



Family Guidance Center of Alabama
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www.familyguidancecenter.org

October, November, December Newsletter/Calendar 2019

Save the Dates



Global Rocket Launch



On July 16th, the U.S. Space & Rocket Center celebrated the 50th anniversary of the Apollo 11 moon mission. To commemorate this occasion, the U.S. Space and Rocket Center wanted help to celebrate another awe-inspiring launch - OUR launch!

FGC hosted a “rocket launch” to commemorate the 50th Anniversary of the Apollo 11 moon mission. We invited two local child care centers to be a part of this launch. The children viewed a presentation about the Apollo 11 launch followed by Neil Armstrong’s first steps on the moon. The children got to make their own rocket and applying a lesson in air pressure and motion, they participated in “lift-off” on the FGC campus.

FGC participated in the U.S. Space & Rocket Center’s attempt at a world record by assisting about 50 kids in their own “rocket launch challenge!” The Guinness Book of World Records takes about 12-16 weeks to verify results. Results will be posted in 2020’s Guinness Book of World Records.



We know that children use their senses to obtain information. They use sight, hearing, touch, taste and smell to take in the world around them. These five basic sensory systems allow children to process and understand their world during sensory play. Therefore, when planning activities/interactions educators need to involve as many of their senses as possible. The more senses we involve, the more connections we make in the brain. Everything a child experiences helps to make these connections. Repeating the experience strengthens the connections. A child is born with synapses that control heart rate, breathing, appetite and sleeping. However, during a child’s early years, what they experience helps to develop those synapses. Research has shown that by the age of 3, the brain is 80% of its adult size. And by age 5, brain size grows to 90%. The amount of growth depends on the stimulation it receives.

Think about all of the information that we acquire through our senses; texture, color, temperature, scent, sound, etc. Then imagine a group of children playing with bubbles. Children love playing with bubbles! What senses are they using during this experience?



Sight - They see the bubbles.

Sound - There are oohs and aahs, squeals of laughter or use of descriptive words.

Touch - They reach for and try to pop the bubbles.

Smell - Add a scent like vanilla or lavender or simply the freshness of outdoor air.

In this activity, the children also chase or try to catch the bubbles. This may lead to another question. Do we really only have five sensory systems? Actually, there are two other systems that work with the senses called the proprioception and vestibular systems. Basically proprioception tells us the position of our body and movement in relation to the environment. For example, if you close your eyes and raise your arm above your head, this is proprioception. The vestibular system (located in our inner ear) controls our perception of motion, balance, head position and spatial awareness. Rolling over is an activity that stimulates your vestibular system. Think about standing up, turning around and sitting back down. This simple activity uses both systems.

In order to truly meet all of a child’s needs, we should include their sensory requirements too. Allowing children to move actually helps them better focus and pay attention. By allowing them to wiggle, jump, spin or crawl before an activity that requires sitting, you are preparing them to take in and process information. As educators, choosing a variety of techniques to allow children to learn to their fullest potential is key. So the next activity you plan or song you sing add a little bit of movement to prepare your children’s brain.

Sensational Saturday 2020



The Child Care Education and Training Program in Dothan and Montgomery are excited to announce that Shawn Brown, *Super Fun Show* will be the special speaker for our Sensational Saturday Child Care Conference 2020. Shawn, originally from Chicago, Illinois and now Johns Creek, Georgia writes and implements unique and entertaining curriculum enhancement programs for child care centers, elementary school and private schools. He uses his infectious music for hooking his audience into learning and moving while having “Super Fun.”

Shawn’s CD’s are available for checkout in the Resource Library in both Dothan and Montgomery.

For more information on Shawn, visit his website at www.SuperFunShow.com.

Save the Date

Sensational Saturday Child Care Conference
Dothan - Saturday, January 25, 2020

Sensational Saturday Child Care Conference
Montgomery - Saturday, February 22, 2020

Hope to see you there!

Please call your local Training Department for more information!

CDA Update



Are you considering applying for a Child Development Associate® (CDA) Credential. There are five necessary steps that must be followed in order to successfully prepare and complete the process of obtaining a CDA credential.

1. Prepare

- Have a valid high school diploma, or a GED
- Complete 120 clock hours of professional early childhood education.
- Have 480 hours of work experience working with children
- Complete Family Questionnaires and Professional Portfolio.

2. Apply

- Select a CDA Professional Development Specialist
- Obtain your director's permission and signature for your Verification Visit.
- Apply for the CDA

3. Demonstrate

- Verification Visit - Schedule the date and time for your Verification Visit
- Complete the CDA Exam

4. Earn

If the Council determines that after scoring your Verification Visit and CDA Exam your Cumulative Score meets the credentialing requirement, you will be awarded the Child Development Associate Credential.

5. Renew

The CDA credential is valid for three years from the awarded date. You may apply to renew your CDA credential 90 days before it expires.

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

Alabama Early Learning Guidelines - Montgomery

Family Guidance Center's Child Care Education and Training Program in Montgomery had 6 participants to complete the Alabama Early Learning Guidelines Course. They will receive a credential from the Alabama Department of Human Resources. Here are some comments from the participants:

The AELG Course is a wealth of information that is certainly needed in any facility that provides child care. The material taught and the resources given are great and will prove to be very useful in our enter. - A. Holt

The AELG Course provides a great variety of tools that can be utilized daily in my home setting - N. Motley



Email Update

Please make sure that the Child Care Education and Training Program in your region has your correct email address. We continue to utilize our database to keep you updated on information about training opportunities available to you.



Pumpkin STEM Challenges

Infants: *Pumpkin Exploration*

Materials: variety of pumpkins, washed and dried thoroughly

Sit or prop infant on the floor. Allow them to explore the pumpkins placed around them. Extend the activity by cutting open a pumpkin and placing the contents into a zipper bag sealed with tape for a mess-free pumpkin guts sensory bag. Supervise infants at all times during these activities.



Toddlers: *Pumpkin Stacking STEM Challenge*

Materials: mini pumpkins (1 - 2 inches), play dough

Challenge toddlers to stack the mini pumpkins using the play dough to support the pumpkins one atop the other.



Preschoolers: *Pumpkin STEM Challenge*

Materials: small real pumpkins (3-5 inches), blocks, wooden popsicle sticks

Challenge the preschoolers to create a structure that will support the pumpkin using only the blocks and sticks. Further extend the learning by asking them to make their structure taller.



Schoolagers: *Pumpkin STEM Challenge*

Materials: mini pumpkin décor (1-2 inches), paper straws-some cut in half, play dough

Challenge schoolagers to create a structure that will hold 5 little pumpkins using only the straws and play dough. Further extend the learning by asking them to make their structure taller.



Infant Quality Tip

Infants Do Talk

When infants begin to babble, they like the people around them to talk back. When children hear more words, it helps to improve their understanding of language, and increases the number and variety of words that they can understand and use. This is the way your baby learns to talk.

Have fun talking with your baby by

- Make silly noises.
- Play peek-a-boo games.
- Sing songs.
- Show and talk about simple picture books.



Health and Safety Tip

As we enter into the cold and flu season, plan now to get your flu shot and encourage others to do so. October 21-28 is National Health Education Week. The more we know about keeping children healthy the better we can provide a healthier environment for those children in our care. Utilize this week to provide your clients with



information regarding Flu facts, vaccination and when to keep children at home if sick. Plan to attend health and safety classes offered in your area. Remember, if we know better, we do better.



Toddler Quality Tip

Little Walks, Big Adventures

Fall is a great time to let toddlers walk through colorful leaves. Let the children collect some of the leaves in a ziplock bag to look at later.

Back in the classroom, use magnifying glasses for the toddlers to examine a leaf up close. Talk about the crispness of the leaves, the wonderful smells of Fall, and the briskness of the air.

This experience will be memorable for all and it expands toddlers' vocabulary skills.

Happy Fall, Y'all!



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.

Our next teleconference is entitled, *When Parents Are Late*. It will be held November 13th, from 12 pm - 12:30 pm.

This quarter, both Dothan and Montgomery locations will be offering 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 directors trainings.

DATES OUR OFFICES WILL BE CLOSED

October 14, 2019 - Columbus Day
November 11, 2019 - Veteran's Day
November 28, 2019 - Thanksgiving
December 25, 2019 - Christmas

Online ECE Courses - APT

Alabama Public Television offers the following online classes through their Early Childhood Education Department. For additional information, please contact Lisa Nunn, lnunn@aptv.org, 1-800-239-5233.



- *Alabama Early Learning Guidelines: 10/7/19 - 11/25/19*
- *Early Brain Development and the Lasting Importance of Caregiver-child Relationships: 10/14/19 - 11/25/19*
- *STEM for the Preschool Classroom: 10/28/19 - 12/9/19*

ON-DEMAND CLASSES (On-going classes)

**Recognizing and Reporting Child Abuse and Neglect in Early Child Care*

**I Can Handle It! Promoting Emotional Intelligence in the Out-Of-School Setting*

**Basic Health and Safety: The First Line of Defense*

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 FGC Online Training Specialist, or, if necessary, please leave your name, phone number and a brief message and your call will be returned.

Registration For Classes

Registration Procedures

- Registration is on a first come, first served basis.
- To attend any class please call the number listed below and on the calendar grid.
- Cancellation calls are accepted prior to the training. **Please remember that if you are not able to attend, by calling you will allow someone else to use that slot.**

Registration Guidelines

- To register in Montgomery, please call 334.270.4100 ext. 235 or 1.800.499.6597 if long distance. To register in Dothan, please call 334.712.7777 ext. 227 or 1.800.290.0933 if long distance.
- At either location, you may leave a voice mail message after office hours on the appropriate extension.
- Walk-ins will be accommodated as seating allows.

Registration Notes

SINCE CHILD CARE IS NOT AVAILABLE, PLEASE MAKE OTHER ARRANGEMENTS FOR YOUR CHILDREN.

Family Guidance Center's training is open to all persons regardless of race, color, national origin, handicapping disability, age, sex, political beliefs or religions. If your attendance is hindered by transportation, language, location or any other reason, you may contact the Montgomery office at 334.270.4100 or 1.800.499.6597 or the Dothan office at 334.712.7777 or 1.800.290.0933 to discuss the matter. As resources are available, attempts will be made to overcome obstacles that hinder attendance. Funding provided by Alabama Department of Human Resources.