early childhood classrooms, Deborah has been inspired by many different kinds of teaching philosophies and methods. Evidence of the differing philosophies are evident in her classroom as well as the writings Deborah shares on her Teach Preschool blog. Above all, Deborah embraces early childhood teaching methods that consider the best interests of the child through a play-based, child-led, hands-on teaching approach.



We look forward to seeing you at our
2019 Sensational Saturday Child Care Conferences!



Teachable Transitions

In the article, *Teachable Transitions*, by Rae Pice she emphasizes that transitions should be handled in creative ways because no matter how you structure your day, transitions are an inevitable part of working with young children. There is always somewhere to get to next, another activity to begin, or an activity to clean up.

One benefit of planning transitions is to create another opportunity for learning. Children learn to bring satisfactory closure to activities through successful transitions. It teaches them to move easily into and out of group situations and practice following directions. These dynamics naturally entail cooperation and consideration, which are important social-emotional skills. Transitions can also be linked to curriculum content, adding continuity to your day and the repetition necessary for young children to "cement" the information acquired.

Additionally, transitions offer opportunities for problem solving, creativity, and self-expression. We can't ever have too much of those; they're among the skills we can be certain kids will need in this rapidly-changing world.

Transitions usually require moving from one place to another. Because movement and music are natural partners they are perfect instruments for transition times. Children love movement and music which helps turn transitions into pleasurable experiences, even something to look forward to. Movement activities, songs, and fingerplays provide focus for the children during transitions, hold the attention of waiting kids, and are easily tied to curriculum content. For example, if you've been studying animals, you can invite the children to move like some of the quietest ones: cats, turtles, or rabbits. If you've been studying the weather, you can ask them to transition as though they were clouds or a gentle breeze. Moreover, transitions present chances for further experience with movement and music - two subjects today's teachers often have trouble finding time for.

Here are some general tips for keeping transitions tranquil and teachable:

- Remain calm and collected. If you appear "unhinged" during transitions, children will become unhinged, too. On the other hand, if you move slowly and speak softly they will respond in kind.
- Make any necessary preparations in advance. If children are transitioning to lunch, for example, they shouldn't have to sit at the table waiting; the meal should be ready as children are concluding their prior activity. By the same token, if the transition is going to involve a prop, or maybe a fingerplay, have it ready beforehand.
- If the transition involves taking turns, such as those relating to toileting or donning outerwear, be sure the same children aren't always chosen to go

first. For example, one day you can assign brown-eyed children to go to the coatroom first. The next day all children wearing blue can go first, while children born in January lead on the following day. Young children aren't great at waiting turns, but when experience tells them they're going to get one, they will learn to wait.

- When you're using fingerplays for transitions you'll first want to demonstrate the actions while speaking or singing the words yourself. You can then repeat the process, encouraging the children to perform only the actions. On the final repetition, the children can choose to do one or the other, or both.
- When you're using songs for transitions and you want the children to sing along, repeat the songs as often as necessary, assuring the children that you don't expect them to sing along until they feel comfortable doing so. Often, young children won't sing a song until it has become as familiar to them as an old friend.

Transitions to outside the classroom can be especially chaotic. You'll want to give the children a reason to manage themselves. A song can make leaving the room fun! The following is sung to the tune of "The Farmer in the Dell":

*We're going out the door.
We're going out the door.
Hi-ho, outside we go.
We're going out the door.*

*We're walking down the hall.
We're walking down the hall.
Hi-ho, outside we go.
We're walking down the hall.*

As you can see, it takes only a little bit of imagination and intentionality to create tranquil, teachable transitions. Yes, it may take a bit of time and planning in the beginning; but in the long run it will be worth it for both the children and you.



Special Events Spotlight

Opening Doors of Children with Special Needs - Dothan

On Saturday, August 25th Dothan held their annual Opening Doors for Children with Special Needs Conference. The topic for the day was *Preparing for the Future-*



School Readiness Skills. Mrs. Shannon Cook, Ed.S. and Mr. Kerry Varner spoke to 66 child care providers and child development students. Mrs. Cook discussed the different types of special needs children might have, including Autism, various types of disabilities and other impairments that affect their lives. She discussed the affect these special needs can have on behaviors, communication, interactions and learning. Mrs. Cook also outlined the building blocks of Kindergarten Readiness. These include motor skills and self-care, self-regulation, social expression and Kindergarten academics and how child care providers can assist children in these areas. Mr. Varner shared the story of his family's journey with his son who is on the autism spectrum. He spoke about the wide range of emotions the family experienced in the beginning, the support system they had and stories about his son's educational journey. Participants also gained insight into the struggles and joys families of children with special needs are faced with every day. Both presenters stressed the importance of remembering that despite their struggles, each child is unique and are children first.

Alabama Early Learning Guidelines - Montgomery

Family Guidance Center's Child Care Education and Training Program in Montgomery had 26 participants to complete the Alabama Early Learning Guidelines Course. They will receive a credential from the Alabama Department of Human Resources.



Here are some comments from the participants:

The AELG course was a very informative class for me. I will be able to help my center and my students. This has made me want to learn more. Great class!! - B. Broderick

I have learned so much! All knowledge will be used in my new day care center that is also an outreach venue for both young children and parents. - V. Ball

This class is awesome. A lot of information to take back to your daycare. I encourage you to attend. - S. Buckhanon

Email Update

Please make sure that the Child Care Education and Training Program in your region has your correct email address. We continue to utilize our database to keep you updated on information about training opportunities available to you.



Fall Fun with Leaves

Infants: Fall Leaf Sensory Bottle

Materials: water bottle, silk or real leaves, water, (optional: corn syrup), permanent glue

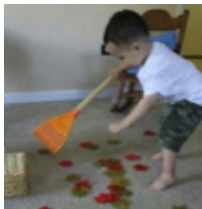
Clean bottle and remove all stickers. Add real or silk leaves in Fall colors. Fill with water or 75% corn syrup 25% water. Seal the lid with permanent glue. Allow infants to explore the Fall leaves.



Toddlers: Fall Leaf Raking

Materials: silk or real leaves, children's size plastic rake, basket

Encourage coordination and gross motor development by adding this activity to the home living center. Scatter leaves and allow children to rake and collect leaves into the basket.



Preschoolers: Button Fall Leaf Snake

Materials: 12 inch length of ribbon, two buttons, silk or felt leaves

Attach buttons to each end of the ribbon. Secure well. Cut a slit into each leaf. Allow children to practice fine motor skills by buttoning the leaves onto the ribbon.



Schoolagers: Fall Leaf Crayon Resist

Materials: watercolor friendly paper, crayons, watercolor paints, paintbrush

Allow children to draw or trace a leaf shape on the paper with a black crayon. Have them draw other designs and color the leaf. Brush on the water color paint to fill in the color around the crayon.



Infant Quality Tip

Transitions throughout the Day

The transitions involved with feeding, diapering, napping, and playing fill up the day of an infant. The infant is learning at every waking moment, interpreting the environment, and practicing new skills such as reaching toward objects; pointing, grasping, and releasing objects; learning to move toward objects or people; and jabbering. Remember to make transitions an important part of the day when caring for infants.



Online ECE Courses - APT

Alabama Public Television offers the following online classes through their Early Childhood Education Department. For additional information, please contact Lisa Nunn, lnunn@aptv.org, 1-800-239-5233.

- *CDA Credential: An Introduction*

October 22 - December 3, 2018

- *Alabama Early Learning Guidelines*

October 22 - December 3, 2018

- *STEM for the Preschool Classroom*

October 29 - December 10, 2018

- *Addressing Homelessness: The Role of the Early Childhood Educator*

Ongoing course self-enrollment - ON DEMAND CLASS



Toddler Quality Tip

Transitions

Putting the brakes on one activity and starting right up with another one -- are tough on toddlers. After all, toddlers live in the moment and don't have a real concept of time. On top of that, they don't have the language skills to say, "I'm right in the middle of something. Just give me five minutes." Instead, they often resort to tears or tantrums when told it's time to stop what they're doing. Temperament also plays a part in how your little one handles transitions. Some ways to help toddlers with transitions are: give advance warning; develop rituals, keep language simple, offer choices; and get down on the child's level.



Update for Directors

Every other month, the FGC Training Department 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.

Our next teleconference is entitled, *Inspiring Your Teachers Begins with You!* It will be held November 8th, from 12 pm - 12:30 pm.

This quarter, both Dothan and Montgomery locations will be offering trainings for directors. These trainings are the **Especially for Directors** series and are held for Owners, Directors and Assistant Directors of day care centers. Please check your calendars for the dates, times and locations of these upcoming directors trainings.

DATES OUR OFFICES WILL BE CLOSED

October 8, 2018 - Columbus Day

November 12, 2018 - Veteran's Day

November 22, 2018 - Thanksgiving

December 25, 2018 - Christmas

CDA Update



The Child Development Associate® (CDA) Credentials are one of the most widely recognized credentials for early learning professionals. One of the requirements for earning your CDA Credential is to complete 120 hours of early childhood education training. Your training will need to include at least 10 hours in each of the 8 CDA

subject areas: planning a safe and healthy learning environment, advancing children's physical and intellectual development, supporting children's social and emotional development, building productive relationships with families, managing an effective program operation, maintaining a commitment to professionalism, observing and recording children's behavior, and understanding principles of child development and learning.

Go to the Council for Professional Recognition website for more information and registration. www.cdacouncil.org

Online Training Opportunities

Family Guidance Center has once again partnered with ProSolutions 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 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**

If you are interested in this training opportunity, please call the Training Department for additional information. For the Dothan area, please call 334-712-7777, ext. 227. For the Montgomery area, please call 334-270-4100 ext. 235. Please ask to speak to the FGC Online Training Specialist, or, if necessary, please leave your name, phone number and a brief message and your call will be returned.

Registration For Classes

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.