



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

July, August, September Newsletter/Calendar 2018

Save the Dates



Alabama Early Learning Guidelines - Montgomery

August 4 - August 23, 2018

Opening Doors for Children with Special Needs Conference - Dothan

August 25, 2018

Going to School (Telecourse)

July 14th through September 15th

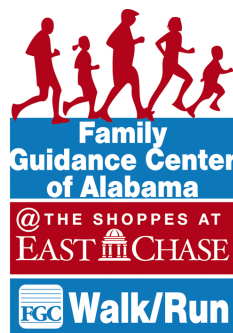
The Going to School Telecourse is a distance telecourse offered in partnership with Alabama Public Television and FGC's Child Care Education and Training Program. It presents current and practical advice on supporting children's early learning for school readiness and success. Participants will receive 10 training hours after completion of the course.

Please call your local Training Department for more information!

Agency Events 2018

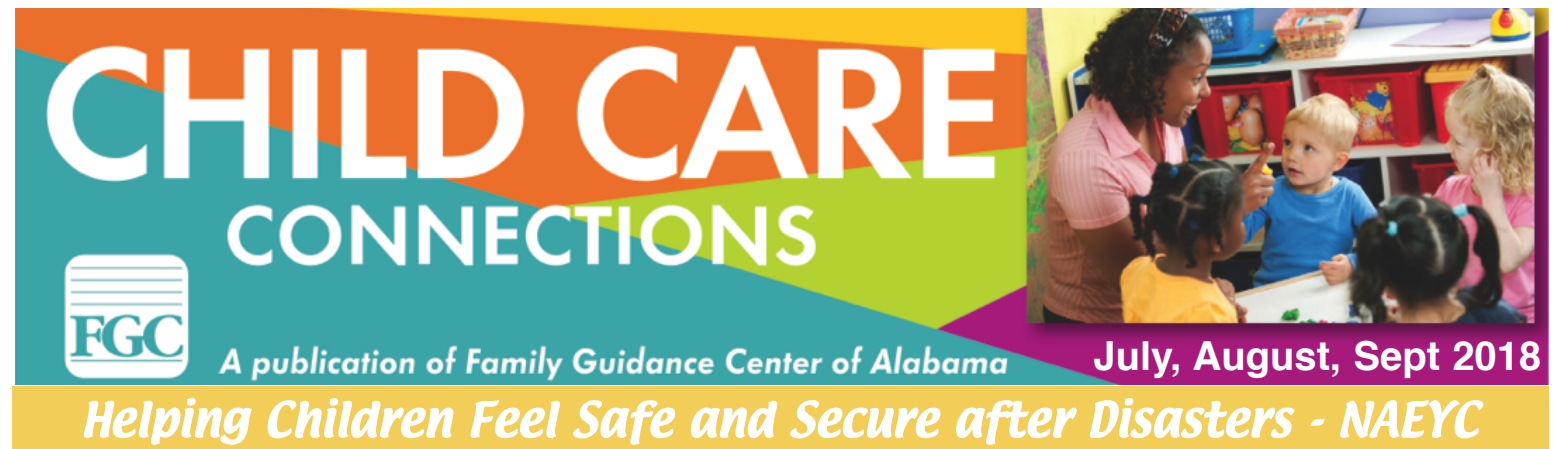
Gold Rush Gala 2018

Family Guidance Center of Alabama will be holding its annual Gold Rush Gala on Friday, July 20 at 6:30 PM at the Alabama Activity Center on Dexter Avenue in downtown Montgomery. This western 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, 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 59 years. Call us at 270-4100 or 800-499-6597 or visit our website at www.familyguidancecenter.org.



FGC Walk/Run 2018

Family Guidance Center of Alabama will be hosting its Annual 5K/10K Walk/Run on Saturday, September 8 at 7:30 AM at The Shoppes at EastChase in Montgomery. All proceeds to benefit the programs and services of the agency. Start your weekend off well and come on out and walk or run with us. Always loads of fun. Great prizes and food. Get more info or register at www.familyguidancecenter.org. Thanks everyone!!



Disasters can leave children feeling frightened, confused and insecure. And kids' responses can be quite varied. It's important to not only recognize these reactions, but also help children cope with their emotions.

Trust and security are the foundations of healthy development. To explore the world and learn, children need to have secure, trusting relationships with the adults around them and know that they will keep them safe. As child care providers, we need to send children the message that their needs will be consistently met in places that are safe, secure, and reliable.

Children's responses to trauma closely reflect the way their parents and teachers respond. If they communicate that they are coping with the situation and everything will be okay, children are likely to be more resilient.

Age also influences how a child responds to trauma. Understanding child development provides insight into how a child is processing a situation and dealing with fears. For example, young preschoolers are beginning to separate fantasy from reality. You can help them figure out whether their fears are based on reality and understand that nightmares don't mean that bad things are still happening.

Tips for Helping Children Who Have Experienced a Disaster

Provide loving, nurturing comfort and care. Offer extra hugs and closeness.

Answer children's questions directly, honestly, and age appropriately. Explain disaster-related language in terms children will understand. Don't offer more information than children are interested in, and don't force children to talk. Be prepared to answer the same questions over and over.

Review with children their daily schedule - wake up, go to school, play and learn at school, pickup, dinner, and bedtime. Routines make children feel secure.

Remind children that their parents will be there at the end of the day. Establish or strengthen rituals to reinforce this: "When you finish the afternoon meeting, it will be time to take the bus home."

Encourage children to express their emotions - even anger. Help children understand their feelings and find healthy outlets for them. Provide lots of art materials, sand and water play, dance, and dramatic play where children can safely express sadness or anger.

Come up with projects where children help others affected by a traumatic event, such as making get well cards for people in the hospital. Helping activities build compassion and give children a sense of control.

Reassure children that they're safe, and point out all the ways that parents and teachers make them safe. Post, review, and practice evacuation plans with the children.

Offer stress-reducing activities such as yoga, meditation, and mindfulness exercises.

Create cozy spaces where children can be alone, be sad, be angry, or think about things. Add beanbag chairs, pillows, and stuffed animals for comfort.

Read aloud books about disasters, such as Freddy the Frogcaster and the Huge Hurricane, by Janice Dean, to encourage discussion. Offer appropriate comments: "The frog in the story is very helpful. There were lots of kind people who helped us after the hurricane."

Point out good things that have happened, such as people helping each other and the community banding together.

Mr. Rogers famously talked about what he was told as a child when he saw scary things on the news: "My mother would say to me, 'Look for the helpers. You will always find people who are helping.'" Early childhood teachers are the frontline helpers who can help traumatized children rebound.

Have a Safe and Fun Summer!

Spirit of Excellence Awards

Family Guidance Center's Child Care Education and Training Program in Montgomery celebrated the Week of the Young Child with our Spirit of Excellence Awards Luncheon - Celebrating Child Care Leaders on April 25, 2018. During the event we honored 4 leaders in the field of early childhood education.

Dorothy Flowers, of the Success by Six Program - MLK Elementary, and Jennifer Mitchell, of Little Explorer's Learning Center, were awarded the Dedication to Children Award. Dorothy has been active in the field of early childhood education for 39 years as a child care center director, child care center teacher and a kindergarten teacher in the Montgomery school system. Dorothy presently is a Pre-K teacher with FGC's Success by Six Program in Montgomery. Dorothy's love for children and her devotion to education is seen through her many years of service to the children in our area. Jennifer Mitchell started Little Explorer's Learning Center 10 years ago in Montgomery. Jennifer works side by side with her staff and believes that you lead by example. Jennifer is dedicated to providing quality care for children and peace of mind for her parents. Jennifer believes learning should be fun.

Elizabeth G. Sankey, of Southlawn Child Care Center in Montgomery, was awarded the Lifetime Achievement Award. Elizabeth has 28 years of experience in the child care field and is a strong advocate for Alabama's children. Mrs. Sankey also helps promising entrepreneurs know that dreams do come true. Her mantra is don't give up, stay committed and never stop learning.

Alabama Public Television's Early Childhood Education Department, was awarded the Leadership and Partnership Award. APT has been providing early childhood education services and resources to child care professionals and parents of young children since 1997. The Early Childhood Education Department is working in the areas of Parent Education, School Readiness and Success, Early Literacy Development and Extended Care Education. Tiffany Armstrong, Early Childhood Education Coordinator, accepted the award for APT.

Candice Keller, Program Manager of the Alabama Department of Human Resources, Child Care Subsidy Division, was the guest speaker for the event. Nick Willis, Alabama Regional President for PNC Bank, was also a speaker and presented information about the Grow Up Great Campaign through PNC Bank.

We were excited to celebrate the Week of the Young Child by focusing on the important role child care leaders play in the lives of the children in our area.



Tiffany Armstrong, Jennifer Mitchell, Elizabeth G. Sankey and Dorothy Flowers (Pictured L - R)

Activities

Infants: *Ice Cream Cone Sensory and Fine Motor Play*

Materials: yarn in various colors, brown felt

Make a cone shape out of the felt to be the base of the ice cream cone. Make several pom pom balls out of each color of yarn.

Allow the infant to explore the textures of the pom poms.

Encourage them to scoop or place the pom pom on the cone to encourage fine motor development.



Toddlers: *Serving Ice Cream*

Materials: pompoms of various size and colors, ice cream scoops, spoons, ice cream bowls

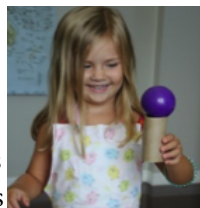
Put lots of colorful pompoms in a bin along with colorful scoops and fun bowls. Allow children ample opportunity to practice "scooping ice cream."



Preschoolers: *Ice Cream Cone and Scoop Matching*

Materials: plastic balls, toilet paper tubes, marker

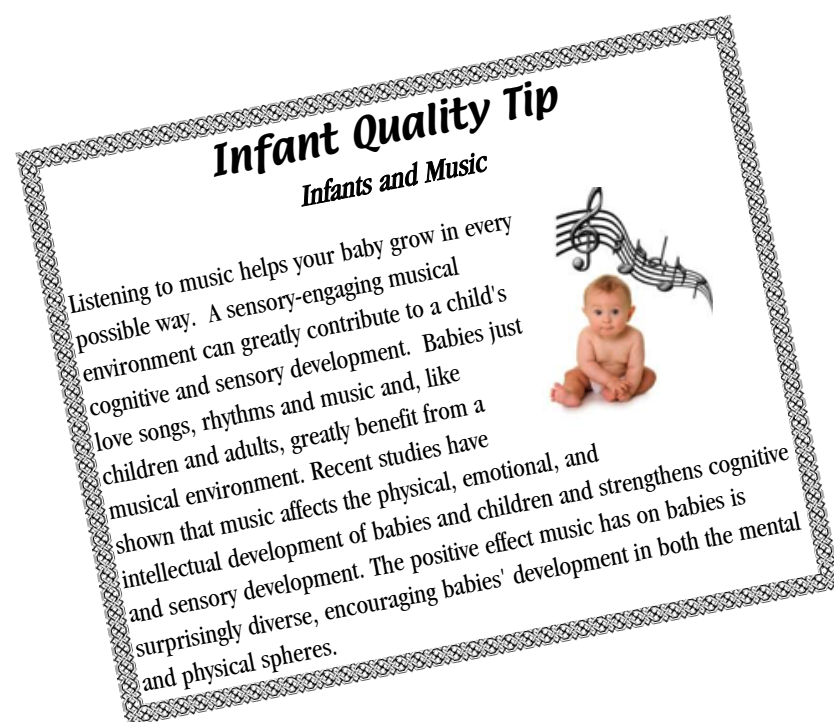
Create matching games with the balls for cones and the toilet paper tubes for cones by adding letters or numbers to each. Encourage children to match the scoops to the cones and then carry the "ice cream cone" to another child. This activity not only fosters cognitive skills, but gross motor and balance skills as well.



Schoolagers: *Favorite Ice Cream Chart*

Materials: chart paper, construction paper, scissors, glue markers, ice cream cone pattern

Prepare a graphing chart for favorite ice cream flavors. Line the bottom of the page with ice cream cones and label them for 3 or four ice cream flavors. Let children trace and cut a scoop of ice cream from construction paper in the color of their favorite flavor. Have them place their scoop in the appropriate column on the chart to see how the ice cream flavors rank among the class. Discuss the results.



Special Needs Conference - Recap

On Saturday, May 19, 2018, the Child Care Education and Training Program in Montgomery held their Supporting Children with Special Needs Conference. The title for the conference was *Caring for Children with Speech and Hearing Challenges and a Parent's Perspective on Autism Spectrum Disorder*. The presenters for the conference were Noelle McNeill, Belinda Montgomery, and Tametria Conner Dantzler.



Belinda Montgomery, Noelle McNeill & Angela Bailey

Belinda Montgomery, Montgomery Interpreting Services, presented a session on sign language. Belinda taught the participants the American Sign Language alphabet and several other signs that can be used with all children. Attendees enjoyed learning how facial expressions, gestures, and sign language come together to form vital communication for speech and hearing challenged children.

Tametria Conner Dantzler shared her perspective on having a child on the autism spectrum. She shared her family's journey with her son by emphasizing the role each person plays to help ensure children on the autism spectrum reach their full potential. She recently founded D.A.T.S.M.O.M (Disability as an Ability Toward Success, Moms on the Move), a national support network for parents of children on the Autism Spectrum or other related special needs challenges.



Tametria Conner Dantzler & Angela Bailey

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.

Wednesday, July 25th from 12 pm - 12:30 pm

The Role of a Center Director

Wednesday, September 12th from 12 pm - 12:30 pm

How to Handle Conflict in the Workplace

This quarter, both Dothan and Montgomery locations will be offering 2-hour 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 director's trainings.

DATES OUR OFFICES WILL BE CLOSED

July 4, 2018 - Independence Day

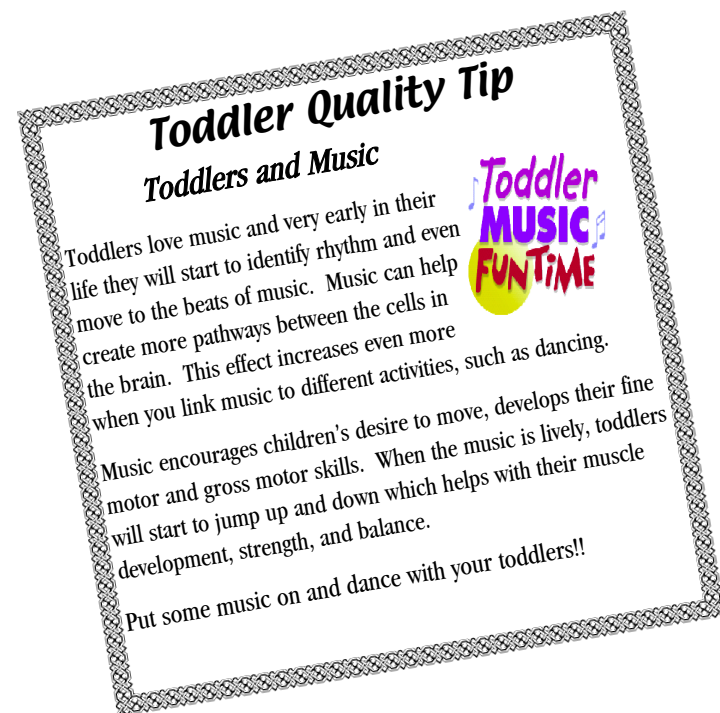
September 3, 2018 - Labor Day

CDA Update

The Child Development Associate (CDA) Credential™ is the most widely recognized credential in early childhood education (ECE) and is a key stepping stone on the path of career advancement in ECE.

The CDA is based on a core set of competency standards, which guide early care professionals as they work toward becoming qualified teachers of young children. Teachers with CDAs have knowledge of how to put the CDA Competency Standards into practice and understanding of why those standards help children move with success from one developmental stage to another. Put simply, they know how to nurture the emotional, physical, intellectual, and social development of children.

For more information on the CDA, visit their website at www.cdacouncil.org



Many Thanks!

On behalf of everyone in the Child Care Education and Training Programs in Dothan and Montgomery, we would like to say a special THANK YOU to everyone who attended our special events and conferences. Your participation in these special events is what makes them so wonderful! We enjoyed seeing each and every one of you!

Please continue to look for more exciting events and trainings in our Calendars and Newsletter! And don't forget to share the Calendar and Newsletter with your staff!

