



Family Guidance Center of Alabama
2358 Fairlane Drive
Montgomery, Alabama 36116

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

www.familyguidancecenter.org

January, February, March Newsletter/Calendar 2019

Day for Directors

On Saturday, January 26, 2019, Family Guidance Center's Child Care Education and Training Program in Montgomery will be hosting a Director's Conference. Our speaker for the day will be Deborah Gamble, Program Manager, Office of Training and Development, Child Care Services Division, Alabama Department of Human Resources.



The title of the conference is "The Minimum Standards," Are They Minimum or Not? Sign-in is from 8:15 am to 8:30 am. Conference hours are from 8:30 am to 12:30 pm. The conference will give directors a chance to receive updated information and have any questions answered regarding minimum standards for licensed child care centers in Alabama.

The conference is for Directors, Assistant Directors, and/or Owners of center-based child care.

Remember you must register to attend.
Please call the Montgomery Child Care Education and Training Program at 334-270-4100 ext 235 to register.

We look forward to seeing you there!

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.



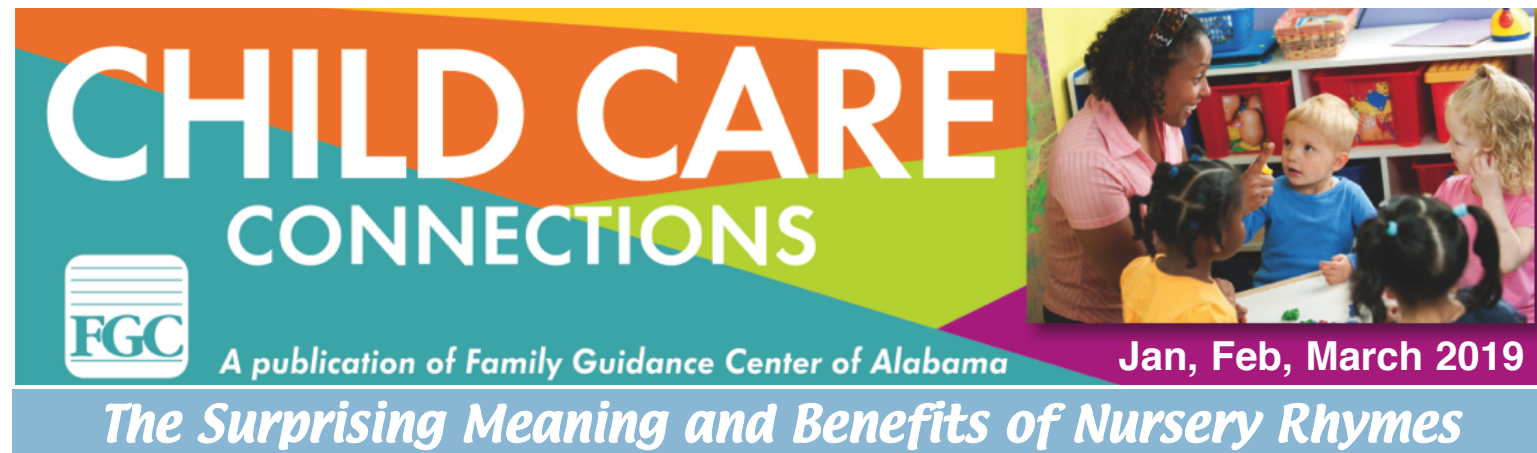
Deborah holds an associate degree and a master degree in Early Childhood Education. Deborah is often a guest moderator of The Bam Radio show and is the Early Learning Expert for Indiana Fox 59 Morning News. She is the author of the book "Ready for Kindergarten" which can be purchased on Amazon and has 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.

Sensational Saturday Child Care Conference - Dothan
Saturday, January 26, 2019

Sensational Saturday Child Care Conference - Montgomery
Saturday, February 23, 2019

Hope to see you at Sensational Saturday 2019!



Nursery rhymes are important for young children because they help develop an ear for our language. Both rhyme and rhythm help kids hear the sounds and syllables in words, which helps kids learn to read! Here are some activities and recommended poetry books to aid your child's developing poetry, rhyming, and rhythm skills.

Why your child needs nursery rhymes



Today's children have screens everywhere they turn. Many of us know a toddler (perhaps our own!) who can operate an iPad. Things are surely different than when we were kids! Aren't nursery rhymes a thing of the past? They shouldn't be.

Nursery rhymes. These little poems and songs have been around for centuries. Despite all the changes the world has seen in the last 500 years, nursery rhymes are here to stay. Below are ten reasons why kids need to learn nursery rhymes. Nursery rhymes and other popular rhymes and songs are for kids of all ages!

1. Nursery rhymes are the perfect first stories. The bouncy rhythm catches their attention, and the short length means I might be able to finish a rhyme before little hands grab the book.

2. Nursery rhymes can boost early language development. Not only does the repetition of rhymes and stories teach children how language works, it also builds memory capabilities that can be applied to all sorts of activities.

3. Knowing nursery rhymes can build social skills and promote a sense of community. Children bond over a shared story, and when you have a classroom (or houseful) of children who know the same rhymes, they have fun reciting and singing together.

4. Loving nursery rhymes opens the door to a love of all books. Even before they can read, children can sit and learn how a book works. This extends to the pictures and music associated with nursery rhymes: it is a full visual and oral experience.

5. Kids who know nursery rhymes are equipped to be better readers. Listening to nursery rhymes strengthens kids' ability to hear the sounds in words.

6. Listening to nursery rhymes builds vocabulary.

The more stories and rhymes kids hear, the larger their vocabulary. A strong vocabulary improves listening comprehension, social conversations, writing, and more!

7. A love for nursery rhymes opens the door to creativity.

Act out rhymes, create nursery rhyme crafts, illustrate favorite rhymes, and write your own. Plus, listening to rhymes without pictures lets your child create mental images in his head.

8. Nursery rhymes connect us to the past.

Don't you love reading a favorite picture book from your childhood to your own kids? When you share nursery rhymes that you knew as a child, you can have that same joy.

9. Singing nursery rhymes can improve fine motor skills and coordination.

When children do finger plays (think "Itsy Bitsy Spider") and act out other rhymes (like "Jack Jumped Over a Candlestick"), they can even improve muscle strength!

10. Nursery rhymes are just plain fun.

Silly rhymes and nonsensical verse are appealing to kids. That's why these rhymes are still popular after 500 years!

Ten Top Nursery Rhymes for Young Children

1. Humpty Dumpty
2. Row Row Row Your Boat
3. Ring A Ring A Roses
4. Twinkle Twinkle Little Star
5. The Wheels On The Bus
6. Itsy Bitsy Spider
7. Old MacDonald
8. 5 Little Monkeys Jumping On The Bed
9. This Is The Way The Lady Rides
10. 5 Little Ducks Went Swimming One Day



APT Online Courses

ALABAMA EARLY LEARNING GUIDELINES



Alabama Early Learning Guidelines Course - (January 7 - February 25, 2019) The AELG Guidelines were developed by DHR to promote continuity of high quality care and learning for children ages 0-5.

Participants who complete the course will receive a document of completion issued by APT, and a AELG Credntial issued by the Alabaa Department of Human Resources. (18 hour course)

- You must complete entire course in order to get your credential at the end.
- You MUST have a working e-mail address and access to the internet to be able to take this course. If you are taking this course with a co-worker you will each need to have separate email addresses.

Essentials of High Quaiy Early Child Care (January 14 - February 25, 2019) - Class is designed to provide early child care education professionals with an overview of essential information for best practices in the early child care setting. This is a six-week course that includes practical guidelines for providing a high quality, safe and nurturing environment while promoting the physical, social, emotional and intellectual development of young children. Upon completion of this course participants will receive 15 training hours.

Early Brain Development and the Lasting Importance of Cargiver-child Relationships (January 21 - March 4, 2019) - 6 week course that reinforces what research has taught us about brain development, as well as the lastest information about the cruical role you play in building a baby's brain. Upon completion of this course particiapants will receive 15 training hours.

To register for these online courses please contact Lisa Nunn at lnunn@aptv.org. Registration opens on December 10, 2018. Space is limited.

Resource Library - Montgomery

The Montgomery Child Care Resource Library has several new theme kits available for checkout.



Toddler and Preschool Fall Kits
Meeting Milestones: Birth to 12 Months

Meeting Milestones: 12 Months to 24 Months

New die cuts include: Mini Farm Animals, Wreath, Large Snowman, Pennant, Large Squirrel, Eye Glasses, Hot Air Balloon, Dr. Seuss Hat, Emoji's, Tent, and Campfire.

We also have several new backpack kits for varying ages.

We are open from 8:00 am - 4:30 pm. When there is a training scheduled in Montgomery the Resource Library is open until 6:00 pm. Make plans to come by and check out these new items soon. For additional information, please call Claire Wallace at 334-270-4100 ext 267.

Snow Much Fun

Infants: Tape Resist Snowflake

Materials: blue non-toxic washable paint, tape, paper, zipper bag

Lay tape on paper in a snowflake pattern. Allow infant to finger paint on top of the paper and snowflake design. This can also be done inside of a zipper bag for young infants. Once paint dries, peel tape to reveal snowflake pattern on blue background.

Toddlers: Handprint Snowflakes

Materials: white washable non-toxic paint, blue construction paper, optional glitter or salt

Make white handprints on paper centering, rotating and overlapping the palm to create a snowflake design in the center of the paper. Allow them to sprinkle salt or glitter to complete design (optional).



Preschoolers: Fork Painted Snowflakes

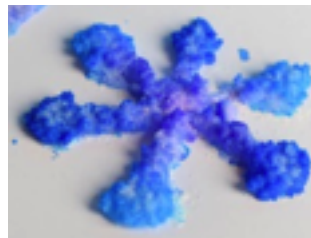
Materials: white washable non-toxic paint, plastic fork, blue construction paper, cotton swabs, optional salt or glitter

Guide children to stamp snowflake patterns onto the paper, adding smaller dots with cotton swabs to fill in the page. Allow them to sprinkle salt or glitter to complete design (optional).

Schoolagers: Salt Painted Snowflakes

Materials: card stock, pencil, school glue, table salt, liquid watercolors, eye dropper

Allow children to draw snowflake pattern on the paper with pencil. Have them trace over the designs with glue. Pour salt on the glue in a heavy layer. Allow to dry. Use watercolor paint and eye dropper to paint the snowflakes using winter colors in shades of blue and purple.



Infant Quality Tip

Why Does My Baby Need Tummy Time?

Tummy Time helps your baby develop the neck, back, and shoulder muscles needed to meet infant developmental milestones. It may also help prevent early motor delays and conditions such as flat head syndrome and twisted neck. The American Academy of Pediatrics recommends placing babies on their backs to sleep and on their tummies to play.



Tummy Time can begin as soon as your baby comes home from the hospital. Your baby should work up to an hour of Tummy Time per day by 3 months of age. Aim for a few minutes at a time, several times a day.

AELG Face-to-Face - Montgomery

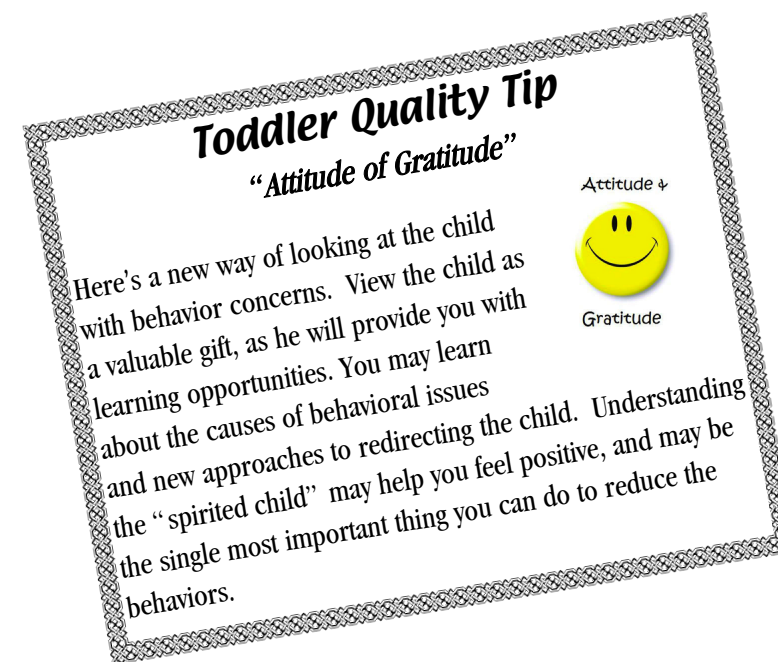
Montgomery's Child Care Education and Training Program will be offering the Alabama Early Learning Guidelines Course in March. The Alabama Early Learning Guidelines Course is written to promote continuity of high quality care and learning for children from birth through five years of age.

This course consists of nine training sessions that are a guide for understanding child development and learning, and for implementing best practices in order to prepare children for success in school and in life.

The Alabama Early Learning Guidelines Credential is an important milestone on the Career Lattice of Alabama Child Care and Education Professional Development System - Pathways to Quality Care and Education.

Please see the Montgomery calendar for the dates and times of the course.

The Dothan Child Care Education and Training Program will be offering the AELG Course in the Spring quarter. Please continue to check their calendar for the dates and times of the course.



Update for Directors

This quarter, both Dothan and Montgomery locations will be offering special trainings for directors. These trainings are the **Especially for Directors** series and are held for Owners, Directors and Assistant Directors of day care centers.

Director's Conference - Montgomery

"The Minimum Standards," Are They Minimum or Not? - January 26, 2019

Especially for Directors - Dothan

Day to Day Adminstrtion - February 13, 2019

Especially for Directors Teleconference

Keys to a Successful Child Care Center Tour - March 6, 2019

Please check your local training calendars for the dates, times and locations of these upcoming directors trainings.

DATES OUR OFFICES WILL BE CLOSED

January 1, 2019 – New Year's Day

January 21, 2019 – Martin Luther King, Jr./Robert E. Lee Day

February 18, 2019 – Presidents' Day

CDA Update

What do I have to do to be eligible for a CDA Credential?

The eligibility requirements to apply for a CDA Credential are as follows:

- You must have a high school diploma or be a high school junior or senior in an early education/child development Career and Technical Program
- Any time before you apply: Complete 120 clock hours of professional education covering the eight CDA Subject Areas
- Within 3 years before you apply: Obtain 480 hours of experience working with young children
- Within 6 months before you apply: Prepare a CDA Professional Portfolio according to the requirements outlined in the CDA Competency Standards book

For additional information on the CDA visit their website
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 Online Training Specialist, or, if necessary, please leave your name, phone number and a brief message and your call will be returned.

Save the Date



The Week of the Young Child is an annual celebration hosted by the National Association for the Education of Young Children (NAEYC) celebrating early learning, young children, their teachers and families. NAEYC first established the Week of the Young Child in 1971, recognizing that the early childhood years (birth through age 8) lay the foundation for children's success in school and later life. The Week of the Young Child is a time to plan how we - as citizens of a community, of a state, and of a nation - will better meet the needs of all young children and their families. (www.naeyc.org)

Week of the Young Child Celebrations - Dothan and Montgomery
To Be Held in April 2019