

October
November
December
2014

Early Learning News

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

IN THIS ISSUE:

- New Classes - Register Early!
- Super Saturday with Special Guest, Nita Norphlet-Thompson, M.Ed
- Alabama Early Learning Guidelines
- Lending Library Holiday Closure Schedule
- Super Saturday Workshops in Monroeville, Jackson & Evergreen!
- Tips for Reducing Holiday Stress



A WOMAN OF TRUE SERVICE

"She knew how to guide, counsel and develop potential in others. Her beauty was so radiant and her service so pure." These are the words Alfreda Moten used to describe her mother in the Dedication of her book, ***When True Women Serve***. How fitting that the same words could not be more true of herself, as well.

In early August 2014, our friend and coworker, Alfreda Moten, passed from this world to her heavenly home. It was an unexpected and sad loss that sent shock waves throughout our small community. On the brink of beginning another program year, our GRECS family came together for a time of fellowship with the staff, teachers and directors of Early Head Start Mobile – the people to whom Alfreda gave so much of herself for the past several years. One after another, people shared stories of their time with Alfreda. The common thread woven through each story was radiantly clear – she served with an unmatched level of professionalism and heart.

On that day, in the midst of our mourning, we were reminded of how much impact one life can have. Alfreda knew and promoted this truth every day. She believed passionately that the influence of loving, dedicated adults can change children's lives. For this reason, she pursued excellence daily and mentored countless others to do the same.

It is in her loving memory that GRECS and Early Head Start Mobile renew our commitment to strengthening early learning and promoting high-quality standards for all of Alabama's children and families.

ALFREDA MOTEN -

A life well lived. A journey completed.

"While parents possess the original key to their children's experience, teachers have a spare key. They, too, can open or close the minds and hearts of children."

~ Haim G. Ginott



Gulf Regional
Early Childhood Services

Take a Closer Look at What's New!



Looking for some new training classes? Take a look at the new classes coming up this quarter...

- Asthma 101
- Sing a Story
- Bullying
- Using Children's Literature to Promote School Readiness Skills
- Get Up and Move!
- Pass the Potatoes, Please!
- It's Mine! Responding to Challenging Behaviors
- Building a Healthy Start
- Integrating Technology Into the Early Childhood Classroom
- Being a Pro in Early Care & Education

For Directors & Administrators:

- Meeting High Quality Health and Safety Standards
- Administrative Policies and Procedures

**Register early! Classes fill up quickly. Registering online is often the quickest way to save your spot!*

Save the Date!

Saturday, October 18, 2014

Attaining Superior Quality

with Special Guest, Nita Norphlet-Thompson, M.Ed

We're so excited to welcome Ms. Thompson, Executive Director of the Mississippi Head Start Association, to Mobile for a day of professional development that you won't forget! With a background deeply rooted in positive outcomes for young children, Nita will share her secrets for attaining high quality, strategies for engaging parents & techniques for delivering excellent customer service!

Mark your calendars now! Detailed session information and registration instructions will be sent in a separate mail out.

**STEPPING UP
TO THE
CHALLENGE**



TRAINING CLASSES

Basic Level Training

B 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.

Intermediate Level Training

I 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.

Advanced Level Training

A 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

Administrative Policies and Procedures (Director's Forum)- Written policies and procedures form the foundation of good program administration. This session will focus on creating and implementing effective policies and procedures to improve management practices at child care centers. (Cheryl Gwin & Ann Sands; **AL Pathways:** MA; **DHR:** ADM; **CDA:** 5, 6; Advanced Training Levels; 2 hours / 0.2 CEUs; **Age Group:** N/A) #5216 - 12/3/2014; 10am - 12pm; GRECS Training Room, Mobile **A**

Asthma 101 - This workshop addresses asthma management and how to recognize and respond to asthma emergencies. (Selena Coleman; **AL Pathways:** HSN; **DHR:** HSU; **CDA:** 1; Appropriate for All Training Levels; 1 hours / 0.1 CEUs; **Age Group:** All) #5186 - 10/9/2014; 5pm - 6pm; GRECS Training Room, Mobile and #5214 - 11/25/2014; 5pm - 6pm; GRECS Training Room, Mobile **ALL**

All Blocks Are Not Created Equal - Blocks, blocks and more blocks! Although there are a numerous types of blocks on the market and in our classrooms, unit blocks offer the most learning value. Join us in our exploration of the "Block Area" and discover all the many concepts children can learn while playing with blocks. This workshop will allow caregivers and parents the opportunity to understand the importance of and create a new relationship with unit blocks. (Phyllis Rizzo; **AL Pathways:** CGD, LEE; **DHR:** CD, QCCL; **CDA:** 2, 8; Intermediate Training Levels; 2 hours / 0.2 CEUs; **Age Group:** Toddler, Preschool) #5211 - 11/20/2014; 6pm - 8pm; GRECS Training Room, Mobile **I**

Behavior Management - This course will discuss appropriate behavior management strategies for young children. It will also discuss children's developmental abilities. (Dr. Abigail Baxter; **AL Pathways:** CGD, COA, ICFC; **DHR:** CD, PDG; **CDA:** ; Intermediate Training Levels; 2 hours / 0.2 CEUs; **Age Group:** Infant, Toddler) #5210 - 11/18/2014; 6pm - 8pm; GRECS Training Room, Mobile **I**

Being a Pro in Early Care & Education - In this session, participants will define professionalism, identify characteristics of a professional, and examine why the traits of a childcare professional are important. (Charla Moyer; **AL Pathways:** ICFC; **DHR:** CCPF, QCCL; **CDA:** 4, 6; Intermediate Training Levels; 2 hours / 0.2 CEUs; **Age Group:** N/A) #5215 - 12/1/2014; 5pm - 7pm; GRECS Training Room, Mobile and #5219 - 12/8/2014; 6pm - 8pm; Faulkner State Community College, Bay Minette *CTF **I**

Building a Healthy Start: Physical Activity for Infants and Toddlers - Let's get physical! This workshop is designed to train caregivers of infants and toddlers on promoting physical activity for infants and toddlers in early childhood settings.(Phyllis Rizzo; **AL Pathways:** CGD, HSN; **DHR:** HSU, CD; **CDA:** 1, 2, 8; Basic Training Levels; 2 hours / 0.2 CEUs; **Age Group:** Infants, Toddlers) #5217 - 12/4/2014; 6pm - 8pm; GRECS Training Room, Mobile **B**

Bullying - Participants will identify different types of bullying, review signs to look for of a child who is being bullied, and how to equip children with the tools they need to handle bullying. (Amanda Powell, United Cerebral Palsy; **AL Pathways:** CGD, ICFC; **DHR:** CD, PDG; **CDA:** 3, 7; Basic Training Levels; 2 hours / 0.2 CEUs; **Age Group:** Preschool, School-Age) #5190 - 10/16/2014; 6pm - 8pm; McIntosh Public Library, McIntosh *CTF and #5202 - 11/5/2014; 6pm - 8pm; GRECS Training Room, Mobile **B**



A Classroom of Many Cultures - Each child is unique and comes to us with their own family culture and traditions. Learn how to create environments and provide experiences that support and reflect the lives of the children in your program. (Lisa Kirkland; **AL Pathways:** DIV, LEE, ICFC; **DHR:** CCPF, QCCL; **CDA:** 3, 4; Intermediate Training Levels; 2 hours / 0.2 CEUs; **Age Group:** All) **#5213 - 11/22/2014; 10:45am - 12:45pm; David Burke Building, Evergreen *CTF**



Cooking With Kids - Just as children naturally explore books, sand, play dough and other materials by using all of their senses, they initially explore cooking opportunities in the same way. As they prepare food, children learn social competence; science, math, and literacy skills; and the joy of creativity. This workshop will present caregivers with some strategies for using cooking to promote children's learning. Bring an apron it could get messy! (Phyllis Rizzo; **AL Pathways:** HSN, LEE, CGD; **DHR:** CD, HSU, QCCL; **CDA:** 1, 2, 3, 8; Appropriate for All Training Levels; 2 hours / 0.2 CEUs; **Age Group:** Toddler, Preschool, School-Age) **#5189 - 10/16/2014; 6pm - 8pm; GRECS Training Room, Mobile**



Creative Activities for Preschoolers - Young children naturally enjoy art and other creative experiences. Learn about new materials and activities you can provide to promote children's creativity during this hands-on session. (Catherine Kreger; **AL Pathways:** LEE, CGD; **DHR:** CD, QCCL; **CDA:** 2, 8; Intermediate Training Level: 2 hours / 0.2 CEUs; **Age Group:** All) **#5205 - 11/12/2014; 5pm - 7pm; GRECS Training Room, Mobile**



Exciting Outdoor Spaces - The outdoors is just a part of the classroom without a roof, and the potential for learning there is tremendous. Come explore ways to create inviting outdoor areas that engage children in healthy fun and learning. (Lisa Kirkland; **AL Pathways:** HSN, LEE, CGD; **DHR:** CD, HSU, QCCL; **CDA:** 1, 2, 8; Basic Training Level: 2 hours / 0.2 CEUs; **Age Group:** All) **#5196 - 10/25/2014; 10:45am - 12:45pm; Jackson City Hall, Jackson *CTF**



Fun Activities to Promote Preschool Children's Fine Motor Skills - Come learn some simple, fun, and engaging activities that promote the development of children's fine motor skills. (Amanda Ingram; **AL Pathways:** CGD, LEE; **DHR:** CD, QCCL; **CDA:** 2, 8; Intermediate Training Level: 2 hours / 0.2 CEUs; **Age Group:** Preschool, School-Age) **#5222 - 12/11/2014; 6pm - 8pm; GRECS Training Room, Mobile**



Get Up & Move! - Come learn about the body/brain connection in this fun session where we'll explore simple activities and strategies that promote children's health and learning through movement. (Charla Moyer; **AL Pathways:** HSN, LEE, CGD; **DHR:** HSU, LD, QCCL; **CDA:** 1, 2, 8; Intermediate Training Level: 2 hours / 0.2 CEUs; **Age Group:** All) **#5201 - 11/3/2014; 5pm - 7pm; GRECS Training Room, Mobile and #5204 - 11/10/2014; 6pm - 8pm; Kid Plus Child Development Center, Foley**



The Great Outdoors - The outdoors is the very best place for children to practice and master emerging developing skills. It is, also, an ideal place for children to fully and freely experience the learning opportunities offered through nature. In this session, we will explore the vast opportunities for learning, as well as the numerous health benefits that outdoor play affords young children. (Catherine Kreger; **AL Pathways:** HSN, LEE, CGD; **DHR:** CD, LD, QCCL; **CDA:** 1, 2, 3, 8; Intermediate Training Level: 2 hours / 0.2 CEUs; **Age Group:** Infant, Toddler) **#5197 - 10/28/2014; 6pm - 8pm; GRECS Training Room, Mobile**



Integrating Technology into the Early Childhood Classroom (APT) - Teachers have been using technology of one type or another with children for decades, but the development of new technologies and their presence in classrooms is increasing rapidly. In this session, you'll learn what an important role educational technology can play when it is based on research and child development theory and when it aligns with curriculum goals. (Tiffany Armstrong, APT; **AL Pathways:** CGD, LEE; **DHR:** CD, LD; **CDA:** 2, 8; Basic Training Levels; 2 hours / 0.2 CEUs; **Age Group:** Preschool, School-Age) **#5221 - 12/10/2014; 6pm - 8pm; GRECS Training Room, Mobile**



It's Mine! Responding to Problems & Conflicts - Conflicts between young children are all too common. Learn some easy, effective strategies for responding to children's behavior and helping children learn important skills for resolving their own conflicts. (Lisa Branscomb; **AL Pathways:** CGD, ICFC; **DHR:** CD, PDG; **CDA:** 3, 8; Intermediate Training Levels; 2 hours / 0.2 CEUs; **Age Group:** All) **#5195 - 10/25/2014; 8:30am - 10:30am; Jackson City Hall, Jackson *CTF**



Meeting High Quality Health & Safety Standards (Director's Forum) - Prepare for Alabama Quality STARS QRIS by learning about the kinds of health and safety practices and procedures that ensure children's and adults' well-being and that comply with high quality standards. (Avery Fick; **AL Pathways:** HSN, MA; **DHR:** HSU, ADM, QCCL; **CDA:** 1, 5; Appropriate for ALL Training Levels; 2 hours / 0.2 CEUs; **Age Group:** All) **#5185 - 10/8/2014; 10am - 12pm; GRECS Training Room, Mobile**

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Calendar of Events

A Pull-Out Section for Posting & Copying!



Reduce, Recycle, Reuse - We're Doing It, Too!

Embracing a greener lifestyle means improving health, helping nature flourish, and, ultimately, improving the overall quality of life. It can be easy to get overwhelmed by all the details of what it takes to go green, but it's also simple to begin making a positive impact.

GRECS is taking an important step toward a greener workplace! In the New Year, we will be offering handouts and other supplemental training resources on a new, interactive website! Just think, there will be no more papers to keep up with and shuffle around! Not only will this reduce paper waste, it will give you direct access to resources at your fingertips!

Coming in 2015!

#5209 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.**

Tuesday, November 18th - Thursday, November 20th
8:30am - 12:30pm; 12 hours / 1.2 CEUs

Alabama Early Learning Guidelines -

This basic-level, 18-hour course is broken down into nine (9), two-hour segments. You must attend Session #1 - Orientation before taking any other session. You will receive a two-hour certificate for each session you attend & successfully complete. After completing all 9 sessions, you will receive an official Alabama Early Learning Guidelines credential from Alabama Department of Human Resources. The sessions are broken down as follows:

- #1 - Orientation (#5182)- 10/4/2014; 8am - 10am
- #2 - Observations & Assessments (#5183) - 10/4/2014; 10:15am - 12:15pm
- #3 - The Role of Parent & Caregiver (#5193) - 10/18/2014; 8am - 10am
- #4 - Self-Concept & Emotional Development (#5194) - 10/18/2014; 10:15am - 12:15am
- #5 - Social Development (#5199) - 11/1/2014; 8am - 10am
- #6 - Language & Literacy (#5200) - 11/1/2014; 10:15am - 12:15am
- #7 - Physical Development (#5207) - 11/15/2014; 8am - 10am
- #8 - Cognitive Development (#5208) - 11/15/2014; 10:15am - 12:15pm
- #9 - Putting It All Together (#5218) - 12/6/2014; 8am - 10am

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>October 2014</h1>						
	6 #5184 - Sing A Story; 5pm - 7pm	7	8 #5185 - DIRECTOR'S FORUM: Meeting High Quality Health and Safety Standards; 10am - 12pm	9 #5186 - Asthma 101; 5pm - 6pm	10	11
	13 #5187 - Sing A Story; 6pm - 8pm; Christ the King; Daphne *CTF	14 #5188 - Why Time Out is Out; 5pm - 7pm	15	16 #5189 - Cooking With Kids; 6pm - 8pm #5190 - Bullying; 6pm - 8pm; McIntosh Public Library, McIntosh *CTF	17	18 Attaining Superior Quality <i>with Nita Norphlet-Thompson, M.Ed</i> STEPPING UP TO THE CHALLENGE
	20	21 #5191 - Sand & Water Play with Infants, Toddlers & Preschoolers; 6pm - 8pm	22	23 #5192 - Using Children's Literature to Promote School Readiness Skills; 5pm - 7pm	24	25 #5193 - AELG #3: Role of the Parent & Caregiver; 8am - 10am #5194 - AELG #4: Self-Concept & Emotional Development; 10:15am - 12:15pm #5195 - It's Mine! Responding to Problems & Conflicts; 8:30am - 10:30am; Jackson City Hall *CTF #5196 - Exciting Outdoor Spaces; 10:45am - 12:45pm; Jackson City Hall *CTF
	27	28 #5197 - The Great Outdoors; 6pm - 8pm	29	30 #5198 - Violence In the Workplace; 5pm - 7pm	31	<i>*All classes in Mobile County will be held at Gulf Regional Early Childhood Services unless noted otherwise.</i> 3100 Cottage Hill Rd; Building 4, Suite 400 Mobile, AL 36606; 251-473-1060 www.greecs.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!</p> <p>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



November 2014

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3100 Cottage Hill Rd;
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Mobile, AL 36606; 251-473-1060

www.greecs.org



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3
#5201 - Get Up and Move; 5pm - 7pm

10
#5204 - Get Up and Move; 6pm - 8pm; Kid Plus Child Development Center, Foley *CTF

17
#5209 Getting Started (Day 1); 8:30am - 12:30pm; (Mobile); (*12-hour course; Must Attend All Sessions!)
#5210 - Behavior Management; 6pm - 8pm

24
#5214 - Asthma 101; 5pm - 6pm

4

11
#5204 - Get Up and Move; 6pm - 8pm; Kid Plus Child Development Center, Foley *CTF

18 #5209 Getting Started (Day 1); 8:30am - 12:30pm; (Mobile); (*12-hour course; Must Attend All Sessions!)
#5210 - Behavior Management; 6pm - 8pm

25
#5214 - Asthma 101; 5pm - 6pm

5
#5202 - Bullying; 6pm - 8pm

12
#5205 - Creative Activities for Preschoolers; 5pm - 7pm *CTF

19 #5209 Getting Started (Day 2); 8:30am - 12:30pm; (Mobile); (*12-hour course; Must Attend All Sessions!)

26

6
#5203 - Pass the Potatoes Please! Creating a Pleasant Mealtime Environment; 6pm - 8pm

13
#5206 - Using Children's Literature to Promote Children's School Readiness Skills; 6pm - 8pm; Flomaton First Baptist Church, Flomaton

20 #5209 Getting Started (Day 3); 8:30am - 12:30pm; (Mobile); (*12-hour course; Must Attend All Sessions!)
#5211 - All Blocks Are Not Created Equal; 6pm - 8pm

27
Thanksgiving Day
GRECS &
The Resource Place
CLOSED

7

14

21

28
GRECS &
The Resource Place
CLOSED

8

15
#5207 - AELG #7: Physical Development; 8am - 10am
#5208 - AELG #8: Cognitive Development; 10:15am - 12:15pm

22 #5212 - Reading & Writing with Picture Books; 8:30am - 10:30am; David Burke Building, Evergreen *CTF
#5213 - A Classroom of Many Cultures; 10:45am - 12:45pm; David Burke Building, Evergreen *CTF

29

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>*All classes in Mobile County will be held at Gulf Regional Early Childhood Services unless noted otherwise.</i></p> <p>3100 Cottage Hill Rd; Building 4, Suite 400 Mobile, AL 36606; 251-473-1060 www.greecs.org</p> <p> Gulf Regional Early Childhood Services</p>	<p>1 #5215 - Being a Pro in Early Care & Education; 5pm - 7pm</p>	<p>2</p>	<p>3 #5216 - DIRECTORS FORUM: Administrative Policies & Procedures; 10am - 12pm</p>	<p>4 #5217 - Building a Healthy Start: Physical Activity for Infants and Toddlers; 6pm - 8pm</p>	<p>5</p>	<p>6 #5218 - AELG #9: Putting It All Together; 8am - 10am</p>
<p>8 #5219 - Being a Pro in Early Care & Education; 6pm - 8pm; Faulkner State Community College, Bay Minette *CTF</p>	<p>9 #5220 - Sand & Water Play for Infants, Toddlers & Preschoolers; 6pm - 8pm</p>	<p>10 #5221 - APT: Integrating Technology into the Early Childhood Classroom; 6pm - 8pm</p>	<p>11 #5222 - Fun Activities to Promote Preschool Children's Fine Motor Skills; 6pm - 8pm</p>	<p>12 <i>Please return Lending Library items by today!</i></p>	<p>13 #5223 - Parenting Counts: Communication; 8am - 10am; Monroeville Public Library, Monroeville *CTF #5224 - Why Won't They Listen? ; 10:15am - 12:15pm; Monroeville Public Library, Monroeville *CTF</p>	<p>20</p>
<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>26 The Lending Library is CLOSED from 12/22 - 1/2 for inventory! <i>Christmas Day</i> GRECS & The Resource Place CLOSED</p>	<p>27</p>
<p>22 The Lending Library is CLOSED from 12/22 - 1/2 for inventory!</p>	<p>23 The Lending Library is CLOSED from 12/22 - 1/2 for inventory!</p>	<p>24 The Lending Library is CLOSED from 12/22 - 1/2 for inventory! <i>Christmas Eve</i> GRECS & The Resource Place CLOSED</p>	<p>25 The Lending Library is CLOSED from 12/22 - 1/2 for inventory! <i>Christmas Day</i> GRECS & The Resource Place CLOSED</p>	<p>26 The Lending Library is CLOSED from 12/22 - 1/2 for inventory! GRECS & The Resource Place CLOSED</p>	<p>29 The Lending Library is CLOSED from 12/22 - 1/2 for inventory!</p>	<p>30 The Lending Library is CLOSED from 12/22 - 1/2 for inventory!</p>
<p>29 The Lending Library is CLOSED from 12/22 - 1/2 for inventory!</p>	<p>30 The Lending Library is CLOSED from 12/22 - 1/2 for inventory!</p>	<p>31 The Lending Library is CLOSED from 12/22 - 1/2 for inventory!</p>	<p style="text-align: center;">December 2014</p> 			

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Don't have a confirmation? Not sure if you're registered?
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Parenting Counts: Communication - What can you do to feel really connected with your child and the children in your care? Communicating well starts at infancy and continues throughout childhood. This workshop explores how early communication between adults and baby helps a baby learn strong language skills, and later learn strong literacy skills. (Phyllis Rizzo; **AL Pathways:** CGD, ICFC, LEE; **DHR:** CD, LD, CCPF; **CDA:** 2, 3, 4, 8; Basic Training Level; 2 hours / 0.2 CEUs; **Age Group:** All) #5223- 12/13/2014; 8am - 10am; Monroe Public Library, Monroeville *CTF **B**

Pass the Potatoes! Creating a Pleasant Mealtime Environment- Mealtimes should be an enjoyable, safe, and supportive experience for young children. Family style meal service allows caregivers and children to eat together, creating a relaxed environment which develops good social skills and healthy eating habits for young children. This workshop will introduce providers and caregivers to a three step practice on how to incorporate "Family Style Dining" in their centers and classrooms. (Phyllis Rizzo; **AL Pathways:** CGD, HSN, LEE, ICFC; **DHR:** HSU, CD; **CDA:** 1, 2, 3, 8; Appropriate for ALL Training Levels; 2 hours / 0.2 CEUs; **Age Group:** All) #5203 - 11/6/2014; 6pm - 8pm; GRECS Training Room, Mobile **ALL**

Reading and Writing with Picture Books - Early literacy learning is critical for school success. Join us for this interactive session where you'll learn to use picture books to support children's emerging reading and writing skills. (Lisa Kirkland; **AL Pathways:** CGD, LEE; **DHR:** CD, LD; **CDA:** 2, 8; Intermediate Training Levels; 2 hours / 0.2 CEUs; **Age Group:** Preschool) #5212 - 11/22/2014; 8:30am - 10:30am; David Burke Building, Evergreen **I**

Sand & Water Play with Infants, Toddlers & Preschoolers - This training will encourage learners to explore the properties of sand and water through sensory activities appropriate for young children. (Allison Goff; **AL Pathways:** CGD, LEE; **DHR:** CD, QCCL; **CDA:** 2, 8; Intermediate Training Levels; 2 hours / 0.2 CEUs; **Age Group:** Infants, Toddlers, Preschool) #5191 - 10/21/2014; 6pm - 8pm; GRECS Training Room, Mobile and #5220 - 12/9/2014; 6pm - 8pm; GRECS Training Room, Mobile **I**

Sing a Story - Bring your voice and join us for this lively session where you'll learn how to use music to promote children's early literacy skills. (Charla Moyer; **AL Pathways:** CGD, LEE; **DHR:** CD, LD; **CDA:** 2, 8; Intermediate Training Levels; 2 hours / 0.2 CEUs; **Age Group:** All) #5184 - 10/6/2014; 5pm - 7pm; GRECS Training Room, Mobile and #5187 - 10/13/2014; 6pm - 8pm; Christ the King, Daphne **I**

Using Children's Literature to Promote School Readiness Skills - Join in on this interactive session where you'll learn some tips and activities for promoting important math, science, and literacy learning using classic children's literature. (Amanda Ingram; **AL Pathways:** CGD, LEE; **DHR:** CD, LD, QCCL; **CDA:** 2, 8; Advanced Training Levels; 2 hours / 0.2 CEUs; **Age Group:** Preschool, School-Age) #5192 - 10/23/2014; 5pm - 7pm; GRECS Training Room, Mobile and #5206 - 11/13/2014; 6pm - 8pm; Flomaton First Baptist Church; Flomaton *CTF **A**

Violence In the Workplace - None of us want to think that violence in the workplace could happen to us; but, it could and we should be prepared! In this training session, you will define workplace violence; increase awareness of what situations could result in violence and discuss strategies for handling those potentially dangerous situations. (Avery Fick; **AL Pathways:** HSN; **DHR:** HSU; **CDA:** 1, 5; Basic Training Level; 2 hours / 0.2 CEUs; **Age Group:** N/A) #5198 - 10/30/2014; 5pm - 7pm; GRECS Training Room, Mobile **B**

Why Time Out is Out - Do you find yourself using time out frequently? And, with particular children? Come learn why time out is often ineffective and fails to result in long term improvement in children's behavior. You'll discover simple strategies for promoting children's positive behaviors that really work.(Catherine Kreger; **AL Pathways:** CGD, ICFC; **DHR:** CD, PDG; **CDA:** 3, 8; Intermediate Training Levels; 2 hours / 0.2 CEUs; **Age Group:** All) #5188 - 10/14/2014; 5pm - 7pm; GRECS Training Room, Mobile **I**

Why Won't They Listen? - Discover the truth about time-out and other behavior management strategies. Learn to use effective guidance techniques that result in positive and peaceful environments for children and teachers. (Catherine Kreger; **AL Pathways:** CGD, ICFC, COA; **DHR:** CD, PDG; **CDA:** 3, 7, 8; Intermediate Training Level; 2 hours / 0.2 CEUs; **Age Group:** All) #5224- 12/13/2014; 10:15am - 12:15am; Monroe Public Library, Monroeville *CTF **I**

Make the Most of Your Training Experience

Arrive on time & stay for the entire class.

Be prepared!

- Take a break before you come - you will get more out of the training if you're well-rested.
- Eat a snack before you come to class - it's hard to concentrate on an empty stomach.
- Bring writing tools and paper to take notes!

Take care of your personal business before class begins!

- Make transportation arrangements ahead of time.
- Check on your children.
- Visit the restroom.

Let us have your full attention!

- Silence your cell phone.
- Focus on the trainer.
- Reserve your conversations for group discussion times.

Try a new idea when you get back to your classroom - it will be a rewarding experience for you & the children.

Pat yourself on the back - you are investing in yourself and growing professionally!



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 - \$11 each!

Each month, we feature an online training course & offer it to you for only \$11!

October 2014 - Equipment, Activities and Strategies for Promoting Physical Activity

This course familiarizes students with levels and types of physical activity that are suitable for children. It discusses age-appropriate activities and equipment, recommended activity levels, benefits of being active, risks from being inactive, and strategies that can be used to become physically active.

(Pathways: CGD, HSN, LEE; DHR: CD, HSU; CDA: 1, 8; 1 hour/o.1 CEU)

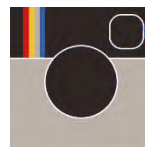
November 2014 - Toilet Training - This course discusses the physical and emotional signs that indicate a child is ready to be toilet trained. It identifies steps used to teach toilet hygiene, common challenges associated with toilet training, and solutions to these challenges. Tips to make toilet training easier for all children, including children with special needs, are included.

(Pathways: CGD, HSN; DHR: CD, HSU; CDA: 1, 2, 3; 2 hours/o.2 CEU)

December 2014 - Learning Styles - This course familiarizes students with the major learning styles. It discusses how to determine children's learning styles and how to tailor activities to individual learning styles.

(Pathways: CGD, LEE, COA; DHR: CD, QCCL; CDA: 1, 2, 3, 7; 1 hour/o.1 CEU)

To register for these special online training courses or to receive more information, contact Robert Sheldt (rsheldt@grecs.org).



Celebrate! Tips for Enjoying the Upcoming Holiday Season

Let's be honest, the life of an early childhood professional is stressful. Every day you're faced with making decisions, negotiating peace talks and giving your vocal cords a serious workout – all while being on your feet longer than a marathon runner. What can you do to reduce the stress and enjoy this time of year? Here is a collection of stress-busting strategies from experienced teachers who survived those first difficult months of teaching from September to December, and beyond!

- Break down whatever you have to do into smaller tasks.
- Think of things that make teaching fun for you - and do them!
- Stay in close touch with nature. Find a way every day to incorporate the outdoors (change of seasons, nature walks, etc.) into your curriculum.
- Give yourself permission to do absolutely nothing for five minutes a day — and not feel guilty about it.
- Just say no. Politely refuse to take on more projects than you can handle, even if a colleague, your director, or a parent asks you to.
- Be grateful. Research shows that expressing gratitude increases levels of happiness. And remember, you have a very meaningful job.

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We're OPEN on Saturdays!

Gulf Regional Early Childhood Services' Lending Library and Resource Place will be open on the 1st Saturday of each month from 9:00am - 12:00pm - **By Appointment Only.**

Scheduling an appointment is easy! Simply call or email Charla Moyer before the close of business on the first Friday of each month.

(251-473-1060 ext 112;
csmoyer@grecs.org)

It's the perfect time to laminate, do some die-cutting and check out materials for your classroom!



We are celebrating our 21st 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.



Super Saturday Workshops in Monroeville!

Parenting Counts: Communication - What can you do to feel really connected with your child and the children in your care? Communicating well starts at infancy and continues throughout childhood. This workshop explores how early communication between adults and baby helps a baby learn strong language skills, and later learn strong literacy skills. (Phyllis Rizzo; AL Pathways: CGD, ICFC, LEE; DHR: CD, LD, CCPF; CDA: 2, 3, 4, 8; Basic Training Level; 2 hours / 0.2 CEUs; Age Group: All) **#5223- 12/13/2014; 8am - 10am; Monroeville Public Library *CTF**

AND

Why Won't They Listen? - Discover the truth about time-out and other behavior management strategies. Learn to use effective guidance techniques that result in positive and peaceful environments for children and teachers. (Catherine Kreger; AL Pathways: CGD, ICFC, COA; DHR: CD, PDG; CDA: 3, 7, 8; Intermediate Training Level; 2 hours / 0.2 CEUs; Age Group: All) **#5224- 12/13/2014; 10:15am - 12:15am; Monroeville Public Library *CTF**



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ON THE WEB!
www.greecs.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

Friday, October 17th
GRECS & The Resource Place **CLOSED**
for Professional Development

Thursday, Nov. 27th & Friday, Nov. 28th
GRECS & The Resource Place **CLOSED**
for Thanksgiving Holidays

Monday, Dec. 22nd - Friday, Jan. 2nd
The Lending Library is **CLOSED** for Inventory

Wednesday, Dec. 24th - Friday, Dec. 26th
GRECS & The Resource Place **CLOSED**
for Christmas Holidays



Gulf Regional Childcare Management Agency, Inc.
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Phone: 251-473-1060; Fax: 251-473-1084

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