

Sink Your Teeth into Dental Health Month

Each February, the American Dental Association (ADA) sponsors National Children's Dental Health Month to raise awareness about the importance of oral health. Developing good habits at an early age and scheduling regular dental visits help children get a good start on a lifetime of healthy teeth and gums. Healthy teeth are a good indicator of overall good health.

"Oral health is such an important part of a child's overall good health, and yet it can be overlooked in young children" said Dr. Mark J. Feldman, ADA president. "Good oral health practices should begin with an introductory dental visit before a child's first birthday. Children's teeth are meant to last a lifetime" Dr. Feldman added, "and with proper care, a balanced diet and regular dental visits, children can have a lifetime of healthy smiles."

The ADA recommends regular dental check-ups, including a visit to the dentist within six months of the eruption of the first tooth, and no later than the child's first birthday. Preventive care such as cleanings and, if necessary, fluoride treatments provide children with 'smile' insurance. Routine dental exams uncover problems that can be easily treated in the early stages, when damage is minimal.

More than 1 in 4 children in the United States have cavities by the time they are 4 years old, sometimes as early as age 2. To prevent early childhood cavities, parents first have to find out their child's risk of developing cavities, then learn how to manage diet, hygiene and fluoride to prevent problems before they start. But cavities aren't all that parents need to learn about their child's dental

health. The age 1 dental visit lets parents discuss:

- ✓ How to care for an infant's or toddler's mouth
- ✓ Appropriate use of fluoride for your child
- ✓ Oral habits, including finger and thumb sucking
- ✓ Ways to prevent oral and facial accidents and trauma
- ✓ Teething and developmental milestones
- ✓ The relationship between diet and oral health



After this first visit, the dentist will suggest a schedule of follow-up visits. In the past, dentists typically recommended follow-up visits every six months. Now, dentists are increasingly tailoring children's visits to their individual needs and risks. Ask parents to share any information about dental visits in order to work together as a team to ensure good dental care for the child.

Teachers can use a multitude of internet sites to find age-appropriate oral health activities, games, and stories. The following are a few of the available sites:

- www.adha.org/ndhm/index.html
- www.dltk-kids.com/crafts/.../dental_health_month.htm
- www.apples4theteacher.com > Holiday and Occasions
- www.colgate.com/app/Kids-World/US/HomePage.cvsp - familycrafts.about.com/od/.../p/Child_Dental_Health_Month.htm

Remember good oral health is a lifetime health issue that begins with the youngest of our children.

Sensational Saturday - Dothan

Dothan's Sensational Saturday will take place at Wallace Community College on January 22, 2011. We are happy to bring to you, Ms. Lynda Weaver from Atlanta, Georgia. She engages the audience with her expertise and experience and providers will find she embraces the "teachables from trashables" philosophy! Ms. Weaver's presentation will identify developmentally appropriate activities for children 6 months through 5 years that can be easily used in home or center based care. Please join us in Rane Hall for a truly Sensational time!

Sensational Saturday - Montgomery

Sensational Saturday will be held on February 12, 2011 at Auburn Montgomery. Fran Friedman will be with us for a fun-filled and music-filled keynote address. Other sessions on the schedule include, *What Can We Do About Preschool Bullies?*, *Keeping Children Healthy*, a special session by a representative from McWane Science Center and a session just for Center Directors.

The list of exhibitors and vendors is growing –the exhibit hall will open at 7:00 a.m. so come early to have plenty of time to explore and visit again during the 30 minute break in the morning. **See you in February!!**

Family Guidance Center of Alabama
 545 West Main Street, Suite 311
 Dothan, Alabama 36301



Alabama Early Learning Guidelines Offered Online!

The **Alabama Early Learning Guidelines** professional development course, through a partnership between the Alabama Department of Human Resources, Alabama Public Television, and the Alabama State Department of Education, will be offered online again this quarter. The course will begin February 16, 2011.

The **Alabama Early Learning Guidelines** were developed by DHR to promote continuity of high quality care and learning for children ages 0-5. The AELG online course will consist of 7 training sessions with readings, activities, and online discussions that will be a guide for understanding child development and learning, and for implementing best practices in order to prepare children for success in school and in life.

Participants who complete the course will receive 18 workshop training hours and a Training Award Credential issued by the Alabama Department of Human Resources. (If you have received this credential through the AELG face-to-face training, you will not receive credit for this online version of the course.)

If you have questions about this course, contact Salaam Green at sgreen@aptv.org or 205-451-0140.

REGISTRATION: To register for the course contact (QEC's usual registration contact info). Registration deadline is February 9, 2011. Course participants must have a working email address and internet connection. Class size is limited.

Food Safety Development for Early Childhood Educators

The USDA Food Safety Project at ASU holds a FREE "Food Safety Development for Early Childhood Educators" workshop at the Family Guidance Center, Bldg. D, at 2358 Fairlane Drive in Montgomery on February 26th from 9 a.m. to 4 p.m. Though not affiliated with "Serve Safe," this workshop addresses proper food safety and illness prevention practices and the implementation of food safety in the classroom and home environments. Participants may earn .06 Food Safety CEUs, and child care teams (consisting of an administrator, a teacher and a parent) may qualify to apply for a \$500 Food Safety Education mini-grant. Registration is required and ends Tuesday, January 25th. To register, call Tillie Jones at 334-229-4189.

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Save the Date

DATES TO REMEMBER

Alabama Department of Children's Affairs 6th Annual Alabama Pre-Kindergarten Conference *Moving Forward 4 Children*

Working Together To Ensure That All Children Are Successful
April 19 – April 21, 2011 at the Renaissance Hotel & Spa at the
Convention Center in Montgomery, Alabama
Registration will be available after the beginning of the new year
For information contact Danielle Golston, Alabama Pre-k Conference
Coordinator at Danielle.golston@dca.alabama.gov

62nd Annual Conference of The Southern Early Childhood Association

Moving and Playing - Keeping Southern Children Healthy and Happy

January 27-29, 2011
Hyatt Regency Savannah
Savannah, Georgia
Information and online registration
www.SouthernEarlyChildhood.org

Georgia Preschool Association Annual Conference *Magical Moments*

March 4,-5, 2011
Cobb Place Galleria
Atlanta, Georgia
Information: 770-499-1580; www.georgiapreschool.org

Connecting to the FGC Website

To access calendar and training information go to
www.familyguidancecenter.org. - on the right
hand side of the home page you will see a
purple box. Locate the file that you want to
open and double click. Remember to scroll
down to Today's Poll and check one of the
choices.



Important Information

When making your selection for class registration please note the
title of the class you are going to attend. We do offer the same class
in various locations to allow easier access for providers in all our
counties. If you have already attended a class in one county, it
would be best to choose a different title so you receive the most
information and can be confident that it will be counted towards
your total professional development hours for the year. If you have
any questions, please don't hesitate to check with the office you
contact to register for training.

Activities - Winter Wonderland

While it's a much anticipated event, snow rarely comes to Alabama to make
a winter wonderland for our children. We can use a variety of enrichments
to help our southern children learn about winter activities.

A variety of children's books are available at the Family Guidance Center
Resource Library. Here are a few:

- Baby's Clothes* by Neil Ricklen
- Winter is Here!* By Kimberly Weinberger
- A Winter Day* by Douglas Florian
- Snow* by Uri Shulevitz
- Bear Snore On* by Karma Wilson
- Winter Rabbit* by Patrick Yee

Sing about a snowflake with children. Fold white paper and make random
cuts on the folds; open up the paper to reveal a unique snowflake! Offer
each child a paper snowflake to wave around as they sing the song.



I'm a Little Snowflake
(Sung to: "I'm a Little Teapot")
I'm a little snowflake, Look at me.
No other snowflake is just like me.
I am so unique, as you can see.
And just as special as I can be.

Act out this rhyme about winter with children.



Winter
When winter comes the wind is cold. (Shiver your body.)
It chills my fingers, toes, and nose. (Wiggle fingers; point to toes/nose.)
But nice and warm is what I'll be, (Wrap arms around self.)
With coat, cap and mittens, you see! (Put hands on head; wiggle hands.)

Infant Quality Tip

Keeping infants safe is a major concern for parents and caregivers.
Infants spend a lot of time in a crib so creating a safe sleep environment
with a safe crib is a good place to start. The following are some tips to
keep in mind:

1. Buy a new crib if you can.
2. Avoid drop side cribs which no longer meet safety standards.
3. Always put infants to sleep on their backs.
4. Frequently inspect the crib and make sure there is no cracked or
peeling paint, splinters or rough edges.

For a complete list and more information, go to <http://cribsafety.jpma.org>

CDA Update

Are you working on the Professional Resource File required for the
Child Development associate (CDA) credential? Remember the
autobiography may be written as you choose; however it must include
three sections:

1. A brief overview of your life so far
2. A description of what or who in your influenced your decision to
work with young children.
3. A section on your personal short-term and long-term goals for
your future in the early childhood career field.

If you have questions about this section of the Resource File please
call the office you normally call to register for classes and ask for the
CDA Specialist.

Toddler Quality Tip

Here we are in the middle of a cold, damp winter-- In a related
article; we talked about all of the nasty germs that are out there.
Toddlers are still very susceptible to germs that are lurking
around the child care center. Even though germs abound, toddlers
still need to go outside, even though it might be "freezing"!
Be sure to have toddlers wrapped in thin layers of winter
clothing when going outside—even if, they will only be outside
for minutes when it is very cold.
Have the children blow their noses and wash their hands when
they come in—Germs Beware!

New Information

Training Express

The Child Care Education and Training
Program staff in Montgomery and Dothan
are always ready to support caregivers by
providing technical assistance or bringing
training sessions you request to your site.



Sessions, with topics based on your needs, can be planned for 1
or 2 hours either during the day or evening. To schedule these
sessions, please call the office you normally contact to register
for training.

DATES OUR OFFICES WILL BE CLOSED

- | | |
|-------------------|---|
| December 31, 2010 | New Year's Day |
| January 17, 2011 | Robert E. Lee and Martin
Luther King Day |
| February 21, 2011 | President's Day |

Montgomery CPR and First Aid Schedule

MONTGOMERY COUNTY – Infant/Child CPR
January 8, 2011 (Saturday, 8:30 am – 2:30 pm)
January 19, 2011 (Wednesday, 8:30 am – 2:30 pm)
February 5, 2011 (Saturday, 8:30 am – 2:30 pm)
February 23, 2011 (Wednesday 8:30 am – 2:30 pm)

**COST: \$5.00 per person. If payment is not received one and a half
weeks before the class, your name will be removed from the waiting
list.**

MONTGOMERY COUNTY – First Aid
March 8, 2011 (Tuesday, 5:30 pm – 9:30 pm)
March 9, 2011 (Wednesday, 8:30 am – 12:30 pm)

**COST: \$5.00 per person. If payment is not received one and a half
weeks before the class, your name will be removed from the waiting
list.**

MONTGOMERY COUNTY – CPR and First Aid
(American Heart Association) – MUST DO BOTH CLASSES
January 22, 2011 (Saturday 8:30 am – 3:00 pm) - No fee.

For additional CPR and First Aid classes you can contact Janet Brealy at 206-
2910. February 16, 2011 and March 23, 2011.

**All Montgomery classes will be held at Family Guidance Center,
Fairlane Drive, Building D**

To register call Angela at 270-4100 or 800-499-6597 ext 289

Autauga, Dallas, Lowndes or Wilcox County

If you live in Autauga, Dallas, Lowndes or Wilcox County and need CPR
or First Aid Training, please call Nancy Wilson, Healthy Child Care
Alabama, at 334-874-2550. Please leave your name and phone number.

Elmore or Chilton County

If you live in Elmore or Chilton County and need CPR or First Aid, please call
Debbie Parker, Healthy Child Care Alabama Nurse, at 205-280-5700. Please
leave your name and phone number.

Registration

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 for local calls or
1.800.499.6597 if long distance. To register in Dothan please call 334.712.7777 ext.
251 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. The call will be returned the next business day.
- Walk-ins will be accommodated as seating allows.

Registration Notes

**SINCE CHILD CARE IS NOT AVAILABLE, PLEASE MAKE OTHER
ARRANGEMENTS FOR YOUR CHILDREN.** Due to limited seating, unregistered
guests cannot be accommodated.

Family Guidance Center's training is open to all persons regardless of race, color, national origin,
disability, age, sex, political beliefs or religions. If your attendance is hindered by transportation,
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.