Save the Dates

Save the Date

Opening Doors for Children with Special Needs Conference - Dothan
Working with Children on the Autism Spectrum
August 15, 2020

Child Care Training Classes

Family Guidance Center of Alabama’s Child Care Education and Training Program is providing child care training classes via ZOOM and a Conference Call System. Included with the newsletter is the list of classes available for July 2020. We will be utilizing our email database list to keep you updated on future trainings.

If you have any questions, or if we can provide any other assistance, please call the Training Program in your region.

Agency Events 2020

Stepping Up For Families in 2020
A Virtual Event to Benefit Family Guidance Center of Alabama
Tuesday, August 25 at 6:30 PM
A Live Streaming Event on Facebook and ZOOM

The evening will include valuable prizes from local merchants and 3 cash drawings. The cash prizes will be the grand prize of $4,000, the 2nd prize of $2,000, and the 3rd prize of $1,000. Merchant prizes will be purchased by FGC to give away to show our support for the business community and to promote business for local merchants during the pandemic. Tickets are $100 each and only 500 tickets are sold. Proceeds benefit the programs and services of Family Guidance Center of Alabama. For more information or tickets, contact Family Guidance Center at 334-270-4100, ext. 254 or 1-800-499-6597, ext. 254. The streaming event should be a fun way to celebrate the impact that Family Guidance Center has within Alabama and support the organization’s vital work to help children, families, and seniors in need.

Ways to Support Children During the COVID-19 Pandemic

The CDC believes certain behaviors such as excessive crying or irritation in younger children can be signs of stress. Unnecessary worry or sadness along with unhealthy eating/sleeping habits could also be indicators of stress in children. Recognizing signs of stress in children will be an extremely critical part of your job as children return to your daycare facility.

Ways to Support Children During the COVID-19 Pandemic

Child care providers can apply the following CDC recommendations when talking to children about COVID-19.

Remain calm and reassuring. Remember children will react to both what you say and how you say it.

Make yourself available to listen and to talk with the children. Be sure children can come to you when they have questions.

Avoid language that might blame others and lead to stigma. Keep in mind viruses can make anyone sick, regardless of a person’s race, ethnicity, or health situation. Avoid making assumptions about who might have COVID-19.

Keep explanations age appropriate. Present brief, and simple information about the COVID-19 Virus according to the child’s ability to understand the material.

Pay attention to what children see or hear on television, radio, or online. Too much information on one topic can lead to anxiety. This would be a great tip to share with families.

Provide information that is honest and accurate. Give children information that is truthful and appropriate for the age and developmental level of the child.

Teach children everyday actions to reduce the spread of germs. Remind children to stay away from people who are coughing, sneezing or appear sick. Teach healthy hygiene habits like washing your hands and throwing away tissues after use.

Remember when adults deal with COVID-19 calmly and confidently, they can give the proper support to the children they serve.

Additional Resources

Talking with Children: Tips for Caregivers, Parents and Teachers During Infectious Disease Outbreaks
https://store.samhsa.gov/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/sma14-4886

Coping with Stress During Infectious Disease Outbreaks
https://store.samhsa.gov/Produce/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885

Centers for Disease Control and Prevention, Coronavirus Disease 2019 (COVID-19)

Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About
### Resources for Children

**Infants:** *Whisk Starbursts Play*
- Materials: whisk, red and blue straws and pipe cleaners
- Encourage fine motor development in infants. Cut straws in half and weave into a whisk to resemble a burst of fireworks. Let baby attempt to manipulate and pull straws. Do the same with pipe cleaners being sure to secure cut ends. Keep this activity safe with supervision.

**Toddlers:** *Marbled Fireworks*
- Materials: marble, cardstock, shoe box, and red, white and blue paint
- Place card stock into bottom of a shoe box. Place a few drops of each color of paint. Direct the children to drop in the marble and tilt the box back and forth allowing the marble to spread the pattern. Dry and display.

**Preschoolers:** *Straw Fireworks*
- Materials: bendy straws, card stock, red, white and blue paint
- Stretch and bend each straw and tape together in a starburst shape. Dip into paint and dab on paper. Layer the colors for a fireworks effect.

**Schoolagers:** *Yarn Wrapped Stars*
- Materials: glue, popsicle sticks, red, white and blue yarn
- Direct the children to make a star shape using ten popsicle sticks glued together. Wrap with each color of yard. Add a hanger for display.

### Activities

**Fun in the Sun**

With the arrival of summer, now is the time to make sure that children are able to enjoy this exciting time while staying safe and healthy. According to Caring for Our Children, 6th edition, the recommended time that young children should be allowed outdoor play is 60 to ninety minutes daily. While making sure that this time is provided, remembering important safety factors is a must. Enjoying this time comes with some challenges and safety concerns that all child care workers must be aware of and be able to mitigate the dangers that heat, and sun pose to children.

There are many important safety issues that must be considered every day if children are spending time outside.

It is important to use sunscreen on all children when playing outside, but it is not recommended to use sunscreen products on babies under 6 months of age. One common mistake made when applying sunscreen is to apply too little of the product. Make sure to include lips when applying to the face or use a lip balm with spf0 or higher. Another common mistake, especially when having to apply sunscreen to multiple small children, is forgetting to apply the product underneath straps, sleeves or bottoms. Never spray a sunscreen directly on the face of a child. Always spray into your hands and then apply to the face.

Broad Spectrum sunscreens are the recommended sunscreens because these protect from both UVA and UVB rays. Never use a product if the expiration date has passed. The shelf life of sun protection products is usually 3 years.

Enjoying time outdoors requires attention to many other safety factors as well as sun safety and exposure to the effects of the sun. Quality begins with health and safety of the children you serve, and vigilance and supervision are the keys to keeping them both safe and healthy.

### FGC Early Childhood Webcast

The premiere episode of the FGC Early Childhood Webcast will be on June 24 at 1:00 PM to 2:00 PM. This exciting interview/talk show formatted webcast promises to be engaging, informative, and useful to all child care professionals and will be easily viewed to be engaging, informative, and useful to all child care professionals and will be easily viewed via Zoom.

Our host, Debbie Bailey, is busy putting the finishing touches on the ingredients to the monthly webcast that we are sure will be responsive to the needs and interests of the early childhood community in central and south Alabama. Debbie will have guests on each webcast episode who will bring helpful information and we will engage with our audience via interactive questions. Our first webcast will be focused on Perspectives On Reopening. The second webcast is scheduled for July 29 in central and south Alabama. Debbie will have guests on each webcast responsive to the needs and interests of the early childhood community.

### CDA Update

Early childhood education is a totally different situation than teaching elementary-aged children. The Child Development Associate credential was created in the 1970s as a way of improving standards in early education.

One important standard of the CDA is training educators in safety. Since the younger years of education are so important for social and developmental learning, the CDA also focuses on objectives like positive social guidance, building familial relationships and healthy emotional understanding.

“The benefit of a CDA is that it is a nationally recognized metric,” says Daniel Koffler, president of Explore + Discover Early Learning Center. “It demonstrates that the holder has completed 120 hours of formal education - making them strong candidates in a pool of teachers.”

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

### Update for Directors

Every other month, the FGC Training Department offers a teleconference training for Directors. One hour credit is given. This is a convenient way to gain insight and to keep up with important training information.

**Everyday in the Sun**

Enjoying time outdoors requires attention to many safety factors as well as sun safety and exposure to the effects of the sun. Quality begins with health and safety of the children you serve, and vigilance and supervision are the keys to keeping them both safe and healthy.

**Infant Quality Tip**

In the first year, babies learn to focus their vision, reach out, explore, and learn about the things that surround them. Cognitive, or brain development, occurs through the learning process of memory, language, logical reasoning, and emotion. Learning language (“talking” or saying “ma ma” and “da da.”) Listening, making sounds (“talking”) or saying “ma ma” and “da da.” Listening, making sounds (“talking”) or saying “ma ma” and “da da.” Listening, making sounds (“talking”) or saying “ma ma” and “da da.” Listening, making sounds (“talking”) or saying “ma ma” and “da da.” Listening, making sounds (“talking”) or saying “ma ma” and “da da.”

**Toddler Quality Tip**

Establish a routine that children wear school clothes that can get messy. Keep a bottle or a stick of prewash stain remover handy to remove clothing stains (yourself and the children) in case of spills.

**Resource Library**

Family Guidance Center’s Child Care Resource Library is open to patrons on a limited basis. As we continue to follow the guidelines from the Alabama Department of Public Health and the Alabama Department of Human Resources, the following policy will be in place.

- An appointment will be required to use the Resource Library. You will need to call the Resource Library in your region to schedule an appointment. The Resource Library will be open from 8:30 am - 5:30 pm.
- One patron at a time can enter the building and use the Resource Library.
- You will be required to wear a mask and gloves while in the building.

If you need die cuts and are unable to make an appointment to use the Resource Library, the Training Program staff can do them for you. Once we have completed your die cut request, they will be mailed.

### Dates Our Calendars Will Be Closed

**July 3, 2020 - Independence Day**

**September 7, 2020 - Labor Day**