Save the Dates

April, May, June Newsletter/Calendar 2019

Save the Date

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
May 18, 2019
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.

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 signal of frustration. We must know the child, the behavior, and its purpose.

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.

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”!
**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, glue, yarn

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.

**Schoolage Activity - Butterfly Life Cycle Necklace**

**Materials**: yarn, straws, construction paper, rosin, shell pasta, bowtie pasta, food coloring, glue

Dye each pasta piece a different color. Glue each life cycle label on one green leaf. Glue each life cycle piece on the appropriate leaf. The tiny circle holes punched from white paper is the egg, the rosetta 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.

**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.

**Developmental Milestones**

- **6 months**
  - Babbling
  - Making head right and left
  - Rolling over
  - **8 months**
  - Tummy time
  - Crawling
  - Standing
  - **12 months**
  - Walking
  - Vocalizing
  - **18 months**
  - Talking 1-5 words
  - **2 years**
  - Playing make believe

**Tips for Minimizing the Impact of Staff Change**

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.

**Online Training Opportunities**

- **Primary Position at Center/Region**
  - **Required DIRH Hours**
    - Center Director: 24 hours yearly
    - Center Teacher: 12 hours yearly
    - Center Support Staff: 4 hours yearly
    - Family Child Care Provider: 20 hours yearly

- **Minimums**
  - NAEYC
    - 12 hours yearly
    - 6 hours yearly
  - NAEYC affiliates
    - 12 hours yearly
    - 6 hours yearly
  - Alabama CDAC Council
    - 12 hours yearly
    - 6 hours yearly
  - NAEC
    - 12 hours yearly
    - 6 hours yearly
  - **Additional Requirements**
    - **12 hours of training annually**

**Infant Activity**

- **Developmental Milestones**
  - **Birthday - 10/26/19**
    - Play, learn, speak, act and move.
    - Skills such as taking a first step, smiling for the first time, and saying “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**

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

**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 (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.

If for a list of activities you can do with the children in your care, visit NAEYC’s website at: www.naeyc.org