

***Here Comes the Sun!***

***Enjoying the Summer Months Safely***

Summer offers young children many opportunities for outdoor play and exploration. With proper planning and precautions, child care staff can ensure that children enjoy outdoor experiences safely.

The summer heat and sun can pose dangers for young children, including sunburn and heat-related illness. Even overcast days can produce damaging sun rays. Children need protection from the sun’s harmful ultra-violet rays (UV) whenever they are outdoors this summer. Providing plenty of shady play areas outdoors and using sunscreen to protect children from the sun are key to protecting children (please read and follow Alabama DHR Performance Standards regarding outdoors safety.) Consider the ***ABCs of Sun Care*** recommended by the American Academy of Pediatrics:

**A**way: Keep children away from direct sun from 10 am to 4 pm, when the sun’s rays are most damaging. Unless your play area *has plenty of areas that are out of the direct sun light*, you may decide to stay indoors or limit the amount of time outside to short periods of time (15-20 minutes), and make sure children are protected from the sun as mentioned below.

**B**lock: Block the sun’s rays using a broad-spectrum sunscreen with UVA and UVB Protection and a sun protection factor of SPF 30 or higher. *(Note: this should be supplied by the parents and a written permission form must be signed to allow application of the sunscreen*). Apply sunscreen 15-30 minutes **before sun exposure** and reapply every 30-60 minutes thereafter. Sunscreen should not be used on infants less than 6 months of age unless you have written permission from the parent/pediatrician.

SPECIAL SATURDAY WORKSHOPS COMING IN JULY AND AUGUST 2023!

**Save the date for two amazing workshop activities:**

\*July 15: 9:00am – 12:00pm ***Understanding and Including Children with Autism, presented by United Cerebral Palsy (UCP).*** Includes excellent resources, a Make and Take Session, snacks, and door prizes.

\*August 19: 9:00am – 12:00pm ***S.T.R.E.A.M Conference, presented by Truman Pierce Institute (Auburn University).***  Get re-energized when you spend a great morning learning how to make and use fun Science, Technology, Reading, Engineering, Art and Math activities to use with your children. Includes excellent resources, a Make and Take Session, snacks, and door prizes.

***\*Limited to 35 participants\****

**C**over-up: Parents should be asked to “cover” their children’s skin before bringing them to child care, using protective clothing, such as cool, cotton long sleeve pants and shirts, wide-brimmed hats, and shatterproof sunglasses. Keep children under one year of age out of direct sunlight. Additional precautions to take:

Be sure there is plenty of water or non-sugary drinks available outdoors: set up a hydration station with a pitcher of cool water, cups, and napkins where children can serve themselves with limited supervision.

On days when the temperature and humidity is high, consider “bringing the outside in” by offering sand and/or water play.

**Remember that sunburn can happen in less than 15 minutes of being in the sun, but the redness may not be noticed for hours.** This means that staff will need to keep their focus on the children to make sure they are not getting sunburned or overheated. Outdoor play is an important part of childhood, and it is encouraged as part of the daily schedule whenever possible. Using the tips provided above will help ensure that children remain safe in the sun.

A drawing of a sun

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**Don’t Miss These**

**GREAT Training Opportunities!**

INFANT/TODDLER CONFERENCE

Family Guidance Center **Dothan**, in partnership with Wallace Community College Child Development Program, is hosting an **Infant/Toddler Conference** sponsored by the Infant-Toddler Specialist Network. The conference will be held on Saturday, July 29, 2023, from 8:30am - 1:00pm in Rane Hall on the campus of Wallace Community College in Dothan.

This 4-hour conference will offer two classes: *Developing Early Language Skills Using Songs and Stories* and *The Importance of Creating Positive Relationships,* bothpresented by Shannon Cook. We look forward to seeing everyone as we focus on the child care professionals who provide care for infants and toddlers.



July, August, September 2023

**RESOURCE LIBRARY**

Our Resource Libraries in Dothan and Montgomery have lots of fun in store for you during July, August, and September! Each month, we will offer make and take activities that you can bring back to your classroom.

**Dothan Theme**

August 10 Rock, Paper, Scissors: Back to School

September 7 Johnny’s Apple Book Making

**Dothan FGC** Library hours are 8:30am - 11:30am;

1:00pm - 3:30pm Monday through Friday

**Resource Specialist**: Michelle Woodham (334) 712-7777

ext. 224

**Montgomery Theme**

July 13 *“If You Give A…”* Character Hunt

August 10 Transportation Station

September The Art Lesson

**Montgomery FGC** Library hours are 8:30am - 4:30pm Monday through Friday (**Evening appointments are available)**

**Resource Specialist:** Lisa Kirkland (334) 270-4100 ext. 267

**When you visit our resource libraries, please be sure to pick up a Monthly Theme Pack. The themes are listed in the Library Newsletters emailed each month.**

**New this summer: Storybook Fun Field Trips**



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*During the months of July and August, centers and family child care homes can schedule a* ***field trip*** *to FGC’s Montgomery Resource library for children four years to 10 years of age. Children will hear stories and then will explore further with music, movement, art, and other special hands-on activities. Class sizes are limited and children must be transported safely. For more info, call Lisa Kirkland at 334-270-4100, ext. 267.*



**Upcoming Early Childhood Webcasts**

Join us for two informative webcasts this quarter:

**8/23/23**: Join us as Dr.Tarmen Siaway presents:

“*What Happened to Our Children During the Pandemic?” 1:00pm - 2:00pm Via ZOOM*

**9/27/23**: *Orientation to Child Development Associate Credential: Come learn about the process of earning a CDA credential. 1:00pm - 2:00pm Via ZOOM*

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**APT’s EARLY CHILDHOOD ONLINE**

**SUMMER 2023 TRAINING COURSES**

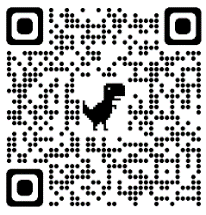
Registration for summer facilitated classes opens **Monday, June 12th**. ​

Facilitated summer online courses begin on **Monday, July 10th**.

**Summer 2023 Training Titles**

* AELG Online (Alabama Early Learning Guidelines) ​July 10 – August 28, 2023
* Exploring Literacy Development with PBS KIDS!​ July 10 – July 31, 2023
* Essentials of High-Quality Early Care and Education July 10 – July 31, 2023
* Exploring STEM with School-Aged Children August 7th – August 28, 2023
* Approaches to Play for Preschoolers​ August 7th – August 28, 2023
* *\*Please review FGC’s Dothan and Montgomery Training calendars for additional APT training opportunities.*

Scan the QR code below or [**click here**](https://urldefense.com/v3/__https:/docs.google.com/document/d/1b3zeewRdMd85qJS_w3KJ3YxSOdH33jXthRZQgwrFYy8/edit?usp=sharing__;!!I47Zg8fJQnY!c58F3rwEAZ-wtw41yneTSzwrdxz56wFGad7-kcHxUqBIGthnNLyu2u87YFU4atHf1UB5A8zNB7BzCUkvm26tqHLaO0rDh0VO4Xpj_beyIw$)to access information regarding APT's summer facilitated course registration.



*APT's on-demand, 2-hour trainings are always available on their website.*

**FGC Holiday Closures**

**Independence Day, Tuesday, *July 4, 2023***

**Labor Day, Monday, *September 4, 2023***

***Fun in the Sun Activities*** 

***Infants: Tummy Time Sensory Bags***

Tummy time is essential for babies to grow! It helps the baby develop the neck, back and shoulder muscles needed to meet developmental milestones. It also helps prevent motor delays, flat-head syndrome, and twisted neck. *Children should never be left alone during Tummy Time*. Tummy Time is a great opportunity to engage one-on-one with each infant in your care.

Summer is a great time to make a watermelon sensory bag to use with babies during tummy time. You will need: hair gel (any clear variety), a gallon Ziploc bag, red food coloring, dried watermelon seeds, green painter’s tape, and clear packing tape. To make: squirt hair gel in a Ziploc bag and drop in some red food coloring. Squish to mix so the color is spread evenly. Add watermelon seeds. Now seal the bag, making sure to remove all the air. Use the green painters’ tape to extra seal the bag at the seam, which also makes a cute rind part of the watermelon. For extra reinforcement, cover the painter’s tape with clear packing tape. For tummy time, tape the bag to the floor (using painters’ tape). Place the infant on a mat with the bag on the floor in front of infant. *Make sure you sit (and stay) with the infant throughout Tummy Time.* If you have infants that are sitting up, you can tape the bag to a cabinet or the wall instead of the floor.

***Toddlers: Outdoor Sticky Mural***

This is such a fun activity that uses natural elements to create beautiful child-made art! If weather is a problem, this activity can also be done inside.

You will need: contact paper, painter’s tape, scissors, flowers, grass, and other natural elements.

Cut the contact paper into a square or rectangle and then place flat on the ground (sticky side up). Add painter’s tape along the border and then secure to a wall or fence. Take toddlers on a nature hunt around the playground. Have them attach items found to the contact paper. Look for items like grass, leaves, pine straw, twigs, etc. Depending on the weather, this project can be left up all week on the playground and the toddlers can add to it each day.

***Pre-schoolers: Amazing Bubble Art***

This activity is perfect for those warm summer days when you need something calming to do. There are so many creative ways you can make this art with endless possibilities for color combinations and imaginative designs. It is also great art to send home or to hang in the classroom.

You will need: food coloring, bubbles, cardstock paper, bowls, bubble wands.

Pour a small amount of bubbles in each bowl. Add about five drops of food coloring to each bowl, making each bowl of bubbles a different color. Stir your bubbles well. Have the children lay their cardstock paper on the grass or sidewalk, dip their wand into the colored bubbles and blow onto their white cardstock paper. Let dry and display. **Note: smocks or covering for the children’s clothes are recommended.)**

***School Agers: Solar Ovens and S’mores!***

Turn making S’mores into a science experiment by building a solar oven with a recycled pizza box, plastic wrap, black

construction paper, and aluminum foil. In just 60 minutes (on a bright sunny day) your chocolate and marshmallows will melt together, making the perfect S’mores!

You will need: S’more ingredients (marshmallows, chocolate bars, graham crackers), cardboard pizza box, black construction paper, aluminum foil, plastic wrap, wooden skewer, hot glue/cool glue gun **(adult use only)**, scissors, ruler, and a sharpie marker.

Trace your ruler around the top edges of the box to leave an even square and carefully cut out the top. Wrap the cardboard square in foil and glue the edges to secure. Open the box and glue the black construction paper to the bottom of the box. On the inside of the lid, carefully glue a piece of plastic wrap over the opening. Time to make your s’mores! Place four graham crackers down on the black paper, three chocolate squares, and a marshmallow on top of each one. Carefully close the plastic lid of the box and glue one side of the foil-wrapped cardboard on the top back of the box. Glue a skewer on the top left corner of the foil wrapped cardboard and place the other end through the plastic wrap to hold the foil-wrapped cardboard in place. Place your DIY solar oven in the sun and wait 60 minutes to watch your marshmallows and chocolate melt. (Don’t set directly on the ground where ants can be attracted.)

This is a great activity to set up at the beginning of outside time so children can periodically check on the change in their S’mores. While you are waiting, children can participate in an organized activity or free play.

**What’s Cooking…with Kids!**

Cooking with children is a fun way for preschool and school-age children to develop math and science skills, such as measuring, counting, sorting, observing, and experimenting. Choosing nutritious foods to prepare can lay the foundation for healthy eating.

**Safety Tips:**

* Be aware of children’s food allergies.
* Stress the importance of handwashing before handling food.
* Watch for food that can cause choking (peanuts, popcorn, round hot dog slices, grapes, apples).
* Only the teacher should handle sharp utensils and heated items.

**Recipe: Honey Balls (individual serving per child)**

In a cup, place 2 Tablespoons of peanut butter (or allergy-friendly alternative, such as sunflower butter), ½ teaspoon of honey\*, 1 ½ teaspoons of powdered milk, and 2 Tablespoons of Rice Krispies (or similar). Stir well. Roll into balls, and place honey balls on a plate, cover, and refrigerate.

\*Because children under one year of age should not consume honey due to a risk of botulism contamination, you may substitute with maple syrup.

**INTRODUCING…NEW FGC TRAINING REGISTRATION PROCEDURES**

Alabama Pathways Professional Development Registry will be offline for transitional maintenance starting July 1, 2023 and will remain offline until further notice. To assist child care providers with registration for FGC classes, we are introducing new procedures:

* Using the QR code or the links below for Montgomery or Dothan, child care providers can access and complete the training registration form.
* Once the form has been **completely filled out,** please click “NEXT.”
* FGC’s Training Calendar will come up and you will be able to select your classes for July, August, September.
* When you are done, click on “SUBMIT” and you will be registered for classes.
* An email will be sent to you with your confirmation.

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**Montgomery Code Dothan Code**

***You may also use the links below to register for classes:***

Montgomery: <https://www.jotform.com/231613000401028>

Dothan: <https://www.jotform.com/231634518434051>

**FGC Registration Guidelines:**

1. The **registration** **cut off** for classes is 12pm the day before the class.

Late registrations will be denied.

1. CPR/First Aid certification classes have only 8 spaces. A waiting list will be maintained once that number is exceeded.
2. For Zoom classes, you will receive the link one day prior to the class.

*For more registration information, please contact our offices:*

**Dothan Office:** Michelle Woodham,334-712-7777, ext 224

**Montgomery Office**: Emily McAliley, 334-270-4100, ext, 235

**Early Childhood Scholarships Available**



**T.E.A.C.H. ALABAMA EARLY CHILDHOOD SCHOLARSHIP PROGRAM**

T.E.A.C.H., a project of Alabama Partnership for Children, helps early learning professionals increase their level of education and effectiveness in the classroom by making the educational process more attainable and affordable. It increases their potential to earn higher wages and reduce staff turnover. Scholarships are offered for the CDA Assessment Fee, and Associate and/or Bachelor degrees in Child Development and Early Childhood Education. For more information, contact Michelle Raybon, 334-271-0304.

**Leadership in Child Care Scholarship**

A scholarship providing tuition and select fees to qualified Alabama child care professionals currently working in child care centers and

family child care homes. Child care professionals may obtain scholarships for the following credentials or degrees.

* Child Development Associate (CDA credential)
* Short-term certificate, or Associate of Applied Science (AAS) in Child Development/Early Care and Education Studies
* Bachelor of Science in Education – Early Childhood Education Major
* Bachelor of Science in Education – Technical Education: Early Instructor

The scholarships are funded by the Department of Human Resources. For additional information, contact Virginia Frazer, Leadership in Child Care Scholarship program assistant, at (334)

293-4552 or by email at [virginia.frazer@accs.edu](mailto:virginia.frazer@accs.edu).

**DIRECTOR’S UPDATES AND CLASSES**

Every month, the FGC Training Department offers a class *Especially for Directors* (2 credit hours). You will learn new skills and connect with other directors in your area! Join us as we learn what is trending in child care and discuss ways to move your center to the next level. **Our next Director's trainings will be 9:00-11:00 (NEW TIME):**

7/19/23 **Especially for Directors:** *Marketing for Child Care Programs.* 9:00am - 11:00am in-person.

8/9/23 **Especially for Directors:** Truman Pierce Institute Presents: Fostering Positive Relations and Effective Teams. 9:00am - 11:00am in-person.

9/9/23 **Especially for Directors:** Strengthening Business Practices—Center Finances and Budgeting 9:00am - 12:00pm. **Via ZOOM** (SATURDAY) 3 credit hours.

9/13/23 **Especially for Directors**: Fun Fundraisers for Fall 9:00am - 11:00am in-person.

***COMING SOON: Quarterly Director’s Lunch & Learn Activities!***

**The Child Development Associate Credential**

The Child Development Associate (CDA) Credentialling Program is a professional development opportunity for child care professionals working in a variety of settings (Center-Based Infant Toddler, Center-Based Preschool, Family Child Care) with children birth to 5 years of age and their families. Completing a CDA credential demonstrates the knowledge, skills, and abilities attained by the child care professional.

The CDA program is designed by the *Council for Professional Recognition* to assess and credential early childhood professionals using multiple sources of evidence, including an exam, observation, and a professional portfolio. Earning a CDA credential demonstrates the commitment to career development and professionalism.

FGC supports early educators as they earn their CDA by providing a quarterly *Orientation to CDA* to outline the process of earning a CDA credential. We also provide mentoring and consultation to CDA candidates on the needed training hours and work experience hours, as well as guidance as the CDA applicants develop their portfolio. CDA applicants are also made aware of scholarship opportunities offered by ***T.E.A.C.H. Early Childhood ALABAMA*** and ***The Leadership in Child Care Scholarship program***.

**Alabama Early Learning Guidelines**

**Fourteen** early childhood professionals were honored on FGC Montgomery’s final night of AELG class for the series that ran from June 3 - June 16, 2023. Excitement was in the air as the students wrapped up Session IX with the Early Learning Wheel of Guidelines game. The graduates were surprised with dinner and a party, complete with gifts and balloons. The “icing on the cake” was this excerpt from an email sent by Kamp A Demics **Director, Vivian Gadson***,* which read*:* “*My teachers are so excited to have this course under their belt. They also have a better understanding of what needs to be taught at a certain age level. I can go on and on about this much needed course that I think that all daycares need. We enjoyed every night and one of my staff members said that she wish that it lasted longer because of the good information we were receiving. All The instructors were well prepared and knowledgeable with the areas that they were teaching. Thank you Family Guidance for hosting this much needed course.”*

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**AELG graduates**: Veretta Petty, Vivian Gadson, Kaia Bridges, Vanessa Ball, Martia Ball, Lydia Hamilton, Lessie Johnson,

Eliza Haigler, Cynthia Blackmon, Carrie Oliver,

Brittney Hammon, Brandon Hendricks, Lekeyesia Hunt-Sledge

**Kudos to Our CDA Candidates!**

We are seeing great success with our CDA initiative! Currently, we have two CDA candidates who have been working with FGC’s CDA Specialist to earn their CDA credential.

**Donna Jones**, Director of Covenant Kids in Montgomery, has worked in child care for 29 years as a teacher and as a director. Donna attended FGC’s *Introduction to CDA* class in May 2023, where she learned about the process of obtaining a CDA credential. Donna has more than 480 hours of child care experience and 120 hours of formal child care training. She worked with CDA Specialist, Cindy Tolbert, to receive guidance in developing her portfolio. Donna has completed her CDA Portfolio and is scheduled for the CDA exam and Verification visit.



Donna Jones

**Colleen Baity** has worked in child care for 6 years, and she currently teaches in an infant/toddler classroom. Colleen has more than 480 hours of child care experience and 120 hours of formal child care training. In May 2023, Colleen began working with our CDA Specialist to receive guidance for earning a CDA credential and she worked to complete her portfolio. Colleen is ready for her upcoming CDA exam and verification visit. She has also decided to earn a CDA credential for Preschool and will pursue this after she completes the Infant and Toddler CDA Credential.



Colleen Baity

**Featured Collaborations with**

**Community Partners**

**The Family Sunshine Center** offers training at FGC in areas such as Online Safety for Children and Adults and Child Abuse Prevention.

**United Cerebral Palsy (UCP)** offers training opportunities for early childhood professionals working with children with special needs.

**Truman Pierce Institute (TPI)** offers preschool and school-age trainings for child care professionals.

**Wallace Community College** hosts ECE trainings on the Dothan/Eufaula campuses. **The Lurleen B. Wallace /MacArthur Campus** hosts training on the Opp campu**s.**

**Calvary Baptist Church** hosts trainings in Houston County.

**Healthy Child Care Alabama** offers CPR/First Aid certification classes as well as CCDF classes each quarter at FGC.

**Alabama Public Television** provides training and materials for child care providers. **See APT schedule in this newsletter**, as well as our training calendars for APT classes).

**Montgomery County Extension Office** teaches classes for child care providers on Gardening Activities for Children.

A close-up of a sign

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WE DELIVER! Call us to have Training and Resources brought out to you!

**Technical Assistance**/ **Training Delivered to Your Child Care Center or Home**

**Information to open a new child care facility**

**Mentoring and training for new employees**

**Mentoring and Coaching for CDA**

**Consultation and support for NAEYC accreditation**

**Technical Assistance to Directors on Strengthening Business Practices for Child Care Centers**

**Assistance with Program Assessment**

**CCDF Training classes (delivered to child care facilities)**

**Age-Appropriate Classroom activities for teachers and children, including literacy, art, music, and more!**

**Assist with providing parent education and support**

**Resources On Delivery from our Resource Library**

**Assistance with creative lesson planning and classroom management**

