



# Early Learning News

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



## In This Issue:

- 10 Actions to Create a Culture of Safety
- Helping Families with Young Children Navigate Transitions in the Aftermath of Pandemic Restrictions
- New Year's Resolutions For the Whole Family
- AALECE Meeting
- Easing Stress to Create Success Webinar
- APT Winter Online Training

## Healthy Habits for the New Year!

Healthy habits are important life skills. They include selecting nutritious foods, practicing good hygiene, engaging in regular physical activity, focusing on positive feelings, and getting plenty of sleep. As an educator, you can help young children start developing these healthy habits in fun and engaging ways.

**Nutritious Foods** It's never too early to have conversations about good nutrition. Engage in discussions about the benefits of different foods to help children be more conscious of their diets and make informed decisions about what they choose to eat.

**Weekly snack study:** Once a week, invite the children to choose a snack to learn about, then make a list of questions to answer together. How is applesauce made? What do cucumbers need in order to grow? Who invented tortillas?

To help the children answer their questions, you could ask your local librarian for relevant books and videos and then extend the exploration by inviting a farmer, grocer, or chef to visit the classroom.

**Good Hygiene** Hygiene helps us keep our bodies clean and healthy, which positively impacts our social and emotional health. The following activity gives children the opportunity to practice effective hygiene routines through a fun, active game.

**Hygiene charades:** In small groups, children act out proper hygiene habits. One child chooses a hygiene card (a card with a picture of a personal care practice) and, without using any verbal clues, acts out what is printed on the card (tooth brushing, hand washing). The rest of the group tries to guess what hygiene practice the child is acting out.

**Positive Feelings** As a preschool teacher, you know that one of your main goals is to help children become aware of their emotions and to be mindful of how to appropriately express them. Making a feelings flip-book gives children an opportunity to identify and reflect on scenarios that spark their emotions.

**Feelings flip-book:** Give each child a piece of paper (or, if more appropriate for your specific group of children, prepare the flip-books in advance so the children begin at the drawing step). Fold the paper long ways. On the top-facing half, cut three slits into the paper, making four flaps. On top of each flap, write a feeling (happy, sad, frustrated). Under the flap, draw a picture that expresses that feeling.

The trick to having students *happy* is to **FIRST**, be *happy yourself!*



Gulf Regional Early Childhood Services

....Continued on page 2

## Regular Physical Activity



Keeping young children active is a vital part of an early childhood classroom. This lesson not only teaches children how to maintain their physical activity but also stimulates creative thinking.

**Exercise dice:** Create two dice: one with numbers (or dots for children to practice counting) and one with pictures of physical activities. If you roll (2) and a jumping jack picture, for example, then the children do two jumping jacks. This engaging lesson helps children learn different types of exercises they can do

## Plenty of Sleep

For young children - and their teachers! - it's hard to overestimate the benefits of sleep. Preschoolers, though, often have trouble understanding the body's need for sleep. Why not keep playing? Teaching young children the importance of sleep can help prevent nap time struggles. In this lesson, children can practice positive nap time routines to reinforce healthy habits. (You can also share this activity with families to support bedtime routines at home.)

**Naptime routine puppet show:** In small groups, children create a puppet show that depicts an effective nap time routine. A variety of craft materials (pom-poms, pipe cleaners, googly eyes) can be used to create puppets and props. Encourage groups to discuss routines that help them calm down, like listening to a story or soft music, dimming the lights, or cuddling a teddy bear. If desired, children can present their puppet show to the rest of the class! - routines to reinforce healthy habits. (You can also share this activity with families to support bedtime routines at home.)

## Conclusion

Healthy habits are essential from childhood through adulthood, and as educators, we have many opportunities to inspire children to make informed choices. Instilling healthy habits at an early age sets up young children for leading active and balanced lives.

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# 10 Actions to Create a Culture of Safety

In all early care and education (ECE) programs\*, directors, managers, staff, and families embrace the belief that children have the right to be safe by creating a culture of safety. They provide: "an environment that encourages people to speak up about safety concerns, makes it safe to talk about mistakes and errors, and encourages learning from these events." Children are safer when everyone works together to improve the strategies they use in homes, centers, and the community so children don't get hurt.

- 1. Use Data to Make Decisions:** Incident data serves as an important resource to help managers and staff evaluate children's safety.
- 2. Actively Supervise:** Children are never alone or unsupervised. Staff position themselves so that they can observe, count, and listen at all times.
- 3. Keep Environments Safe and Secure:** Programs create, monitor, and maintain hazard-free spaces.
- 4. Make Playgrounds Safe:** Regularly inspected, well-maintained, age-appropriate and actively supervised outdoor play spaces allow children to engage in active play, explore the outdoors, and develop healthy habits.
- 5. Transport Children Safely:** Programs implement and enforce policies and procedures for drivers, monitors, children, and families using school buses, driving to and from the program, or walking.
- 6. Report Child Abuse and Neglect:** Managers and staff follow mandated reporting statutes and procedures for reporting suspected child abuse and neglect.
- 7. Be Aware of Changes that Impact Safety:** Staff anticipate and prepare for children's reactions to transitions and changes in daily routine, within and outside of the program.
- 8. Model Safe Behaviors:** Staff establish nurturing, positive relationships by demonstrating safe behaviors and encouraging other adults and children to try them.
- 9. Teach Families about Safety:** Staff engage families about safety issues and partner with them about how to reduce risks to prevent injuries that occur in the home.
- 10. Know Your Children and Families:** Staff plan activities with an understanding of each child's developmental level and abilities, and the preferences, culture, and traditions of their families. This includes everything from maintaining current emergency contact information to understanding families' perceptions about safety and injury prevention.



These are 10 actions integrate management systems and program services that are already in place. From using data to keeping environments safe and secure and modeling safe behaviors, they enhance what programs already do and foster a culture of safety for all enrolled children. Programs that implement the 10 actions will strengthen their injury-prevention efforts and make environments safe for children to play and learn.

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# Helping Families with Young Children Navigate Transitions in the Aftermath of Pandemic Restrictions



The COVID-19 pandemic changed lives suddenly. Entire families dramatically changed their daily routines in order to meet quarantine specifications in their regions. With cities and states transitioning to less restrictive phases in response to the quarantine, such as opening of businesses, child care and early childhood education facilities it remains important to consider the transition process and how to best support young children.

## Emotional Reactions

During the transition process, infants and young children may face a variety of emotions and experiences.

These may include:

- Confusion about things changing once again;
- Fear of the unknown;
- Excitement as they begin to see their friends and family members and as they return to playgrounds or early childhood education centers;
- Difficulty adapting to change, such as trouble establishing new routines and regulating emotions; and
- Frustration as they adapt to new ways of behaving in public spaces, such as maintaining physical distancing and wearing masks.

## Grief & Loss

Grief is a normal reaction to both positive and negative changes. Many children will experience some form of grieving due to the large and small losses that come with any change in routines. Some children may also be experiencing grief due to the death of a loved one. To date, more than 200,000 individuals have lost their lives due to COVID-19 in the United States alone (Centers for Disease Control and Prevention, 2020), many of whom were important people in the lives of young children. Common reactions among young children to the death of caregivers and other loved ones include (Lieberman et al., 2003):

- Persistent crying,
- Searching for the lost caregiver,
- Accepting & rejecting the support of comforting adults,
- Sadness and withdrawal, anxiety, fear, and
- Possible developmental regression such as sleep disturbances.

The following suggestions can help parents and caregivers assist young children to successfully navigate the transition process:

### Maintain routines and support the gradual development of new routines:

Return to everyday routines as best as possible; for example, strive to have regular mealtimes and waking and bedtime rituals. Regular routines for eating, playing, sleeping, and other daily activities offer young children a sense of normalcy as they return to their previous day-to-day schedules or establish new ones. If necessary, build new routines that support changes in their schedules. Transition cues can support the child in determining what comes next. Transition cues can be visual, auditory, or verbal, such as a singing a particular song on the way to child care or reading a book before bed (Wisconsin Alliance for Infant Mental Health, 2020).

### Be mindful of possible changes in behaviors:

Young children might exhibit a variety of behaviors that might be perceived as challenging to parents and caregivers. Young children might withdraw from frustrating or difficult situations during the transition process. The changes may lead to moodiness, increased clinginess, need for attention and reassurance, sleep difficulties, and social withdrawal. Changes might also cause developmental regression such as “baby talk,” or toileting accidents. Parents or caregivers may witness a resurgence of temper tantrums. These normal responses to change can be ameliorated by providing predictability, comfort, reassurance, and meeting the child’s need with love, understanding, and nurturance (Nebraska Association for Infant Mental Health, 2020).



### Relationships, Relationships, Relationships:

Responsive relationships serve as protective factors in times of stress. Nurture the relationship with the child and remain connected to social supports. Reach out when things become challenging and share ideas and strategies to address the challenges.

For more suggestions and to read the full article, visit [www.zerotothree.org](http://www.zerotothree.org)

Written by Jennifer Chacon; Reprinted with permission from ZEROtoTHREE

# New Year's Resolutions for the Whole Family



It's 2021, and with a new year comes the perfect opportunity to make changes for the better. New Year's resolutions offer a fresh start - whether you vow to eat your vegetables, try a new hobby, exercise more or go to bed earlier.

Making resolutions doesn't just have to be for adults - and it's never too late to get started on them! Create a new family tradition and get your kids involved. Have a discussion about the New Year's resolutions they'd like to help make for themselves and the whole family. Here are a few of our favorite ideas to get the conversation going. Happy New Year!

## #1 Mindful Eating

**Hello, fruits and veggies.** Fit in more of the good stuff by approaching meals with fruits and veggies first. Fill each plate at least halfway with a range of options. Make sure to choose plates that are suitable for their age: Aim for a six-inch plate for toddlers and a nine-inch plate for pre-schoolers and early adolescents. If your kids tend to push them away, try to get creative and make it fun by challenging the family to eat an entire rainbow in one day, and let your little ones choose each item.

**Goodbye, sugar.** Cut out refined sugar at home wherever possible. Scan ingredients and nutrition labels for the common forms of sugar including evaporated cane juice, high-fructose corn syrup and fruit juice concentrate. Everyday products, such as applesauce, dried and canned fruit, pasta sauce and other condiments are all foods in which added sugars could be hiding. Focus on consuming fresh fruits instead of fruit juice. Keep desserts and sugar-rich snacks in the house to a minimum. Consider naturally sweetened options such as fruit and oat combinations, or yogurt with honey.

**Drink more water.** It can be easy to forget to drink enough water, especially when you're running around all day. Make it a habit to drink more water and less sugary beverages such as soda and juice. You can also offer alternatives such as sliced fruit in water.

## #2 Make Small Changes

**Exercise more.** Winter can be a challenging season to stay active, but a little creativity can help you and your family get active. Head to the trampoline park, local indoor play area or ice-skating rink. On the days you'd rather stay home, have your kids "teach" a fitness class to the family, lead family-friendly yoga poses or pick out their favorite playlist and have a dance party.

**Limit screen time.** With outdoor activities less of an option, it can be tempting to give into TV, movies and video games. Make a commitment to limit screen time, and have ideas ready when your kids want to turn on a device. Play a board game, read a book together, do an art project, or make a healthy snack!

**Go outside.** There's a reason winter gear exists! Even if it's cold out, a bit of fresh air will do the whole family good. Just make sure to bundle up your little ones. Most of their skin should be covered; hats and gloves are a must! Head outdoors, from a short walk around the neighborhood to a play date at your nearest playground. Gather leaves and discuss the different types or save a few for an art project at home!

## #3 Get Active!

**Find a hobby.** Healthy eating and an active lifestyle are a great place to start with New Year's resolutions, but also set a goal for yourself and your family that has more to do with quality of life. Discovering a new hobby/activity is a great starting place. A new interest could be anything from an artistic or creative skill - like painting or drawing - to joining a local club or group.

**Carve out family time.** Life can be hectic, but make an effort to set aside time to spend together as a family. You may be able to fold clothes or set the table faster on your own, but involving your kids can be a valuable teaching lesson. Invent a family cleanup game. Create a family calendar on your smartphone that syncs across different phones to stay up-to-date on all the activities. Do the things that make you happy and less stressed, all while incorporating your whole family!

**Set personal and family goals.** Brainstorm a specific goal that would help your family in day-to-day life. Is it creating a morning routine so you're not rushed before heading out the door? Getting everyone to sleep through the night? Assigning chores? Decide on one or two things you feel can make an impact for your family, and discuss with your kids why it's good to have these goals. In addition, work with your kids to develop their own goals. Babies watch everything we do. Strive to be a good example, encouraging healthy habits as they grow, encourage preschoolers to work on listening and helping skills, school-age children to improve what they are struggling with and adolescents to take more responsibility for their actions.

*No matter what your resolutions are for this year, have confidence in yourself and your family that you can stick to them! Family resolutions are a way for everyone to get involved—so here's to a brighter 2021!*

Adapted & Reprinted from NurtureLife.com

## Prevention and Control of Infectious Diseases and Response to Emergencies Due to Food and Allergic Reaction/ Medication Administration

GRECS Training Room, Mobile

January 6, 2021; 8:30am - 11:30am

**Presenter:** Pamela Senters, RNC      **Age Group:** ALL  
**Basic Training Level**      3 hours / 3 Contact Hours      **CCDF:** 1, 3, 4  
**AL Pathways:** HSN      **CDA:** 1      **DHR:** HSUP

Registration Ends 1/2/21

In this session, Participants will define common ways germs are spread in child care centers as well as Identify situations which may require administration of medications in the child care setting and List the symptoms of allergies. Participants will receive 1 hour in each of the CCDF categories listed.

## Introduction to the Child Development Associate Credential (CDA)

GRECS Training Room, Mobile

January 7, 2021; 6:00pm - 8:00pm

**Presenter:** Allison Goff      **Age Group:** ALL  
**Basic Training Level**      2 hours / 0.2 CEUs      **CCDF:** 20  
**AL Pathways:** PPD      **CDA:** 6      **DHR:** QCCL, CCPF

Registration Ends 1/2/21

This introduction is designed for any professional early child care educator considering applying for the CDA Credential. This session will answer the most frequently asked questions, and address eligibility requirements and questions about applying. Participants will gain a solid sense of the credentialing process.

## Free Public Health and Safety: First Aid and CPR Training

GRECS Training Room, Mobile

January 8, 2021; 8:00am - 12:00pm

**Presenter:** Pamela Senters, RNC      **Age Group:** ALL  
**Basic Training Level**      4 hours      **CCDF:** 10  
**AL Pathways:** HSN      **CDA:** 1      **DHR:** HSUP

Registration Ends 1/2/21

Training is to provide participants with the practice and assimilation of skills to perform CPR and Basic First-aid with a certification from The Emergency Care and Safety Institute (ECSI).

## Strengthening Business Practices - Financial Forms and Internal Controls

GRECS Training Room, Mobile

January 12, 2021; 9:00am - 12:00pm

**Presenter:** Ann Sands/Vicki Giles      **Age Group:** ALL  
**Intermediate Training Level**      3 hours / 0.3 CEUs      **CCDF:** 18, 20  
**AL Pathways:** MA, PPD      **CDA:** 1, 5, 6      **DHR:** AM, PDG

Registration Ends 1/9/21

The purpose of this training is to encourage providers to realize the importance of fiscal planning to the sustainability of their business. It provides tips and best practices to help break down fiscal processes into manageable steps.

## Online Webinar: Beyond the Crayon: Fostering Children's Creativity (APT)

ALL Counties, Webinar

January 12, 2021; 6:30pm - 8:30pm

**Presenter:** APT Staff      **Age Group:** ALL  
**Basic Training Level**      2 hours / 2 Contact Hours      **CCDF:** 13, 19  
**AL Pathways:** CGD, LEE      **CDA:** 2, 3      **DHR:** CD

Registration Ends 1/12/21

In this two-hour workshop, participants will explore a variety of artistic activities that can be used to foster creativity in children. We will learn about and discuss different artists and explore ways to incorporate sculpture, photography, and other forms of art into everyday learning.

## Prevention of Shaken Baby Syndrome, Abusive Head Trauma, and SIDS. The Use of Safe Sleep Practices

GRECS Training Room, Mobile

January 13, 2021; 9:00am - 11:00am

**Presenter:** Pamela Senters, RNC      **Age Group:** ALL  
**Basic Training Level**      2 hours / 2 Contact Hours      **CCDF:** 2, 6  
**AL Pathways:** HSN      **CDA:** 1      **DHR:** HSUP

Registration Ends 1/9/21

This session will provide participants with essential information on Shaken Baby Syndrome and Abusive Head Trauma in a child care setting while also recognizing risks factors and prevention of Sudden Infant Death Syndrome in a day care or home day care setting, with emphasis on safe sleep.

## Preparing for Emergencies in the Child Care Setting

GRECS Training Room, Mobile

January 14, 2021; 6:00pm - 8:00pm

**Presenter:** Desira Keith      **Age Group:** All  
**Basic Training Level**      2 hours / 0.2 CEUs      **CCDF:** 7  
**AL Pathways:** HSN      **CDA:** 1, 5      **DHR:** HSUP

Registration Ends 1/9/21

Experiences such as tornadoes, hurricanes, and snow storms are emergencies that can be scary for a young child. This training will provide participants with ways to prepare for and recover from emergencies by identifying emergency helpers and creating an emergency plan to help children feel safe and secure.

## Online Webinar: Easing Stress to Create Success Series: Strategies for Success

ALL Counties, Webinar

**Presenter:** Savannah Partin

**Age Group:** ALL

January 19, 2021; 5:30pm - 6:30pm

**Intermediate Training Level**

1 hours / 1 Contact Hour

**CCDF:** 13, 15

Registration Ends 1/19/21

**AL Pathways:** PPD, HSN

**CDA:** 6

**DHR:** QCCL, HSUP

This webinar will offer some key success strategies and guidance methods to create a secure and positive classroom environment to enhance the learning experience.

## Early Literacy: It's More Than ABC's (APT)

GRECS Training Room, Mobile

**Presenter:** Kim Johnson

**Age Group:** Infants, Toddler

January 20, 2021; 6:00pm - 8:00pm

**Basic Training Level**

2 hours / 0.2 CEUs

**CCDF:** 20

Registration Ends 1/16/21

**AL Pathways:** CGD, LEE

**CDA:** 2, 3, 8

**DHR:** CD, LD, QCCL

Early literacy skills begin to develop in the first three years of life. From holding a board book to babbling when "reading" a favorite book, this training will explore early literacy skills for infants and toddlers.

## Welcome to Your Classroom: Creating an Environment for All Children to Be Successful

GRECS Training Room, Mobile

**Presenter:** LaDanika York

**Age Group:** Infants, Toddler

January 21, 2021; 6:00pm - 8:00pm

**Basic Training Level**

2 hours / 0.2 CEUs

**CCDF:** 13, 15

Registration Ends 1/16/21

**AL Pathways:** COA, HSN, CGD, LEE

**CDA:** 1, 2, 3, 8

**DHR:** CD, HSUP, PDG

This training will discuss ways to consider how your classroom is set up, what learning materials are needed, and how to maintain a positive learning environment for all children to be successful.

## Making Math Meaningful with Mixed Age Groups

GRECS Training Room, Mobile

**Presenter:** Facethia Hogue

**Age Group:** ALL

January 23, 2021; 9:00am - 11:00am

**Basic Training Level**

2 hours / 0.2 CEUs

**CCDF:** 13

Registration Ends 1/16/21

**AL Pathways:** CGD, LEE

**CDA:** 2, 8

**DHR:** CD, LD

This session will explore how you can incorporate math concepts into almost any experience you do with children. Participants will discuss how you can adapt & modify experiences to meet the different developmental levels in your mixed-age group. **For Family Child Care and Group Home Providers.**

## Getting Started 2021

GRECS Training Room, Mobile

**Presenter:** GRECS Staff

**Age Group:** ALL

January 26-28, 2021; 8:30am - 12:30pm

**Basic Training Level**

12 hours / 1.2 CEUs

**CCDF:** 1, 7, 9, 13, 15, 17, 20

Registration Ends 1/23/21

**AL Pathways:** CGD, ICFC, LEE, HSN, PPD

**CDA:** 1, 2, 3, 4, 5, 6, 8

**DHR:** HSUP, CD, CCPF, LD, QCCL, PDG

This basic-level, 12 hour course is broken down into (3), four-hour segments. The training you receive will meet Alabama Department of Human Resources' 12-hour training requirement to work in child care. **You must attend all sessions and will receive credit in all DHR.**

## Fit, Flexible, Fun - Preventing Childhood Obesity

GRECS Training Room, Mobile

**Presenter:** Avery Fick

**Age Group:** ALL

January 26, 2021; 6:00pm - 8:00pm

**Basic Training Level**

2 hours / 0.2 CEUs

**CCDF:** 13, 19

Registration Ends 1/23/21

**AL Pathways:** HSN

**CDA:** 1, 2, 8

**DHR:** HSUP

During this session we will outline the causes and risks of Childhood Obesity and what we, as childcare professionals can do to prevent adding to the problem in the childcare setting.

## Online Webinar: My Sensitive Senses

ALL Counties, Webinar

**Presenter:** Samantha Davidson

**Age Group:** ALL

January 28, 2020; 5:30pm - 6:30pm

**Basic Training Level**

1 hours / 1 Contact Hour

**CCDF:** 13, 19, 20

Registration Ends 1/28/21

**AL Pathways:** LEE, CGD

**CDA:** 1, 2, 3

**DHR:** CD, QCCL

In this interactive webinar, participants will learn about all of the sensory systems and the important role that each plays. Participants will also learn strategies to incorporate different types of sensory play in their classroom. This training will discuss how to help children who need extra support in the classroom because of sensory challenges.

## Director's Forum - Strengthening Business Practices: Building a Budget

GRECS Training Room, Mobile

**Presenter:** Ann Sands/Vicki Giles      **Age Group:** ALL

February 2, 2021; 9:00am - 12:00pm

**Intermediate Training Level**      3 hours / 0.3 CEUs

**CCDF:** 18, 20

Registration Ends 1/30/21

**AL Pathways:** MA, PPD

**CDA:** 1, 5, 6

**DHR:** AM, PDG

The purpose of this training is to strengthen child care providers' foundational knowledge of fiscal terms, concepts, and practices. It encourages providers to realize the importance of fiscal planning to the sustainability of their business operations.

## Online Webinar: Easing Stress to Create Success Series: Educating Families on DAP

ALL Counties, Webinar

**Presenter:** Savannah Partin      **Age Group:** ALL

February 2, 2021; 5:30pm - 6:30pm

**Intermediate Training Level**      1 hours / 1 Contact Hour

**CCDF:** 13, 16

Registration Ends 2/2/21

**AL Pathways:** ICFC

**CDA:** 4

**DHR:** CCPF, CD

This webinar will provide methods of communication and resources available to help families understand the link between DAP, early learning, and child outcomes.

## Building and Physical Premises Safety/ Handling and Storage of Hazardous Materials

GRECS Training Room, Mobile

**Presenter:** Pamela Senters, RNC      **Age Group:** ALL

February 3, 2021; 9:00am - 11:00am

**Basic Training Level**      2 hours / 2 Contact Hours

**CCDF:** 5, 8

Registration Ends 1/30/21

**AL Pathways:** HSN

**CDA:** 1

**DHR:** HSUP

Participants will discuss essential information on ways to identify potential risks and promote building and physical premises safety in the child care setting including Electrical Hazards, Bodies of Water, Vehicular Traffic, Playground Safety, and Sun Safety. Participants will also review essential information on handling and storing hazardous materials in the child care setting.

## A YES Environment: Promoting Positivity in Your Classroom

GRECS Training Room, Mobile

**Presenter:** LaDanika York      **Age Group:** Toddler, Preschool

February 4, 2021; 6:00pm - 8:00pm

**Basic Training Level**      2 hours / 0.2 CEUs

**CCDF:** 15

Registration Ends 1/30/21

**AL Pathways:** CGD

**CDA:** 1, 3, 5, 8

**DHR:** CD, PDG

This training will provide participants with positive ways and strategies to promote in the classroom.

## Baby Let's Go Outside

GRECS Training Room, Mobile

**Presenter:** Virginia Mostellar      **Age Group:** Infants

February 9, 2021; 10:00am - 12:00pm

**Basic Training Level**      2 hours / 0.2 CEUs

**CCDF:** 13, 17, 20

Registration Ends 2/6/21

**AL Pathways:** CGD, HSN, LEE

**CDA:** 1, 2, 8

**DHR:** CD, HSUP

Do babies really need to go outside to play? This course explores the why and the how of outdoor play for our youngest children.

## It Isn't Rocket Science: Adding STEM to the Infant/Toddler Classroom (APT)

GRECS Training Room, Mobile

**Presenter:** Kim Johnson      **Age Group:** Infant, Toddler

February 9, 2021; 6:00pm - 8:00pm

**Basic Training Level**      2 hours / 0.2 CEUs

**CCDF:** 20

Registration Ends 2/6/21

**AL Pathways:** CGD, LEE

**CDA:** 2, 8

**DHR:** CD

Children are natural explorers! Their curiosity is the foundation of exploring and learning. The beauty of STEM activities is that they just seem to happen naturally. Using PBS KIDS programming, hands-on activities, and books, participants learn how to add simple, fun STEM activities to their classroom.

## Language of Friends: Using Puppets and Literature to Build Social Skills

GRECS Training Room, Mobile

**Presenter:** Vicki Giles      **Age Group:** Preschoolers

February 11, 2021; 6:00pm - 8:00pm

**Basic Training Level**      2 hours / 0.2 CEUs

**CCDF:** 13, 17, 20

Registration Ends 2/6/21

**AL Pathways:** CGD, HSN, LEE

**CDA:** 1, 2, 8

**DHR:** CD, HSUP

How do you promote social skills? How can you teach empathy to your students? This session will explore ways to use puppets to allow kids to develop social competence and practice the language of conversation. We will also explore how to use books as conversation starters to build social skills.

## Meaningful Conversations

**Presenter:** LaDanika York  
**Basic Training Level**  
**AL Pathways:** CGD, LEE

**Age Group:** ALL  
**2 hours / 0.2 CEUs**  
**CDA:** 3

**CCDF:** 13, 17  
**DHR:** CD, LD

GRECS Training Room, Mobile  
February 18, 2021; 6:00pm - 8:00pm  
Registration Ends 2/13/2021

This course will inform participants on how essential conversations are for social, emotional and language development for all age groups. This training will provide participants with meaningful conversation strategies and model meaningful conversations with children.

## How to Build Your Classroom Library

**Presenter:** Lisa Kirkland  
**Basic Training Level**  
**AL Pathways:** CGD, LEE

**Age Group:** ALL  
**2 hours / 0.2 CEUs**  
**CDA:** 2

**CCDF:** 13  
**DHR:** CD, LD

GRECS Training Room, Mobile  
February 20, 2021; 9:30am - 11:30am  
Registration Ends 2/13/21

This session will promote literacy by using books in the classroom.

## Online Webinar: Easing Stress to Create Success Series: Guide to Behavior Management

**Presenter:** Savannah Partin  
**Intermediate Training Level**  
**AL Pathways:** CGD

**Age Group:** ALL  
**1 hours / 1 Contact Hour**  
**CDA:** 7

**CCDF:** 13, 15  
**DHR:** CD, PDG

ALL Counties, Webinar  
February 23, 2021; 5:30pm - 6:30pm  
Registration Ends 2/23/21

Guidance and management of challenging behaviors is one of the most sought-after topics in early childhood education. Here you will learn about some successful resources you can use to develop guidance and intervention strategies.

## Infant/Toddler and Early Childhood Environment Rating Scale-Revised (ITERS-R/ECERS-R)

**Presenter:** GRECS Staff  
**Basic Training Level**  
**AL Pathways:** CGD, LEE, PPD, HSN, DIV, MA, COA, ICFC

**Age Group:** Infant, Toddler, Preschool  
**3 hours / 0.3 CEUs**  
**CDA:** 1, 2, 3, 4, 5, 6, 7, 8

**CCDF:** 18, 20  
**DHR:** CD, QCCL, ADM

GRECS Training Room, Mobile  
February 24, 2021; 9:00am - 12:00pm  
Registration Ends 2/20/21

Learners will be introduced to the ITERS-R and ECERS-R, which is designed to assess center-based child care programs. Participants will be introduced to items in each of 7 subscales.

## Prevention and Control of Infectious Diseases and Response to Emergencies Due to Food and Allergic Reaction/ Medication Administration

**Presenter:** Pamela Senters, RNC  
**Basic Training Level**  
**AL Pathways:** HSN

**Age Group:** ALL  
**3 hours / 3 Contact Hours**  
**CDA:** 1

**CCDF:** 1, 3, 4  
**DHR:** HSUP

GRECS Training Room, Mobile  
February 24, 2021; 12:00pm - 3:00pm  
Registration Ends 2/20/21

In this session, Participants will define common ways germs are spread in child care centers as well as identify situations which may require administration of medications in the child care setting and list the symptoms of allergies. Participants will receive 1 hour in each of the CCDF categories listed.

## Becoming Acquainted with the Program Administration Scale (PAS)

**Presenter:** Virginia Mostellar  
**Basic Training Level**  
**AL Pathways:** MA

**Age Group:** Administrators/Directors  
**2 hours / 0.2 CEUs**  
**CDA:** 5

**CCDF:** 18  
**DHR:** ADM, QCCL

GRECS Training Room, Mobile  
February 24, 2020; 2:00pm - 4:00pm  
Registration Ends 2/20/21

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

## Free Public Health and Safety: First Aid and CPR Training

**Presenter:** Pamela Senters, RNC  
**Basic Training Level**  
**AL Pathways:** HSN

**Age Group:** ALL  
**4 hours**  
**CDA:** 1

**CCDF:** 10  
**DHR:** HSUP

GRECS Training Room, Mobile  
February 25, 2021; 8:00am - 12:00pm  
Registration Ends 2/20/21

Training is to provide participants with the practice and assimilation of skills to perform CPR and Basic First-aid with a certification from The Emergency Care and Safety Institute (ECSI).



# Calendar of Events

A Pull-Out Section for Posting & Copying!



## Getting Started 2021

We will introduce you to the foundational information you need to provide safe environments, nurturing interactions & developmentally appropriate experiences for the children in your care. This basic- level, 12 hour course is broken down into (3), four-hour segments. The training you receive will meet Alabama Department of Human Resources' 12-hour training requirement to work in child care. **You must attend all sessions and will receive credit in all DHR.** (Presenter: GRECS Staff; DHR: CD, CCPF, LD, QCCL, PDG, HSUP; Alabama Pathways: CGD, ICFC, LEE, HSN, PPD; CDA: 1, 2, 3, 4, 5, 6, 8; CCDF: 1, 7, 9, 13, 15, 17, 20; Basic Training Level; 12 hours/1.2 CEUs; Appropriate for ALL Age Groups)

**January 26, 27, 28, 2021**  
**8:30am-12:30pm**  
**GRECS Training Room**

**March 23, 24, 25, 2021**  
**8:30am-12:30pm**  
**GRECS Training Room**

AND

## Webinars Offered for January, February and March 2021

These webinars are offered through ZOOM.us and you will be able to register for these session through our online portal on our website at [www.grecs.org](http://www.grecs.org)  
All webinars are offered for all counties and centers who are interested and are free of charge! Contact hours will be offered for each session and can be found in your student profile upon completion!

**Check out our YOUTUBE page to learn how to register today!**

**January 12** - *Beyond the Crayon: Fostering Children's Creativity (APT)*; 6:30p-8:30p; **All Counties**;  
**January 28** - *My Sensitive Senses*; 5:30p-6:30a; **All Counties**;  
**February** - *Professionalism Makeover: Are Your Professional Practices Up-to-Date?*; 9:00a-11:00a; **All Counties**

**March 4** - *Moving On: Transitioning from the Infant Room to Toddler Room*; 6:00p-7:00p;**All Counties**  
**March 6** - *Play Is Learning In Family Child Care*; 9:30a-10:30a; **All Counties**  
**March 20** - *Minding Our Manners*; 9:00a-11:00a; **All Counties**  
**March 23** - *Talking to Children About Race and Racism (APT)*; 6:00p-8:00p; **All Counties**

More webinars will be offered through out the quarter! Be sure to regularly check our website and social media pages for updates!

## School Age Course 2021

After school and summer programs help kids learn and grow, keep children and teenagers safe, and support families to balance work with home. Research shows that participation in quality after-school and summer programs improves school performance by closing the achievement gap, boosting student engagement, and improving foundational skills. To support these programs, the School Age Course 2021 will offer practical applications and activities you can use immediately in your program. We'll explore topics like growth, mind-set, transportation safety, messy learning, and active physical play. Guest speakers will share hands-on activities and field trip opportunities to enhance your summer programming. (Presenter: Vicki Giles; DHR: CD, LD, CCPF, PDG, QCCL, HSUP; Alabama Pathways: CGD, HSN, LEE; CDA: 1, 2, 3, 5, 8; CCDF: 3, 5, 13, 19; Basic Training Level; 12 hours/1.2 CEUs; Target Age Level: School Age)

**Thursdays, March 4, 11, 18, 2021**  
**8:30am-12:30pm**  
**GRECS Training Room**

**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.grecs.org



Gulf Regional  
**Early Childhood Services**

# January 2021



**1**  
**New Year's Day!**  
**GRECS and EHS Closed**

**2**

**4**

**5**

**6**

**7**

**8**

**9**

**READ CAREFULLY - IMPORTANT!**  
Beginning October 2017, GRECS will be using an online service, ABC SignUp, for training class registrations. You will need to set up a free account with a valid e-mail address before registering. AN E-MAIL ADDRESS CAN ONLY BE USED FOR ONE PERSON.  
[www.grecs.org](http://www.grecs.org)



**11**

**12 Director's Forum – Strengthening Business Practices: Financial Forms and Internal Controls; 9:00am-12:00pm; Mobile**  
**Beyond the Crayon: Fostering Children's Creativity (APT); 6:30p-8:30p; All Counties; Webinar**

**13 Prevention of Shaken Baby Syndrome, Abusive Head Trauma, and SIDS. The Use of Safe Sleep Practices; 9:00a-11:00a; Mobile**

**14 Preparing for Emergencies in the Child Care Settings; 6:00p-8:00p; Mobile**

**15**

**16**

**18**

**GRECS and EHS Closed for Martin Luther King Jr. Day**

**19 Easing Stress to Create Success Series: Strategies For Success; 5:30p-6:30p; All Counties; Webinar**

**20 Early Literacy: It's More Than ABC's; 6:00p-8:00p; Mobile**

**21 Welcome to Your Classroom: Creating an Environment for All Children to Be Successful (APT); 6:00p-8:00p; Mobile**

**22**

**23 Making Math Meaningful with Mixed Age Groups; 9:00a-11:00a; Mobile**

**25**

**26 Getting Started 2021 (Day 1); 8:30a-12:30p; Mobile**  
**Fit, Flexible, Fun- Preventing Childhood Obesity; 6:00p-8:00p; Mobile**

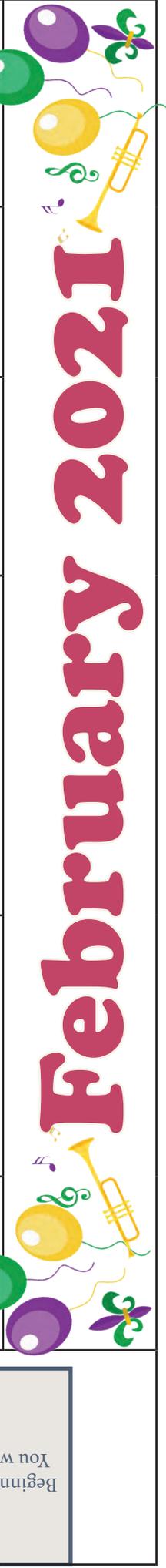
**27 Getting Started 2021 (Day 2); 8:30a-12:30p; Mobile**

**28 Getting Started 2021 (Day 3); 8:30a-12:30p; Mobile**  
**My Sensitive Senses; 5:30p-6:30p; All Counties; Webinar**

**29**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>READ CAREFULLY - IMPORTANT INFORMATION!</b></p> <p>Beginning October 2017, GRECS will be using an online service, ABC SignUp, for training class registrations. You will need to set up a free account with a valid e-mail address before registering. AN E-MAIL ADDRESS CAN ONLY BE USED FOR ONE PERSON.</p> <p><a href="http://www.grecs.org">www.grecs.org</a></p>	1	<p>2 Director's Forum – Strengthening Business Practices: Building a Budget; 9:00a-12:00p; <b>Mobile</b></p> <p>Easing Stress to Create Success Series: Educating Families on Developmentally Appropriate Practices; 5:30p-6:30p; <b>All Counties; Webinar</b></p>	3 Building and Physical Premises Safety/ Handling and Storage of Hazardous Materials; 9:00a-11:00a; <b>Mobile</b>	4 A YES Environment: Promoting Positivity in Your Classroom; 6:00p-8:00p; <b>Mobile</b>	5	6
	8	<p>9 Baby Let's Go Outside; 10:00a-12:00p; <b>Mobile</b></p> <p>It Isn't Rocket Science: Adding STEM to the Infant/Toddler Classroom (APT); 6:00p-8:00p; <b>Mobile</b></p>	10	11 Language of Friends: Using Puppets and Literature to Build Social Skills; 6:00p-8:00p; <b>Mobile</b>	12	13
	15	<p>16</p> <p><b>Mardi Gras!</b> <b>GRECS and EHS Closed</b></p>	17	18 Meaningful Conversations; 6:00p-8:00p; <b>Mobile</b>	19	20 How to Build Your Classroom Library; 9:30a-11:30a; <b>Mobile</b>
	22	23 Easing Stress to Create Success Series: Guide To Behavior Management; 5:30p-6:30p; <b>All Counties; Webinar</b>	24 Infant/Toddler and Early Childhood Environment Rating Scale- Revised (ITERS-R/ECERS-R); 9:00a-12:00p; <b>Mobile</b>	25 Free Public Health and Safety: First-Aid and CPR Trainings; 8:00a-12:00p; <b>Mobile</b>	26	27 Professionalism Makeover: Are Your Professional Practices Up-to-Date?; 9:00a-11:00a; <b>All Counties; Webinar</b>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>1</b></p>		<p><b>2</b> Directors Forum: Take a Risk! (On Active Physical Play); 9:00a-12:00p; <b>Mobile</b></p> <p>Toddlers and Challenging Behaviors; 6:00p-8:00p; <b>Mobile</b></p>	<p><b>3</b> Prevention of Shaken Baby Syndrome, Abusive Head Trauma, and SIDS. The Use of Safe Sleep Practices; 12:00p-2:00p; <b>Mobile</b></p>	<p><b>4</b> School-Age Course 2021 (Day 1); 8:30a-12:30p; <b>Mobile</b></p> <p>Moving On: Transitioning from the Infant Room to the Toddler Room (APT); 6:00p-7:00p; <b>All Counties; Webinar</b></p>	<p><b>5</b></p>	<p><b>6</b> Play Is Learning In Family Child Care; 9:30a-10:30a; <b>All Counties; Webinar</b></p>
<p><b>8</b></p>	<p><b>9</b> Easing Stress to Create Success Series: Successful Ways to Reduce Burnout; 5:30p-6:30p; <b>All Counties; Webinar</b></p>	<p><b>16</b> Math Play with Preschoolers; 6:00p-8:00p; <b>Mobile</b></p>	<p><b>10</b> Building and Physical Premises Safety/ Handling and Storage of Hazardous Materials; 12:00p-2:00p; <b>Mobile</b></p> <p>Exploring Diversity In the ECE Classroom; 6:00p-8:00p; <b>Mobile</b></p>	<p><b>11</b> School-Age Course 2021 (Day 2); 8:30a-12:30p; <b>Mobile</b></p> <p>Teaching Empathy to Children; 6:00p-8:00p; <b>Mobile</b></p>	<p><b>12</b></p>	 <p><b>13</b></p>
<p><b>15</b> Introduction to the Child Development Associate Credential (CDA); 5:30p-7:30p; <b>Mobile</b></p>	<p><b>22</b> Free Public Health and Safety: First-Aid and CPR Training; 12:00p-4:00p; <b>Mobile</b></p>	<p><b>23</b> Getting Started 2021 (Day 1); 8:30a-12:30p; <b>Mobile</b></p> <p>Talking to Children About Race and Racism (APT); 6:00p-8:00p; <b>All Counties; Webinar</b></p>	<p><b>24</b> Getting Started 2021 (Day 2); 8:30a-12:30p; <b>Mobile</b></p>	<p><b>18</b> School-Age Course 2021 (Day 3); 8:30a-12:30p; <b>Mobile</b></p> <p>Hazard Recognition and Accidental Prevention; 6:00p-8:00p; <b>Mobile</b></p>	<p><b>19</b></p>	<p><b>20</b> Minding Our Manners; 9:00a-11:00a; <b>All Counties; Webinar</b></p>
<p><b>29</b></p>	<p><b>30</b> From Birth: The Reading Journey; 5:30p-7:30p; <b>Mobile</b></p>	<p><b>31</b> Preventing Disease Transmission- Infectious Disease and BBP; 6:00p-8:00p; <b>Mobile</b></p>	<p><b>25</b> Getting Started 2021 (Day 3); 8:30a-12:30p; <b>Mobile</b></p> <p>The Growing Brain: Social Emotional Development; 4:00p-6:00p; <b>All Counties; Webinar</b></p>	<p><b>26</b></p>	<p><b>27</b></p>	



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[www.grecs.org](http://www.grecs.org)

## When Babies Cry

**Presenter:** Victoria Bolton

**Age Group:** Infants

GRECS Training Room, Mobile  
February 9, 2021; 10:00am - 12:00pm

**Basic Training Level**

2 hours / 0.2 CEUs

**CCDF:** 6, 11

Registration Ends 2/6/21

**AL Pathways:** CGD, HSN, ICFC

**CDA:** 2, 3, 8

**DHR:** CD, HSUP, PDG

Babies are a great joy to their parents and those who care for them! Sometimes their crying can be challenging. Learning the facts about infant crying and ways to soothe your baby can help when crying becomes stressful. This workshop will discuss the facts about infant crying, improve understanding of Shaken Baby Syndrome, and teach participants ways to soothe your baby when crying becomes difficult to cope with.

## Online Webinar: Professionalism Makeover: Are Your Professional Practices Up-to-Date?

ALL Counties, Webinar

**Presenter:** Lisa Kirkland

**Age Group:** ALL

February 27, 2021; 9:00am - 11:00am

**Basic Training Level**

2 hours / 2 Contact Hours

**CCDF:** 18

Registration Ends 2/26/21

**AL Pathways:** PPD

**CDA:** 1, 6

**DHR:** CCPF

This session will explore the importance of taking time for yourself to reenergize your mind, body, and soul. Participants will also identify causes of stress in the child care profession.

Training classes are listed in date order.

## MARCH TRAINING 2021

### Director's Forum - Take a Risk! (On Active Physical Play)

GRECS Training Room, Mobile

**Presenter:** Vicki Giles

**Age Group:** ALL, Directors

March 2, 2021; 9:00am - 12:00pm

**Intermediate Training Level**

3 hours / 0.3 CEUs

**CCDF:** 13, 1

Registration Ends 2/27/21

**AL Pathways:** MA, CGD, HSN

**CDA:** 1, 2, 5, 8

**DHR:** AM, HSUP, CD

As educators working with young children, we all have boundaries and feelings around what risky play should be allowed. In this session, we will explore these boundaries and rethink our role in allowing children to play and confront risk on their own terms.

### Toddlers and Challenging Behaviors

GRECS Training Room, Mobile

**Presenter:** Victoria Bolton

**Age Group:** Infants, Toddler

March 2, 2021; 6:00pm - 8:00pm

**Basic Training Level**

2 hours / 0.2 CEUs

**CCDF:** 15, 20

Registration Ends 2/27/21

**AL Pathways:** CGD, LEE

**CDA:** 1, 3, 5, 8

**DHR:** PDG, CD

This training will provide information on the meaning behind challenging behaviors and offer suggestions to help care givers set age-appropriate limits.

### Prevention of Shaken Baby Syndrome, Abusive Head Trauma, and SIDS. The Use of Safe Sleep Practices

GRECS Training Room, Mobile

**Presenter:** Pamela Senters, RNC

**Age Group:** ALL

March 3, 2021; 12:00pm - 2:00pm

**Basic Training Level**

2 hours / 2 Contact Hours

**CCDF:** 2, 6

Registration Ends 2/27/21

**AL Pathways:** HSN

**CDA:** 1

**DHR:** HSUP

This session will provide participants with essential information on Shaken Baby Syndrome and Abusive Head Trauma in a child care setting while also recognizing risks factors and prevention of Sudden Infant Death Syndrome in a day care or home day care setting, with emphasis on safe sleep.

### School Age Course 2021

GRECS Training Room, Mobile

**Presenter:** Vicki Giles

**Age Group:** School-Age

March 4, 11, 18, 2021; 8:30am - 12:30pm

**Basic Training Level**

12 hours / 1.2 CEUs

**CCDF:** 13, 19

Registration Ends 2/27/21

**AL Pathways:** CGD, LEE, HSN

**CDA:** 1, 2, 3, 5, 8

**DHR:** CD, LD, CCPF, PDG, QCCL, HSUP

Afterschool and summer programs help kids learn and grow, keep children and teenagers safe, and support families to balance work with home. Research shows that participation in quality after-school and summer programs improves school performance by closing the achievement gap, boosting student engagement, and improving foundational skills. To support these programs, the School Age Course 2021 will offer practical applications and activities you can use immediately in your program. We'll explore topics like growth mindset, transportation safety, messy learning, and active physical play. Guest speakers will share hands-on activities and field trip opportunities to enhance your summer programming. **You must attend all sessions and will receive credit in all DHR.**

### Online Webinar: Moving On: Transitioning from the Infant Room to the Toddler Room

ALL Counties, Webinar

**Presenter:** Kim Johnson

**Age Group:** Infants, Toddler

March 4, 2021; 6:00pm - 7:00pm

**Basic Training Level**

1 hour / 1 Contact Hour

**CCDF:** 13, 16, 20

Registration Ends 3/4/21

**AL Pathways:** ICFC, CGD, LEE

**CDA:** 1, 2, 3, 4, 6

**DHR:** QCCL, CCPF, CD

When you think about an infant room, it is filled with sleeping babies, rocking chairs, soft music and lighting, and babies on mats playing. Now peek next door into the toddler room. It's busy, bustling and very active. Toddlers are in constant motion. This training will offer suggestions and insights into how to make this transition go as smoothly as possible.

## Play is Learning in Family Child Care

**Presenter:** Facethia Hogue

**Age Group:** ALL

ALL Counties, Webinar  
March 6, 2021; 9:30am - 10:30am

**Basic Training Level**

1 hour / 1 Contact Hour

**CCDF:** 13

Registration Ends 3/5/21

**AL Pathways:** CGD, LEE

**CDA:** 1, 3, 8

**DHR:** LD, CD

To play is to learn. No other activity contributes as much to the growth and development of children in the early years. Every day that children are engaged in play provides endless opportunities to learn through meaningful situations. Come explore a wide range of practical idea for supporting children's development through play.

## Online Webinar: Easing Stress to Create Success Series: Successful Ways to Reduce a Burnout

ALL Counties, Webinar

**Presenter:** Savannah Partin

**Age Group:** ALL

March 9, 2021; 5:30pm - 6:30pm

**Intermediate Training Level**

1 hours / 1 Contact Hour

**CCDF:** 13, 15

Registration Ends 3/9/21

**AL Pathways:** PPD, HSN

**CDA:** 6

**DHR:** CCPF, HSUP

Practicing self-care is important to provide high-quality programs to young children and their families. Through this webinar you will learn how to rekindle your passion and enjoy helpful tips to prevent burnout.

## Building and Physical Premises Safety/ Handling and Storage of Hazardous Materials

GRECS Training Room, Mobile

**Presenter:** Pamela Seters, RNC

**Age Group:** ALL

March 10, 2021; 12:00pm - 2:00pm

**Basic Training Level**

2 hours / 2 Contact Hours

**CCDF:** 5, 8

Registration Ends 3/6/21

**AL Pathways:** HSN

**CDA:** 1

**DHR:** HSUP

Participants will discuss essential information on ways to identify potential risks and promote building and physical premises safety in the child care setting including Electrical Hazards, Bodies of Water, Vehicular Traffic, Playground Safety, and Sun Safety. Participants will also review essential information on handling and storing hazardous materials in the child care setting.

## Exploring Diversity in the ECE Classroom

GRECS Training Room, Mobile

**Presenter:** LaDanika York

**Age Group:** Preschool

March 10, 2021; 6:00pm - 8:00pm

**Basic Training Level**

2 hours / 0.2 CEUs

**CCDF:** 15, 16

Registration Ends 3/6/2021

**AL Pathways:** DIV

**CDA:** 3, 4

**DHR:** CD, LD

Participants will explore ways of understanding diversity and fostering inclusion, acceptance, and cultural awareness in an early childcare setting through PBS KIDS learning resources, including video programs, books, and more!

## Teaching Empathy to Children

GRECS Training Room, Mobile

**Presenter:** Virginia Mostellar

**Age Group:** ALL

March 11, 2021; 10:00am - 12:00pm

**Basic Training Level**

2 hours / 0.2 CEUs

**CCDF:** 13, 15, 19

Registration Ends 3/6/21

**AL Pathways:** CGD, LEE

**CDA:** 3, 5, 8

**DHR:** CD, LD

How can we teach children to imagine how someone else feels and to respond in helpful ways? We can help them build a better community by teaching them the value of empathy.

## Introduction to the Child Development Associate Credential (CDA)

GRECS Training Room, Mobile

**Presenter:** Allison Goff

**Age Group:** ALL

March 15, 2021; 5:30pm - 7:30pm

**Basic Training Level**

2 hours / 0.2 CEUs

**CCDF:** 20

Registration Ends 3/6/21

**AL Pathways:** PPD

**CDA:** 6

**DHR:** QCCL, CCPF

This introduction is designed for any professional early child care educator considering applying for the CDA Credential. This session will answer the most frequently asked questions, and address eligibility requirements and questions about applying. Participants will gain a solid sense of the credentialing process.

## Math Play With Preschoolers

GRECS Training Room, Mobile

**Presenter:** Vicki Giles

**Age Group:** Preschoolers

March 16, 2021; 6:00pm - 8:00pm

**Intermediate Training Level**

2 hours / 0.2 CEUs

**CCDF:** 13

Registration Ends 3/13/21

**AL Pathways:** COA

**CDA:** 2, 8

**DHR:** CD

What is DAP? In this session, we'll gain an understanding of developmentally appropriate practice and explore playful strategies to engage preschoolers in math experiences

## Hazard Recognition and Accident Prevention

**Presenter:** Avery Fick      **Age Group:** ALL  
**Basic Training Level**      2 hours / 0.2 CEUs      **CCDF:** 5, 7  
**AL Pathways:** HSN      **CDA:** 1, 7      **DHR:** HSUP

GRECS Training Room, Mobile  
March 18, 2021; 6:00pm - 8:00pm  
Registration Ends 3/13/21

Participants will learn how to prevent injuries, recognize potential safety hazards, and understand how to create a safe environment in early care and education settings.

## Online Webinar: Minding Our Manners

**Presenter:** Lisa Kirkland      **Age Group:** Preschool  
**Basic Training Level**      2 hours / 2 Contact Hours      **CCDF:** 13, 15  
**AL Pathways:** LEE      **CDA:** 3, 8      **DHR:** CD, PDG

ALL Counties, Webinar  
March 20, 2021; 9:00am - 11:00am  
Registration Ends 3/19/21

This session will identify ways to support the development of social skills. Participants will identify ways to teach children manners.

## Free Public Health and Safety: First Aid and CPR Training

**Presenter:** Pamela Senters, RNC      **Age Group:** ALL  
**Basic Training Level**      4 hours      **CCDF:** 10  
**AL Pathways:** HSN      **CDA:** 1      **DHR:** HSUP

GRECS Training Room, Mobile  
March 22, 2021; 12:00pm - 4:00pm  
Registration Ends 3/20/21

Training is to provide participants with the practice and assimilation of skills to perform CPR and Basic First-aid with a certification from The Emergency Care and Safety Institute (ECSI).

## Getting Started 2021

**Presenter:** GRECS Staff      **Age Group:** ALL  
**Basic Training Level**      12 hours / 1.2 CEUs      **CCDF:** 1, 7, 9, 13, 15, 17, 20  
**AL Pathways:** CGD, ICFC, LEE, HSN, PPD      **CDA:** 1, 2, 3, 4, 5, 6, 8      **DHR:** HSUP, CD, CCPF, LD, QCCL, PDG

GRECS Training Room, Mobile  
March 23-25, 2021; 8:30am - 12:30pm  
Registration Ends 3/20/21

This basic-level, 12 hour course is broken down into (3), four-hour segments. The training you receive will meet Alabama Department of Human Resources' 12-hour training requirement to work in child care. **You must attend all sessions and will receive credit in all DHR.**

## Online Webinar: Talking to Children About Race and Racism (APT)

**Presenter:** APT Staff      **Age Group:** School-Age  
**Basic Training Level**      2 hours / 2 Contact Hours      **CCDF:** 13, 19  
**AL Pathways:** CGD, LEE, DIV      **CDA:** 1, 2, 3      **DHR:** CD

ALL Counties, Webinar  
March 23, 2021; 6:00pm - 8:00pm  
Registration Ends 3/23/21

This training is designed to provide participants with resources to foster authentic, meaningful, and thought-provoking conversations with children about race and racism. We will address implicit bias, microaggression, related issues, and what we can do to prevent them from manifesting. We will also explore books and ideas to help promote anti-racism and empathy.

## Online Webinar: The Growing Brain: Social Emotional Development

**Presenter:** Alicia Richardson      **Age Group:** ALL  
**Intermediate Training Level**      2 hours / 2 Contact Hours      **CCDF:** 13, 17, 20  
**AL Pathways:** CGD, LEE      **CDA:** 2, 3, 8      **DHR:** CD, PDG

ALL Counties, Webinar  
March 25, 2021; 4:00pm - 6:00pm  
Registration Ends 3/25/21

This interactive session will provide teachers ways to support language, cognition, prosocial behavior, and social-emotional development. Participants will discuss ways to reduce toxic stress that can negatively influence brain development of very young children.

## From Birth: The Reading Journey

**Presenter:** Virginia Mostellar      **Age Group:** Infant, Toddler, Preschool  
**Basic Training Level**      2 hours / 0.2 CEUs      **CCDF:** 13, 16, 17, 20  
**AL Pathways:** CGD, ICFC, PPD      **CDA:** 2, 3, 6, 8      **DHR:** CD, LD, CCPF

GRECS Training Room, Mobile  
March 30, 2021; 5:30pm - 7:30pm  
Registration Ends 3/27/21

This course explores the importance of relationships and interactions in the journey from birth to reading readiness.

## Preventing Disease Transmission-Infection Disease Control

**Presenter:** Avery Fick      **Age Group:** ALL  
**ALL Training Level**      2 hours / 0.2 CEUs      **CCDF:** 1  
**AL Pathways:** HSN      **CDA:** 1, 8      **DHR:** HSUP

GRECS Training Room, Mobile  
March 31, 2021; 6:00pm - 8:00pm  
Registration Ends 3/27/21

Most cases of the flu occur between late December and early March. Infection control measures can be as simple as hand washing and as sophisticated as high-level disinfection. In this information-filled session, you'll identify how you can prevent the spread of disease in early learning environments.

## **TRAINING LEGEND DHR 2019**

### **Training Levels**

**Basic** = Most appropriate for entry-level professionals who are new to early childhood and/or school-age care. Basic Level Training covers a foundational understanding and demonstration of developing skills.

**Intermediate** = Most appropriate for professionals who have at least (2) years of experience and 120 hours of training in child development, and are moving toward more formal education. Intermediate Level Training includes expanding knowledge and application, and refining skills.

**Advanced** = Most appropriate for professionals who have at least three (3) years of experience and 30 credit hours in child development. Advanced Level Training focuses on a more thorough knowledge and understanding of developmentally appropriate practice and highly effective application and demonstration of skills.

### **DHR Minimum Standards Training Areas**

CD = Child Development  
HSUP = Health, Safety, and Universal Precautions  
QCCL = Quality Child Care and Licensing  
CCPF = Child Care Professional and the Family  
LD = Language Development  
PDG = Positive Discipline and Guidance  
AM = Administration and Management

### **CDA (Child Development Associate) Subject Areas**

1. Planning a safe, healthy learning environment
2. Advancing children's physical and intellectual development
3. Supporting children's social and emotional development
4. Building productive relationships with families
5. Managing an effective program
6. Maintaining a commitment to professionalism
7. Observing and recording children's behavior
8. Understanding principles of child development and learning

### **Alabama Pathways Core Knowledge Areas (CKA)**

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

### **CCDF Training Areas**

1. Prevention and control of infectious diseases (including immunizations)
2. Sudden Infant Death Syndrome (SIDS) prevention and use of safe sleep practices
3. Administration of medication
4. Prevention of and response to emergencies due to food and allergic reactions
5. Building and physical premises safety, including identifying electrical hazards, bodies of water, and vehicular traffic
6. Prevention of Shaken Baby Syndrome and abusive head trauma
7. Emergency preparedness and response planning for natural or man-caused events
8. Handling and storage of hazardous materials, including correct disposal of bio-contaminants
9. If applicable, appropriate precautions in transporting children
10. First-aid and CPR
11. Recognizing and reporting child abuse and neglect
12. Identifying and serving homeless children and their families
13. Promoting the social, emotional, physical, and cognitive development of children, including those related to nutrition and physical activity, using scientifically-based, developmentally appropriate and age appropriate strategies
14. Caring for children in geographic areas with significant concentrations of poverty and unemployment
15. Implementing behavior strategies, including positive behavior interventions and support models that promote positive social and emotional development and reduce challenging behaviors, including reducing expulsions of preschool-aged children for such behaviors
16. Engaging parents and families in culturally and linguistically appropriate ways to expand their knowledge, skills and capacity to be meaningful partners in supporting their children's positive development
17. Understanding early neurological development
18. Using data to guide program improvement
19. Supporting positive development of school-age children
20. Improving the quality of programs and services for infants and toddlers

### **Target Age Groups**

Infants = Birth to 12 months  
Toddlers = 1 and 2 year olds  
Preschoolers = 3 and 4 year olds  
School-agers = 5 to 12 year olds  
ALL = Infants, Toddlers, Preschoolers, and School-agers





# Join Us

**ALABAMA ASSOCIATION**

**FOR EARLY CARE AND EDUCATION**

**1.26.2021**

Alabama's grassroots early childhood/child care association invites you to safely gather with us for a morning of learning and fellowship with other industry professionals. Space is very limited. Virtual participation available.

**GRECS SMALL TRAINING ROOM  
9:30AM - 11AM**

Contact Jessica Stinson to reserve your seat - 251-473-1060 ext 123;  
jstinson@grecs.org; aalece@gmail.com

**ALABAMACHILDCARE.ORG  
AALECE@GMAIL.COM**

## *Easing Stress to Create Success Webinar Series*

PRESENTING  
SAVANNAH PARTIN

*Join Savannah and GRECS Staff to learn about successful strategies to use in and out of the classroom and in your everyday life! Listed below are the dates and session titles for each course! Flip to the class listing to find out more about each webinar!*

*S. 1 - Strategies for Success*  
January 19, 2021 | 5:30p-6:30p

*S.2 - Educating Families on Developmentally Appropriate Practices*  
February 2, 2021 | 5:30p-6:30p

*S. 3 - Guide to Behavior Management*  
February 23, 2021 | 5:30p-6:30p

*S. 4 - Successful Ways to Reduce a Burnout*  
March 9, 2021 | 5:30p-6:30p





# Jubilee Child Care Center & PreSchool



**TAKE A LOOK AT OUR  
AMAZING TEACHERS AND  
CHILDREN AT JUBILEE!**

**FUN AND LEARNING  
IT'S  
WHAT  
WE  
DO.**



## APT WINTER ONLINE TRAINING

Each Quarter, Alabama Public Television™ offers free online training for anyone interested in expanding their professional development! We encourage you to check out what they have in store and register directly through their website,

<https://aptv.org/education/learn-online/>

Registration opens on their website December 7, 2020

ALABAMA EARLY LEARNING GUIDELINES: *JANUARY 4, 2021 – FEBRUARY 22, 2021*

TALKING TO YOUNG CHILDREN ABOUT RACE AND RACISM: *JANUARY 11, 2021 – FEBRUARY 22, 2021*

ACES: UNDERSTANDING AND PREVENTING ADVERSE CHILDHOOD EXPERIENCES: *JANUARY 18, 2021 – MARCH 1, 2021*

EXPLORING LITERACY DEVELOPMENT WITH PBS KIDS! *JANUARY 25, 2021 – MARCH 8, 2021*

ALABAMA HISTORICAL HEROES (ON DEMAND 2-HOUR COURSE)

# Special Delivery Courses

Please Contact: Hannah Presley  
251-473-1060 Ext 101

We are offering special delivery courses for the following sessions:

- Infant/Toddler Environment Rating Scale- Revised (ITERS-R)
- Early Childhood Environment Rating Scale - Revised ECERS-R)
- Program Administration Scale (PAS)
- Family Child Care Environment Rating Scale - Revised (FCCERS-R)  
**\*\*For Family Daycare Homes ONLY\*\***
- Business Administration Scale (BAS)  
**\*\*For Family Daycare Homes ONLY\*\***

Please Contact Hannah Presley for more details on how you can schedule a training!  
Please Call: 251-473-1060 Ext 101

## The Resource Place: Update

The Resource Place & Lending Library  
are now open!!

**BY APPOINTMENT ONLY**

Call 251-473-1060

**to make your appointment today!**

We have put together a set of procedures for disinfecting the different resources and lending items in our library to promote a healthy environment for our patrons. Checked out items will be disinfecting before being returned to the library for further use.

**Hours of Operation:** Tuesday - Thursday  
9a - 4p

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.

## CPR & First Aid Training on Saturdays!

On the second Saturday of every month, our friends at Complete Safety Works are offering Heart Saver First Aid and Adult, Child & Infant CPR/AED training!

*You must register through and make payment to Complete Safety Works.*

First Aid - \$45 | CPR - \$45

Both First Aid & CPR - \$55

**Contact Complete Safety Works for more info.**

90 N Sage Avenue

Mobile, AL 36607

251-479-6788



**Gulf Regional Childcare Management Agency, Inc.**

3100 Cottage Hill Road; Building 4, Suite 400; Mobile, AL 36606

Phone: 251-473-1060; Fax: 251-473-1084

VISIT US  
ON THE WEB!  
[www.greccs.org](http://www.greccs.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**

**January 18 , 2021**  
Martin Luther King Day

**February 15-16, 2021**  
Mardi Gras Holiday

