



Family Guidance Center of Alabama  
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Permit #409  
Montgomery, AL

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

## July, August, September Newsletter/Calendar 2020

## Save the Dates



**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.



# CHILD CARE CONNECTIONS



A publication of Family Guidance Center of Alabama



July, August, Sept 2020

## Talking to Children About the COVID-19 Crisis

Now more than ever before, the role of the child care provider in a child's life is important! During this COVID-19 Pandemic, families are looking to you for care and support of their children as they navigate their way through never seen before times. Although these days can be stressful, there are specific strategies child care providers can implement to make things a little smoother for children and their families. The Centers for Disease Control and Prevention (CDC) offers valuable tools on how to work with families during these challenging times. Specifically, the CDC discusses ways to identify stress in children during the COVID-19 Pandemic and how adults can help children cope with that stress.

### Signs of Stress in Children

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/prodcut/Coping-with-Stress-During-infectious-Disease-Outbreaks/sma14-4885>

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

<https://www.cdc.gov/coronavirus/2019ncov/about/transmission.html>

*Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About*

<https://www.cdc.gov/handwashing/pdf/hand-sanitizer-factsheets.pdf>





## Resources for Children

During this COVID-19 Pandemic, children will face lots of uncertainties. They will be fearful of the unknown, whether it be not understanding the coronavirus or confusion about what is going on in their world. They aren't always given the information they need to ease their fears. It is important to acknowledge children's fears and to answer their questions as honestly as possible. The following links offer excellent resources for sharing information with children:



Social stories and priming videos to help individuals with personal hygiene, communicating COVID-19 symptoms, and prepare them for potential medical examinations.  
<https://www.autism.org/covid19resources/#socialstoriesandprimingvideos>

**A kids book about COVID-19** A downloadable book to help kids and adults learn more about COVID-19.  
<https://akidsbookabout.com/pages/covid-19>

**Coming Back to School in a Bubble!** A downloadable book to help children understand returning to school in these times.  
<https://kivetonparkinfants.co.uk/coming-back-to-school-in-a-bubble>



**King Covid and the Kids Who Cared** A downloadable book to help children understand the need for masks. (Recommended for ages 4-6)  
<https://www.nicolerim.com/kidswhocared.html>

## FGC Early Childhood Webcast

The premiere episode of the *FGC Early Childhood Webcast* will air 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 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 from 1:00 PM to 2:00 PM.

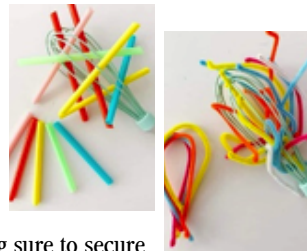


So make plans now to register and to tune in to the *FGC Early Childhood Webcast*. You will receive 1 hour of training credit and you will be a part of the history making premiere episode. Call 334-270-4100 ext. 324 to register and to get more information. See you on the Webcast!!

## Activities

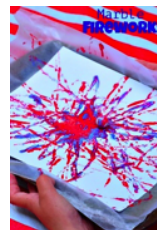
Infants: *Whisk Starburst Play*

Materials: whisk, red, white 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.



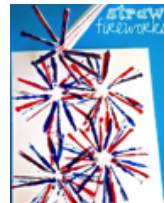
Toddlers: *Marbled Fireworks*

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 6 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 yarn. Add a hanger for display.



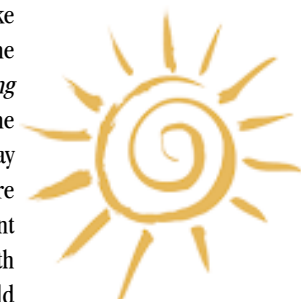
### Infant Quality Tip

In the first year, babies learn to focus their vision, reach out, explore, and learn about the things that are around them. Cognitive, or brain development means the learning process of memory, language, thinking, and reasoning. Learning language is more than making sounds ("babble") or saying "ma-ma" and "da-da." Listening, understanding, and knowing the names of people and things are all a part of language development. During this stage, babies also are part of language development. The way parents and child care providers cuddle, hold, and play with babies will set the basis for how they will interact with them and others.



## 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*, 4th edition, the recommended time that young children should be allowed outdoor play is sixty 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 spf30 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.



## 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 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 8th from 12 pm - 1:00 pm**

*Engaging Parents Through Music*

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 3, 2020 - Independence Day

September 7, 2020 - Labor Day

## 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.

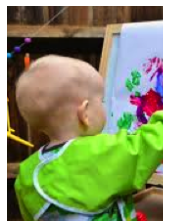
One important standard of the CDA is training educators in safety. Since the younger years of education are so important for social and developmental learning formation, the CDA also focuses on objectives like positive social guidance, building familial relationships and healthy emotional understanding.

"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.cdacouncil.org](http://www.cdacouncil.org)

### Toddler Quality Tip

Establish a policy that children wear school clothes that can get messy. Keep a bottle or a stick of prewash stain remover handy to use on clothes (yours and the children) in case of spills.



Have a classroom rule that the children will clean up their area before moving on to another activity (with a lot of assistance from the teacher).

Keep art materials close to a sink. Put contact paper over the easels so that paint will wipe off easily. Provide art materials and let the children create their own art. Display the finished project on the wall at children's eye-level.

## 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 3:30 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.

