



Family Guidance Center of Alabama  
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Montgomery, Alabama 36116

Non-Profit Org.  
U.S. Postage  
PAID  
Permit #409  
Montgomery, AL

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

## April, May, June Newsletter/Calendar 2020

### Save the Dates



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

**Art Saturday - Montgomery**  
April 4, 2020

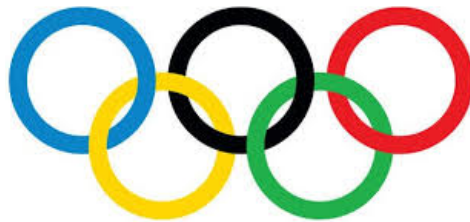
**Spirit of Excellence Awards Luncheon - Montgomery**  
*Celebrating Child Care Leaders - April 22, 2020*

**Supporting Children with Special Needs Conference - Montgomery**  
May 16, 2020

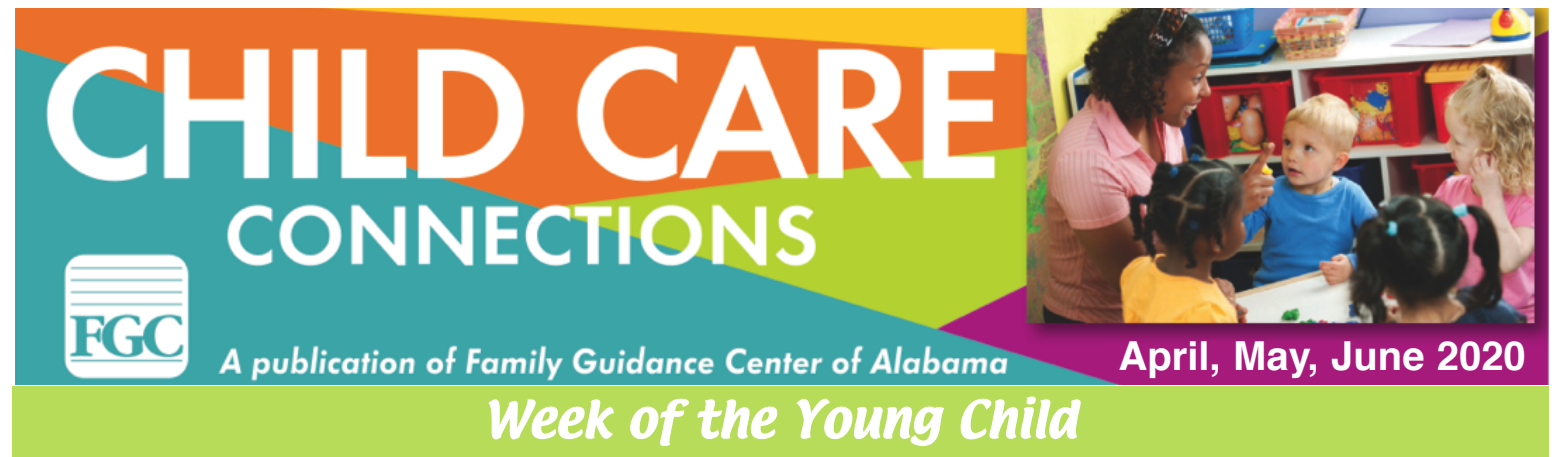
**Opening Doors for Children with Special Needs Conference - Dothan**  
August 2020

### 2020 Olympic Bash

Family Guidance Center of Alabama will be holding its Olympic Bash – Go For the Gold fundraising event on Friday, July 24 at 6:30 PM at the Alabama Activity Center on Dexter Avenue in downtown Montgomery. This olympic themed evening is the agency's largest fundraising event and it promises to be lots of fun again this year. The evening will include dinner from Jim N Nicks, a silent auction, musical entertainment, cash bar, photo booth, and grand prize drawings for \$2,000, \$3,000, and \$5,000. 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 over 60 years. Call us at 270-4100 or 800-499-6597 or visit our website at [www.familyguidancecenter.org](http://www.familyguidancecenter.org).



**So come out and have an Olympic good time with us. See you there!!**



It's time to celebrate young children and those who take care of them. The National Association for the Education of Young Children (NAEYC) designates a week in April as Week of the Young Child. NAEYC is a nonprofit association that represents early childhood educators, families of young children, policy makers and advocates. Established in 1970, this week recognizes the importance of the early childhood years (birth to age 8) in building a foundation for children's later success. Week of the Young Child highlights the needs of young children and their families as well as acknowledging programs and services that meet those needs. Each year NAEYC sets the week and themes for Week of the Young Child. Early childhood programs and community agencies/organizations can design and adapt the celebration to meet their needs. Over the past thirty years we have come to recognize the importance of a child's learning and development in the early years. As early childhood professionals we are tasked with creating environments that promote their learning and development. This week allows us to shine a light on experiences, opportunities and the commitment we have to children and families in our communities.

According to NAEYC, this year's Week of the Young Child is April 11th - 17th.

The year's celebrations include:

#### Music Monday

Encourage children to get up and move! Singing and dancing are great ways to be active while promoting gross motor skills, language and emotional development plus so much more.

#### Tasty Tuesday

Today is about more than eating delicious food. It is about building skills through cooking activities and promoting healthy habits and nutrition.

#### Work Together Wednesday

For this day create ways for children to build things or work together on projects. Look for fun ways to inspire teamwork!

#### Artsy Thursday

Get creative! Plan open-ended art activities. Provide a variety of child safe materials that let children design original creations by making choices and using their imagination.



#### Family Friday

Recognize families as children's first teachers. Invite families in to participate in learning activities.

For more resources for Week of the Young Child, whether for the classroom or families, visit <https://www.naeyc.org/events/woyc/plan-your-event>.

Thank you for all that you do to enrich the lives of children and families in our community.



### Sensational Saturday Child Care Conference Recap



Family Guidance Center in both Dothan and Montgomery welcomed Shawn Brown of the Super Fun Show from Atlanta as the presenter for Sensational Saturday 2020. The title of the training sessions for the conference were:

*Behavior Management with Music and Other Techniques*

*Emotional Support: Music and Techniques to Support Emotional Health*

On January 25, 2020, Dothan had a record crowd of 251 attend Sensational Saturday. Montgomery's conference was held on February 22, 2020 and had over 400 participants attend. Everyone in attendance received a free CD to be used with the children.

Thanks again to everyone who attended Sensational Saturday. Your participation helped to make it "Sensational"!



# Celebrating Child Care Leaders

Family Guidance Center's *Spirit of Excellence Awards Luncheon - Celebrating Child Care Leaders* will be held on April 22, 2020 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 27, 2020 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.



## Resource Library - Dothan

The Dothan Resource Library has a variety of resources available to local child care providers. Everyone is invited to come by from 8:00 AM to 4:30 PM and browse our collections. The library blasted into 2020 with a rocket and space theme loaded with fun and exciting books, die cuts, fingerplays and ideas to inspire. We even have our own rocket ship and moon rocks! You should see our astronauts floating among the planets!



New to hit the shelves is an exciting series of board books titled “World Snacks Books” authored by Amy Wilson Sanger. This series highlights food of 7 varying ethnicities. The books use the cultural terminology to describe the different foods. They are titled: *First Book of Sushi, Let's Nosh!, Hola! Jalapeno!, Yum, Yum, Dim Sum, A Little Bit of Soul Food, Mangia! Mangia!, and Chaat and Sweets*. Together with our various ethnic food kits, they make a wonderful tour of food around the world!

We also have new Dr. Seuss books and kits recently added to our collection. New die cut patterns include a camping collection, toddler friendly zoo animals, and a space collection. A complete listing of available die cuts can be picked up in the library as well as a monthly newsletter filled with ideas, activities, and featured resources related to the highlighted theme/holiday each month.

So, come by and look around. We are sure you will find something to enrich the quality care you provide in the Family Guidance Center-Dothan area counties served. Be sure to let us know if we can help in any way. Contact Michelle Woodham at 334.712.7777, Ext 224.

# Activities

## Infant Activity - Beautiful Bouquet

*Materials: assortment of silk flowers, colander with holes that fit stems of flowers.*

Cut flowers into single stems and make sure to bend and tape the ends so there are no sharp edges. Encourage infants to explore the flowers with their senses. Then, allow them to create bouquets by putting flowers through the holes in the colander to enhance motor skill development and coordination.



## Toddler Activity - Bottle Stamped Bouquet

*Materials: 2 liter plastic soda bottle, large pieces of paper, paint*

Lead children in dipping the bottom of the bottle into the paint and pressing it onto the paper creating a flower pattern. Use Spring colors and allow blending of color to create a bouquet on a page!



## Preschool Activity - Red Rose Bouquet

*Materials: one celery bunch with root base, paints, brush, paper*

Group the stalks at the top and bottom with rubber bands or string. Cut off the base. Instruct the children to dip the end into the paint and stamp the design on the paper to resemble roses. Allow them to complete the bouquet by adding green stems with paint and a paintbrush.

## Schoolage Activity - Kandinsky Circle Flower Bouquet

*Materials: construction paper in rainbow colors, white card stock, scissors, glue*

First, have children place their paper in rainbow order. Second, instruct them to cut a small circle from the first color. Explain that they will make the next color circle a little bigger than the first and continue for all the colors getting larger each time. Third, using scissors, children will cut slits around each circle for petals. Fourth, have them glue the circles together to form a flower shape layering the circles smallest to largest on the bottom. Last, they will add the green stem shape and glue the flowers to white card stock.



## Infant Quality Tip

Research has shown that babies like to be imitated. We tend to imitate behavior back to babies in an exaggerated way, which is exactly what babies need, it helps them learn about their own emotional experiences. Seeing it reflected back helps them gain understanding of the environment and emotions around them.



# Day for Directors Recap

On Saturday, January 25, 2020 Family Guidance Center’s Child Care Education and Training Program in Montgomery held their annual Directors Conference. We had 52 child care directors, assistant directors and owners attend the conference. The topic for the conference was *Management 2020: Handbooks, Marketing, and Financial Growth*. We had very positive comments from the participants.



## Toddler Quality Tip

According to the American Academy of Pediatrics, “Screen Time” should be “held off” until age two. (TV, computer, phones)

Their rationale:  
TV is not educational - A live person demonstrating a concept is always better.

TV is distracting - A toddler benefits more from actively playing, than inactively staring at a screen.

TV is linked with slower language acquisition because TV time tends to displace conversation time between babies and adults.



## 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 quarter a director teleconference will be held on:

**Wednesday, May 6th from 12:00 pm - 12:30 pm:**

*Your Program’s Reputation Depends on Staff Engagement*

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

## DATES OUR OFFICES WILL BE CLOSED

April 27, 2020 – Confederate Memorial Day

May 25, 2020 – Memorial Day

June 1, 2020 – Jefferson Davis’ Birthday

# CDA Update

You must renew your CDA Credential before it expires. You may submit your CDA Renewal Application no sooner than six months before your credential expiration date; make sure to prepare in advance and be ready to submit a complete application with supporting documents when your renewal window opens. Before you submit your renewal packet, make sure that you meet the requirements for the professional development category, the continued work with children category, and that you have a valid CPR/FA Card.



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.

## Health and Safety Tip

The National Safety Council has an app now available from the App Store and Google Play. The NSC Emergency Medical Response Quick Reference Guide is a vital reference tool available to anyone who would like first aid guidance at their fingertips. It provides a list of treatment steps for various illnesses and injuries from bites and stings to CPR steps.

Search "National Safety Council" to find and install this convenient, easy to use digital guide. It's free and can help you save a life.

Be sure to check the training calendar for your region for training classes to help you and your staff meet the CCDF Requirement Areas.

