

January
February
March
2014

Early Learning News

A Quarterly Newsletter & Training Calendar
of Gulf Regional Early Childhood Services

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I'm Glad I'm Me - Developing Self-Esteem In Young Children

People who have a positive sense of self feel they have something worthwhile to contribute and a sense of internal worth. They are able to venture out into the world, work toward attaining their goals and welcome life with anticipation and pleasure.

This self-concept develops very early in life. From the very beginning, a baby learns from how people respond to her and how people see her. As early childhood educators, we can assist children in feeling good about themselves by recognizing the unique qualities that each child possesses. Here are some important points about developing self-esteem in young children:

- Pay attention to each child's temperamental pattern so that our expectations for that child truly fit his personality.
- Show children "unconditional positive regard." Let each child know that we care about him, and that we accept and approve of him, even when we do not accept his behavior.
- Show respect for children. Offer them choices, when appropriate, and then be sure to respect and abide by their decision. Showing our own confidence in a child's ability to make decisions goes a long way towards building self-esteem.
- Encourage children to be as independent as possible. Whenever it is reasonable and possible, we should try to focus our energies on providing experiences for children where they are the ones in control.
- Provide many different ways for children to experience success so they have more opportunities for achieving competence and feeling good about themselves.
- Offer many creative activities when children can explore the process of creation as well as the expression of their ideas and feelings.
- Offer children as many opportunities as possible for interacting and playing with other children, and help them to figure out strategies for getting along with them.

For additional information or to read this article in its entirety, visit www.pbs.org/wholechild/providers/glad.html

"The greatest gifts you
can give your children
are the roots of
responsibility and the
wings of independence."

-Denis Waitley



Gulf Regional
Early Childhood Services

Quality Rating and Improvement Systems - Alabama Quality STARS



A Quality Rating and Improvement System (QRIS) is an organized way to assess, improve and communicate the quality of early care and education programs. QRIS is a powerful policy trend that has the potential to unify different sectors of the early care and education market into a coherent system that is focused on a single goal – providing quality services for children and families.

QRIS has many benefits, including:

- empowering parents to become savvy consumers who choose high quality for their children;
- giving policymakers effective tools to improve early care & education quality;
- promoting accountability;
- giving providers a roadmap to quality improvement; and
- promoting the health and development of children in early care and education.

Want to know more about QRIS & its implementation in Alabama?

Come to the Director's Forum training sessions on January 8th & February 5th. Register today to reserve your seat! (See detailed info under "Training Classes" or "Calendar of Events" insert section.)



IMPORTANT! **Training Registration & Attendance Policies**

Effective January 1, 2014

- You must pre-register for training classes.
- Registrations for training classes are accepted via:
 - MAIL** (GRECS, P.O. Box 16005, Mobile, AL 36616),
 - FAX** (251-473-1084);
 - ONLINE** (www.grecs.org);
 - IN PERSON** (drop off available during office hours only; Monday - Thursday, 9-5, Friday, 9-4)
- When your registration has been processed, you will receive a "Confirmation of Registration" letter. This is your verification that you have been registered to attend a training class.
- Bring your "Confirmation of Registration" letter to the training session with you - this is your "ticket" into class.
- No person attempting to walk-in and attend class without pre-registering will be permitted to stay.
- Please call and cancel any training sessions that you are unable to attend. Repeatedly not showing up for class without calling to cancel may result in limited access to future training sessions.

If you have questions about whether you are registered to attend a class or have not received a "Confirmation of Registration" letter, contact
LaTanya Meggs (Registrar) at 473-1060 ext 106.

TRAINING CLASSES

B

Basic Level Training covers a foundational understanding & demonstration of developing skills. This training is most appropriate for entry-level professionals who are new to early childhood and/or school-age care.

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Intermediate Level Training includes expanding knowledge & application, & refining skills. It is most appropriate for professionals who have at least (2) years of experience & 120 hours of training, and are moving toward more formal education.

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Advanced Level Training focuses on a more thorough knowledge & understanding of developmentally appropriate practice & highly effective application & demonstration of skills. For professionals who have at least 3 years of experience & 30 credit hours in child development.

ALL - Appropriate for All Training Levels

Child Abuse & Neglect - Caregivers will learn how to recognize possible signs of abuse & neglect, prevention techniques, & resources for supporting families. (Gerri McMillian; **AL Pathways:** HSN; **DHR:** HSU; **CDA:** 1, 3; Appropriate for ALL Training Levels; 2 hours / 0.2 CEUs; **Age Group:** ALL) **#5062 - 1/30/2014; 6pm - 8pm; David Burke Building, Evergreen & #5073 - 2/20/2014; 6pm - 8pm; Grove Hill Baptist Church, Grove Hill & #5084 - 3/20/2013; 6pm - 8pm; Jeff Davis Community College, Atmore**

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Cognitive Development - Through this training childcare professionals will gain an understanding of how to connect physical play experiences to concepts and words in order to enhance children's cognitive development. Participants will also learn how important it is for children to build experiences and gain skills through play experiences. (Michelle Williams, UCP; **AL Pathways:** CGD, LEE; **DHR:** CD, QCCL; **CDA:** 2, 8; Basic Training Level; 2 hours / 0.2 CEUs; **Age Group:** ALL) **#5055 - 1/16/2014; 6pm - 8pm; Mobile**

B

Dialogic Reading: Supporting Early Literacy - How we read to preschoolers is as important as how often we read to them. Join us for this interactive session as we explore dialogic reading, a highly effective strategy for promoting early literacy with young children. (Brenda Nielson; **AL Pathways:** CGD, LEE; **DHR:** CD, LD; **CDA:** 2, 8; Advanced Training Level; 2 hours / 0.2 CEUs; **Age Group:** Preschool / School-Age) **#5079 - 3/11/2014; 6pm - 8pm; Mobile**

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Emotion Locomotion - This workshop explores ten emotions that you should know and how to identify and value emotions from each child in your classroom. (Lisa Kirkland; **AL Pathways:** CGD, LEE; **DHR:** CD, QCCL; **CDA:** 3, 8; Basic Training Level; 2 hours / 0.2 CEUs; **Age Group:** ALL) **#5070 - 2/15/2014; 9am - 11am; Monroe County Library, Monroeville**

B

Individual Children, Individual Needs - Each of us has a different personality and way of handling everyday life. This class will help you learn how to understand these differences and offer techniques for using your unique personality to benefit others, especially the children in your care. (Brenda Nielson; **AL Pathways:** CGD, COA; **DHR:** CD; **CDA:** 3, 8; Intermediate Training Level; 2 hours / 0.2 CEUs; **Age Group:** ALL) **#5052 - 1/11/2014; 9am - 11am; Mobile**

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Kids Garden: A Teacher's Guide to Sowing & Growing Fun - Give children a hands-on, close-up experience with science & nature! This workshop will help participants discover innovative anytime, anyplace gardening activities & techniques to use with children. (Phyllis Rizzo; **AL Pathways:** LEE; **DHR:** CD, QCCL; **CDA:** 2, 3, 8; Basic Training Level; 2 hours / 0.2 CEUs; **Age Group:** Preschool / School-Age) **#5082 - 3/18/2014; 6pm - 8pm; Mobile**

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The Learning Power of Laughter - Adults with a good sense of humor often have children who enjoy humor and are funny themselves. Having a good sense of humor and recognizing and taking opportunities for laughing out loud help develop good social skills and encourage the development of many other skills that children need, including pre-reading skills, creativity, and cognitive thinking. This workshop is designed to help parents and caregivers understand the power of laughter and how to utilize laughter in their daily routine. (Phyllis Rizzo; **AL Pathways:** CGD, LEE; **DHR:** CD, QCCL; **CDA:** 2, 3, 8; Basic Training Level; 2 hours / 0.2 CEUs; **Age Group:** ALL) **#5059 - 1/23/2014; 6pm - 8pm; Mobile & #5081 - 3/13/2014; 6pm - 8pm; Mobile**

B

B **Maintaining a High Quality Early Childhood Program by Implementing Best Practices (DIRECTOR'S FORUM)** - Best practices takes you beyond minimum standards. This class will help you by providing ways that you can easily support your staff while improving program quality. (Brenda Nielson; **AL Pathways:** MA; **DHR:** ADM; **CDA:** 5; Basic Training Level; 2 hours / 0.2 CEUs; **Age Group:** ALL) **#5065 - 2/5/2014; 10am - 12pm; Mobile**

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L **Managing Stress** - We all experience stress at some point in time. Discover how prolonged exposure to stress can affect your health & techniques for dealing with situation that can cause stress in your life. (Avery Fick; **AL Pathways:** HSN, PPD; **DHR:** HSU, CCPF; **CDA:** 1, 6; Appropriate for ALL Training Levels; 2 hours / 0.2 CEUs; **Age Group:** N/A) **#5085 - 3/25/2014; 6pm - 8pm; Mobile**

I **APT - Math is Everywhere** - Look around and you'll find that exciting math opportunities abound! Whether you're indoors, outdoors, or on the go, making math part of daily routines helps your child understand that math is fun - and important. Discover fun new ways to explore numbers, counting, patterns, shapes, and much more with kids. In a classroom or family child-care setting, with one age group or several, you will find tips and activities to make math fun while building children's math skills. (Tiffany Armstrong; **AL Pathways:** CGD, LEE; **DHR:** CD, QCCL; **CDA:** 2, 3, 8; Intermediate Training Level; 2 hours / 0.2 CEUs; **Age Group:** Toddler, Preschool) **#5068 - 2/11/2014; 6pm - 8pm; Mobile**

B **Meaningful Math** - This interactive session is designed to help educators of two- to five-year-old children intentionally integrate five mathematics content areas in meaningful ways throughout the day. (Amanda Ingram; **AL Pathways:** CGD, LEE; **DHR:** CD, QCCL; **CDA:** 2, 8; Basic Training Level; 2 hours / 0.2 CEUs; **Age Group:** Toddler, Preschool) **#5053 - 1/13/2014; 6pm - 8pm; Mobile**

I **Milestones in Social/Emotional Development** - This course will review the major cognitive milestones from birth to 5 years old. You will also identify and design activities that facilitate social-emotional development with young children. (Dr. Abigail Baxter; **AL Pathways:** CGD, COA; **DHR:** CD, QCCL; **CDA:** 3, 8; Intermediate Training Level; 2 hours / 0.2 CEUs; **Age Group:** ALL) **#5063 - 2/4/2014; 6pm - 8pm; Mobile**

I **More Than Just Routine** - Everyday routines should be a large part of an early childhood curriculum. Come learn how to take advantage of those times to promote children's learning and school readiness. (Catherine Kreger; **AL Pathways:** CGD, LEE; **DHR:** CD **CDA:** 2, 8; Intermediate Training Level; 2 hours / 0.2 CEUs; **Age Group:** Infants / Toddlers / Preschool) **#5072 - 2/18/2014; 6pm - 8pm; Faulkner State Community College, Bay Minette & #5083 - 3/19/2014; 5pm - 7pm; Mobile**

I **Parenting Counts: Emotion Coaching** - This session will introduce participants to emotion coaching and explore ways in which it positively impacts children's cognitive, social and physical development. (Phyllis Rizzo; **AL Pathways:** LEE, ICFC, CGD; **DHR:** CD, CCPF; **CDA:** 3, 4, 8; Intermediate Training Level; 2 hours / 0.2 CEUs; **Age Group:** Infant/Toddler) **#5057 - 1/18/2014; 11am - 1pm; Flomaton First Baptist Church**

B **Parenting Counts: Exploring with Young Children** - Young children open every door, chew on anything within reach, and repeat favorite activities endlessly. They watch everything that goes on around them, and they look to adults to help them decide what to explore next. In this workshop caregivers and parents will share experiences and knowledge about how young children are born to explore and how we as adults can better care for them as they test their world. (Phyllis Rizzo; **AL Pathways:** LEE, ICFC, CGD; **DHR:** CD, CCPF; **CDA:** 1, 2; Basic Training Level; 2 hours / 0.2 CEUs; **Age Group:** Infant/Toddler) **#5056 - 1/18/2014; 9am - 11am; Flomaton First Baptist Church**

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L **Playground Safety** - Each year, more than 200,000 kids are treated in hospital ERs for playground-related injuries. In this session, participants will review best practices & safety standards for keeping children safe on the playground. (Avery Fick; **AL Pathways:** HSN; **DHR:** HSU **CDA:** 1, 2; Appropriate for ALL Training Levels; 2 hours / 0.2 CEUs; **Age Group:** ALL) **#5074 - 2/25/2014; 6pm - 8pm; Mobile**

I **Preparing for Alabama STARS: Becoming Acquainted with the Program Administration Scale (DIRECTOR'S FORUM)** - This session for center-based program administrators provides an overview of the Program Administration Scale (PAS). PAS measures the level of quality of leadership and management practices of center-based programs across a wide range of items. After completing this course, participants will be able to use the tool for program self-assessment and improvement planning. (Ann Sands; **AL Pathways:** MA; **DHR:** ADM, QCCL; **CDA:** 5; Intermediate Training Level; 2 hours / 0.2 CEUs; **Age Group:** ALL) **#5051 - 1/8/2014; 10am - 12pm; Mobile**

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Calendar of Events

A Pull-Out Section for Posting & Copying!



#5080 - Caring for School-Age Children - 2014 Course - This 12-hour course is made up of the most pertinent information needed by those involved in after-school programs. Current research has established the importance of quality after-school programs because of their tremendous impact on children's academic achievement, overall happiness, and self-esteem. To address this reality, this updated course presents information on school-age child care, and offers numerous practical applications and activities that can be put to use immediately in your program. We'll explore topics like arrangement of the learning environment, how to deal with challenging behaviors & techniques for keeping children happily engaged. (Alabama Pathways: ICFC, CGD, LEE, PPD, DIV, HSN; DHR Training Categories: CD, LD, PDG, CCPE, OCCL, HSU; CDA Subject Areas: 1, 2, 3, 4, 6, 7, 8; Age Group: School-Age; Training Level: Intermediate)

WEDNESDAYS

MARCH 12TH, 19TH & 26TH
8:30AM - 12:30PM

#5069 - Food Safety Development

Cooking with children and having experiences with food in the classroom is lots of fun! It's important for both adults and children to know safety precautions so they can avoid illness and injuries. This workshop is designed to teach basic food safety principles and practices that reduce the risk of spreading food-borne illness. You'll also get ideas for developmentally appropriate ways to teach children about food safety concepts and how to incorporate experiences with food into your curriculum. (Alabama Pathways: HSN, LEE, CGD; DHR Training Categories: HSU, CD; CDA Subject Areas: 1, 8; Age Group: N/A; Training Level: For All)

FEBRUARY 13TH & FEBRUARY 20TH

6:00PM - 8:00PM

4 HOURS / 0.4 CEUs

Getting Started! AN INTRODUCTORY COURSE

Are you new to childcare? Thinking about taking your love of children and making a career out of it? If so, then "Getting Started" is the course for you!

This training course is for people who are just beginning their early care & education career. We will introduce you to the foundational information you need to provide safe environments, nurturing interactions & developmentally appropriate experiences for the precious children in your care.

This basic-level, 12-hour course is taught over 3 days and the training credit you receive will meet Alabama Department of Human Resources' 12-hour training requirement to work in child care. **You must attend all sessions to receive verification of successful completion.**

#5061 JANUARY 28 - 30, 2013

8:30AM - 12:30PM

#5086 MARCH 25 - 27, 2013

8:30AM - 12:30PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>February 2014</h1> 						
2	3	4 #5063 Milestones in Social/Emotional Development; 6pm - 8pm; Mobile	5 #5065 DIRECTOR'S FORUM: Maintaining a High Quality Early Childhood Program by Implementing Best Practices; 10am - 12pm; Mobile #5064 Understanding Temperaments in Infants and Toddlers; 6pm - 8pm; Mobile	6 #5066 Supporting Children's Social Development & Encouraging Good Manners; 6pm - 8pm; Jeff Davis Community College, Atmore *CTF	7	8 Heart Saver First Aid / Adult, Child & Infant CPR / AED @ Complete Safety Works (First Aid - \$35; CPR - \$35; Both First Aid & CPR - \$45) Call 479-6788 to register
9	10 #5067 Promoting Children's Healthy Sense of Self; 5pm - 7pm; Mobile	11 #5068 APT - Math is Everywhere; 6pm - 8pm; Mobile	12	13 #5069 Food Safety & Child Nutrition (Part 1 of 2); 6pm - 8pm; Mobile (*4-hour course; Must Attend All Sessions!)	14	15 #5070 Emotion Locomotion; 9am - 11am; Monroe County Library, Monroeville *CTF #5071 Thinking Inside the Box: Creating Prop Boxes to Enhance Dramatic Play; 11am - 1pm; Monroe County Library, Monroeville *CTF
16	17	18 #5072 More Than Just a Routine; 6pm - 8pm; Faulkner State Community College, Bay Minette *CTF	19	20 #5069 Food Safety & Child Nutrition (Part 2 of 2); 6pm - 8pm; Mobile (*4-hour course; Must Attend All Sessions!) #5073 Child Abuse & Neglect; 6pm - 8pm; Grove Hill Baptist Church, Grove Hill *CTF	21	22
23	24	25 #5074 Playground Safety; 6pm - 8pm; Mobile	26	27 #5075 Promoting Children's Healthy Sense of Self; 6pm - 8pm; The Joy Center, Foley *CTF	28	*All classes in Mobile County will be held at Gulf Regional Early Childhood Services unless noted otherwise. 3100 Cottage Hill Rd; Building 4, Suite 400 Mobile, AL 36606; 251-473-1060 www.greccs.org 
<p>DON'T FORGET... You must pre-register for training classes. Only those whose names are listed on the roster will be able to attend - bring your confirmation to class with you! Don't have a confirmation? Not sure if you're registered? Call Latanya @ 251-473-1060 ext 106.</p>						

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

*All classes in Mobile County will be held at Gulf Regional Early Childhood Services unless noted otherwise.
 3100 Cottage Hill Rd,
 Building 4, Suite 400
 Mobile, AL 36606; 251-473-1060
 www.greecs.org

March 2014



DON'T FORGET! ... You must pre-register for training classes. Only those whose names are listed on the roster will be able to attend - bring your confirmation to class with you!
 Don't have a confirmation? Not sure if you're registered? Call Latanya @ 251-473-1060 ext 106.

2	3	4	5	6	7	8
	<p>Mardi Gras GRECS & The Resource Place CLOSED</p>	<p>Mardi Gras GRECS & The Resource Place CLOSED</p>		<p>#5076 Setting Financial Goals for Yourself; 6pm - 8pm; Mobile #5077 Understanding & Responding to Gender Differences; 6pm - 8pm; Faulkner State Community College, Bay Minette *CTF</p>		<p>Heart Saver First Aid / Adult, Child & Infant CPR / AED @ Complete Safety Works (First Aid - \$35; CPR - \$35; Both First Aid & CPR - \$45) Call 479-6788 to register</p>
9	10	11	12	13	14	15
	<p>#5078 Understanding & Responding to Gender Differences; 5pm - 7pm; Mobile</p>	<p>#5079 Dialogic Reading: Supporting Early Literacy; 6pm - 8pm; Mobile</p>	<p>#5080 Caring for School-Age Children - 2014 Course (Part 1 of 3); 8:30am - 12:30pm; (Mobile); (*12-hour course; Must Attend All Sessions!)</p>	<p>#5081 The Learning Power of Laughter; 6pm - 8pm; Mobile</p>		
16	17	18	19	20	21	22
		<p>#5082 Kids Garden: A Teacher's Guide to Sowing & Growing Fun; 6pm - 8pm; Mobile</p>	<p>#5080 Caring for School-Age Children - 2014 Course (Part 2 of 3); 8:30am - 12:30pm; (Mobile); (*12-hour course; Must Attend All Sessions!)</p> <p>#5083 More Than Just a Routine; 5pm - 7pm; Mobile</p>	<p>#5084 Child Abuse & Neglect; 6pm - 8pm; Jeff Davis Community College, Atmore *CTF</p>		
23	24	25	26	27	28	29
		<p>#5086 Getting Started (Day 1); 8:30am - 12:30pm; (Mobile); (*12-hour course; Must Attend All Sessions!)</p> <p>#5085 Managing Stress; 6pm - 8pm; Mobile</p>	<p>#5080 Caring for School-Age Children - 2014 Course (Part 3 of 3); 8:30am - 12:30pm; (Mobile); (*12-hour course; Must Attend All Sessions!)</p> <p>#5086 Getting Started (Day 2); 8:30am - 12:30pm; (Mobile); (*12-hour course; Must Attend All Sessions!)</p>	<p>#5086 Getting Started (Day 3); 8:30am - 12:30pm; (Mobile); (*12-hour course; Must Attend All Sessions!)</p> <p>#5087 Supporting Children's Social Development & Encouraging Good Manners; 6pm - 8pm; Mobile</p>		



Gulf Regional
Early Childhood Services

Promoting Children's Healthy Sense of Self - Self-esteem is shaped not only by a child's own perceptions and expectations, but also by the perceptions and expectations of significant people in her life-how she is thought of and treated by parents, teachers and friends. In this workshop, we will explore how educators can promote a child's healthy sense of self through interactions and intentional planning of daily activities. (Charla Moyer; **AL Pathways:** CGD, ICFC, LEE; **DHR:** CD, CCPF; **CDA:** 3, 8; Basic Training Level; 2 hours / 0.2 CEUs; **Age Group:** ALL) **#5067 - 2/10/2014; 5pm - 7pm; Mobile & #5075 - 2/27/2014; 6pm - 8pm; The Joy Center, Foley**

B

APT - Raising Readers - This workshop offers a look at PBS Kids Raising Readers Literacy programs. Participants will review research based programs that teach literacy concepts such as letter recognition and sounds. The workshop also offers ways to extend those programs using popular children's books and exciting hands on learning activities. All participants will also receive a set of children's books as well as a wealth of information. (Charla Moyer; **AL Pathways:** CGD, ICFC, LEE; **DHR:** CCPF, LD; **CDA:** 2, 3, 8; Basic Training Level; 2 hours / 0.2 CEUs; **Age Group:** Preschool/School-Age) **#5054 - 1/14/2014; 5pm - 7pm; Mobile & #5060 - 1/23/2014; 6pm - 8pm; Daphne United Methodist Church**

B

Setting Financial Goals for Yourself - Attend this informative session where you'll learn great tips for managing money by preparing a personal spending plan and identifying ways to decrease spending and increase income. (Danisha Maye; **AL Pathways:** PPD; **DHR:** CCPF; **CDA:** 6; Basic Training Level; 2 hours / 0.2 CEUs; **Age Group:** N/A) **#5076 - 3/6/2014; 6pm - 8pm; Mobile**

B

Supporting Children's Social Development & Encouraging Good Manners - With longer hours away from parents, children are learning more life skills from childcare providers throughout the day. One aspect of that learning is social-emotional skills and manners. Through this training, childcare providers can look at how they can better prepare the children in their care to be successful. Teachers will learn the value of social-emotional skills and manners and how to incorporate these in their classroom, as well as what to teach about bullying and how to stress cooperation with the children in their care. (Beth Adkins, UCP; **AL Pathways:** CGD, LEE; **DHR:** CD, PDG; **CDA:** 3, 8; Intermediate Training Level; 2 hours / 0.2 CEUs; **Age Group:** ALL) **#5066 - 2/6/2014; 6pm - 8pm; Jeff Davis Community College, Atmore & #5087 - 3/27/2014; 6pm - 8pm; Mobile**

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Teaching Children Problem Solving Skills - Conflicts between children happen! And, because we see children as being vulnerable, we often step in too quickly and solve children's problems for them. Come join this session where you'll learn how to help children develop the important social skills they need to resolve conflicts on their own in positive ways. (Catherine Kreger; **AL Pathways:** CGD, LEE; **DHR:** CD, PDG; **CDA:** 3, 8; Intermediate Training Level; 2 hours / 0.2 CEUs; **Age Group:** ALL) **#5058 - 1/21/2014; 5pm - 7pm; Mobile**

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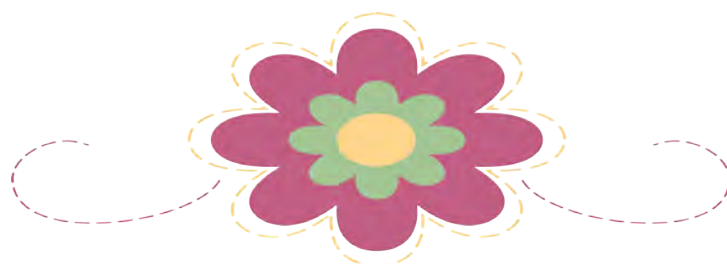
Thinking Inside the Box: Creating Prop Boxes to Enhance Dramatic Play - This training will introduce teachers to dramatic play, its developmental benefits, and how to create prop boxes to enhance the classroom environment. (Lisa Kirkland; **AL Pathways:** CGD, LEE; **DHR:** CD, QCCL; **CDA:** 2, 3, 8; Basic Training Level; 2 hours / 0.2 CEUs; **Age Group:** Preschool/School-Age) **#5071 - 2/15/2014; 11am - 1pm; Monroe County Library, Monroeville**

B

Understanding & Responding to Gender Differences - Join in on this session where you'll explore the research regarding gender differences in learning styles and brain development. You'll learn strategies for ensuring that all children's needs (educational and otherwise) or met in the child care setting. (Charla Moyer; **AL Pathways:** CGD, LEE, COA; **DHR:** CD; **CDA:** 2, 3, 8; Intermediate Training Level; 2 hours / 0.2 CEUs; **Age Group:** All) **#5077 - 3/6/2014; 6pm - 8pm; Faulkner State Community College, Bay Minette & #5078 - 3/10/2014; 5pm - 7pm; Mobile**

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Understanding Temperaments in Infants & Toddlers - A child's temperament describes the way in which they approach and react to the world. It is their personal "style." This session will explore how understanding temperament, caregivers can learn how to help children express their preferences, desires and feelings appropriately. Participants will also discuss the three temperament types. (Allison Goff; **AL Pathways:** CGD, LEE; **DHR:** CD, PDG; **CDA:** 2, 8; Intermediate Training Level; 2 hours / 0.2 CEUs; **Age Group:** Infants/Toddlers) **#5064 - 2/5/2014; 6pm - 8pm; Mobile**

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Rachel Sperry Brings FLIP IT! to Mobile!



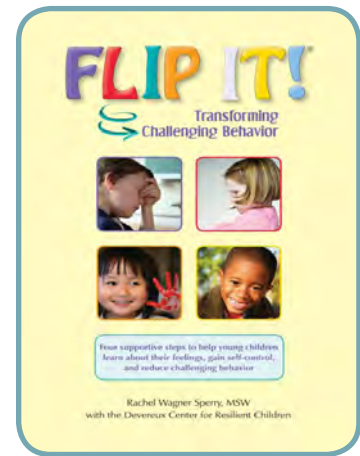
Save the Date!

Saturday, March 22, 2014

A separate registration form will be mailed out with the time and location details.

Space will be limited, so be sure to mark your calendars now & keep an eye out for registration details!

GRECS would like to extend a special "Thank You" to Alabama Head Start State Collaboration Office for partnering with us to make this training available in our area.



Alphabet Soup

Use this reference guide to determine what the acronyms and numbers listed on your Training Attendance Verification and in the quarterly training calendar stand for to get the most out of your training experience.

Alabama Pathways to Quality Care & Education Core Knowledge Areas - The Alabama Pathways to Quality Care & Education Core Knowledge Areas (APCKA) serve as a foundational checklist of knowledge, skills, and abilities that early childhood and school-age care professionals can also use to guide and track their professional development.

CGD - Child Growth and Development

HSN - Health, Safety and Nutrition

LEE - Learning Experiences and Enrichment

DIV - Diversity

COA - Child Observation and Assessment (Planning for Individual Needs)

ICFC - Interaction with Children, Families and Communities

PPD - Personal and Professional Development

MA - Management and Administration

CDA Content Areas - GRECS training programs can be used to meet the formal Child Development Associate (CDA) early childhood education training requirements. Refer to the CDA Assessment System and Competency Standards books for more details.

1. Planning a safe, healthy environment to invite learning
2. Steps to advance children's physical & intellectual development
3. Positive ways to support children's social and emotional development
4. Strategies to establish productive relationships with families
5. Strategies to manage an effective program operation
6. Maintaining a commitment to professionalism
7. Observation and Assessment
8. Principles of Child Development & Learning

DHR Training Categories - The Alabama Department of Human Resources requires child care professionals to obtain professional development hours each year in 6 categories. Refer to the Minimum Standards for Day Care Centers and Nighttime Centers for more information regarding the specific number of hours and other requirements.

CD - Child Development

LD - Language Development

CCPF - Child Care Professional & the Family

QCCL - Quality Child Care & Licensing

HSU - Health, Safety & Universal Precautions

PDG - Positive Discipline & Guidance

ADM - Administration / Management

Online Training Courses - \$10 each!

Each month, we feature an online training course & offer it to you for only \$10!

January 2014 - Stress Management

This course familiarizes students with stress management techniques. It identifies the difference between reactions to real sources of stress and reactions to symbolic sources of stress.

This course identifies the sources and significance of stress and effective methods for managing stress to improve personal health and job performance. (1 hour / 0.1 CEU; AL Pathways: PPD; DHR: CCPF; CDA: 6)

February 2014 -

Recognizing Levels of Social Play

This course discusses the importance of social play and provides information about planning and monitoring play. It also presents safety guidelines and activity suggestions for each level of social play. (1 hour / 0.1 CEU; AL Pathways: CGD, LEE, HSN; DHR: CD, HSU; CDA: 1, 3, 7, 8)

March 2014 - Guidance & Discipline in a Childcare Setting

This course familiarizes students with guidance and discipline procedures for child care providers. It discusses behavioral traits of children, how to stop problems before they start, causes of misbehavior, and guidance and discipline techniques. (1 hour / 0.1 CEU; AL Pathways: CGD; DHR: CD, PDG; CDA: 3, 8)

To register for these special online training courses or to receive more information, contact Ann Sands (asands@grecs.org).



Upcoming Monthly Observances

Our training sessions are planned around a theme each quarter. The winter quarter of 2014 - January, February & March - focuses on Social & Emotional Development. There are other national observances each month that fall under that focus as well.

January 2014 - Mental Wellness Month

- Individual Needs, Individual Children (#5052, 1/11/2014)
- Cognitive Development (#5055, 1/16/2014)
- The Learning Power of Laughter (#5059, 1/23/2014)

February 2014 - Relationship Wellness Month

- Milestones in Social Development (#5063, 2/4/2014)
- Understanding Temperaments in Infants & Toddlers (#5064, 2/5/2014)
- Supporting Children's Social Development & Encouraging Good Manners (#5066, 2/6/2014)

March 2014 - Gender Equality Month

- Understanding & Responding to Gender Differences (#5077, 3/6/2014 and #5078, 3/10/2014)



Come Visit Us on Saturdays!

Gulf Regional Early Childhood Services' Lending Library and Resource Place will be open on the following Saturdays from 9:00am - 12:00pm.

January 4, 2014

February 1, 2014

March 1, 2014



We are celebrating our 20th year of collaboration with the Children's Trust Fund supported through the Department of Child Abuse and Prevention!

Caring for the Caregiver allows us opportunities to mentor Family Child Care providers. We appreciate all who participate to make this project possible and help educate parents and caregivers on the prevention of child neglect and abuse.



Saturday Workshops!

January 18, 2014 -

Flomaton First Baptist Church, Flomaton

Parenting Counts: Exploring with Young Children (#5056; 9am - 11am)

Parenting Counts: Emotion Coaching (#5057; 11am - 1pm)

February 15, 2014 -

Monroe County Library, Monroeville

Emotion Locomotion (#5070; 9am - 11am)

Thinking Inside the Box: Creating Prop Boxes to Enhance Dramatic Play (#5071; 11am - 1pm)



VISIT US
ON THE WEB!
www.grecs.org

-
- Support Children's Trust Fund programs by
- purchasing this specialty car tag. The tag
- is available at your local Probate office. It
- is tax deductible & proceeds directly fund
- community-based prevention programs.
-



MARK YOUR CALENDAR

WEDNESDAY, 1/1/2014
GRECS AND THE RESOURCE PLACE
CLOSED FOR NEW YEARS DAY

MONDAY, 1/20/2014
GRECS AND THE RESOURCE PLACE
CLOSED FOR MARTIN LUTHER KING JR.'S BIRTHDAY

MONDAY & TUESDAY, 3/3/2014 & 3/4/2014
GRECS & THE RESOURCE PLACE
CLOSED FOR MARDI GRAS HOLIDAYS

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