



Early Learning News

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



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The bees are buzzing, the flowers are blooming, and the sun is blazing (some of the time). Check out these activities to try with your little ones in the lazy, hazy days of summer—rain or shine.

5 Things to Do on a Sunny Day

For babies:

1. Take a tour of the park. Holding baby in your arms, show him all the cool things in your park or yard: Here's the slide—want to touch? Here's the garbage can, it's stinky! This is a rose bush, let's have a smell! Give him the chance to explore what's safe to touch—like shaking a branch or grabbing the swing.

2. Try tummy time on the grass. Lay a towel or blanket on the grass outside and then place baby on her belly. Lie down facing her, if you'd like. Read a board book or try a finger-play offsite link as you experience the world from a new perspective.

For toddlers:

3. Paint a shower curtain. Big, messy art projects are more fun outside when it's warm and a hose is within easy reach for clean-up. You'll need: an inexpensive shower curtain or liner (or old newspapers), washable paints, and bathing suits or old clothes for the painters. (Paintbrushes are optional. Kids can also paint with hands and feet.) Spread the shower curtain or newspapers on the ground and start painting.

4. Wash up! Gather up toy cars and trucks, washable dolls, child-safe plates/cups, and more. Fill a plastic container part way with water. If you want bubbles, add dish soap or shaving cream. Offer your child sponges, brushes, or dish rags to use as cleaning tools. (Supervise all water activities carefully and pour water out when your child is done playing.)

For babies and toddlers:

5. Have a picnic. Lay a blanket or towel on the ground outside and enjoy a meal or snack under a bright blue sky. Bring a few books to share, sing some songs. Lay on your back to look at the clouds or lay on your bellies to look at each other.

For more great ideas visit www.zerotothree.org! Written by Kathy Kinsner; Reprinted with permission from ZEROtoTHREE

Don't just
Tell children
about the
world.
Show
them.

- Penny Whitehouse



Gulf Regional
Early Childhood Services

Alabama Early Learning Guidelines (AELG)

Children grow, develop, and learn throughout their lives. Alabama's Early Learning Guidelines are presented as a guide of building blocks that are important to support early care and to educate providers in preparing each child for future success in school and life. This basic-level, 18-hour course is broken down into 9, two-hour sessions. After completing the 18-hour course, you will receive an Alabama Early Learning Guidelines Credential from The Department of Human Resources.

You must attend Session 1: Orientation before taking any other session.

(AELG) Session 1- Orientation: September 23, 2020 | 6:00pm-8:00pm

(AELG) Session 2 -Observation: September 30, 2020 | 6:00pm-8:00pm

(AELG) Session 3- The Role of Parent and Caregiver: October 7, 2020 | 6:00pm-8:00pm

(AELG) Session 4- Self-Concept and Emotional Development: October 14, 2020 | 6:00pm-8:00pm

(AELG) Session 5 Social Development: October 21, 2020 | 6:00pm-8:00pm

(AELG) Session 6- Language and Literacy: October 28, 2020 | 6:00pm-8:00pm

(AELG) Session 7- Physical Development: November 4, 2020 | 6:00pm-8:00pm

(AELG) Session 8- Cognitive Development: November 11, 2020 | 6:00pm-8:00pm

(AELG) Session 9- Putting it All Together: November 18, 2020 | 6:00pm-8:00pm



2020 Summer Conference

A professional development event for early childhood professionals

Space is limited so visit our website to learn more and to reserve your space today!!

www.alabamachildcare.org



**Deadline to
Register is
June 30!**

July 13-15

5 Steps to Prepare Your Child Care Center for Re-Opening After COVID-19

You may be eager to get your child care center up and running, but there are some important steps to think through first including your finances, updating health and safety procedures, reassuring families their children will be protected and training your staff on new processes. This checklist can help ensure you've taken the necessary steps.

1 Strategically Prioritize

Carefully think through all the steps required to reopen your child center, define priorities and focus on what's most important. Doing this will give you clarity and peace of mind.

- Stay in touch with local regulatory agencies. They have the best, most up-to-date information on what you'll need to do when you reopen.
- Communicate regularly with your families and staff about your reopening plans.

2 Carefully Assess Finances

Forecast enrollment rates, including planning for new regulations that limit the number of children per room. If families slowly re-enroll their children, assess the impact to your finances. Conversely, how would you handle an overwhelming number of new enrollment requests?

- Estimate expenses including the number of employees you'll need and new supplies to purchase such as masks, PPE and disinfectants.
- If you applied for assistance and haven't received funding yet, stay in constant contact with your lender. Be persistent and don't give up until you get a hard "no".

3 Address Parents' Fears

Clearly describe to parents the new procedures you're implementing to protect their children. Your reassurance that you're committed to keeping their children safe will impact their willingness to re-enroll.

- Explain new procedures such as screening staff and children regularly for symptoms and requiring curb-side/drop-off. Describe how your staff will enforce proper social distancing, wear PPE and disinfect surfaces frequently.
- Reach out frequently to keep parents updated on your reopening timeline and to provide reassurances that you care about them and their children.

4 Prepare Your Staff

Train staff on procedures and make sure they're comfortable with them.

- Poll your staff to determine which employees will return. Do any have pre-existing health conditions or young children at home that make it difficult to work? Are there other ways they can support your childcare center in the meantime such as doing office tasks?
- Regularly ask how they are doing and update them on your reopening plans.

5 Stay Positive and Focused on New Opportunities

Be positive and confident in all your communications - parents and staff will find it reassuring.

- Look for new business opportunities. For example, some of your competitors may not re-open. Can you form partnerships with them to welcome their students to your centers?
- Are there new services you can provide such as extended care hours?

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Put Away the Screens & Play together!



TRUCE Family Play Plans for Summer

Summertime is the perfect time for families to get outside and play. Splashing in water on a hot day. Digging in cool, slippery mud. Chalking up a sidewalk or driveway with hopscotch games or original drawings. Planting a simple garden. What child can resist such fun activities, especially when joined by siblings, parents, or even grandparents, and sometimes friends too?

Children need to learn again how to become engaged in simple games and outdoor play. But, sadly, nowadays many families seem less and less to be playing together. Busy schedules leave little time for play and little time to be together as a family. In addition, screen-based entertainment is a constant distraction. Children need to learn again how to become engaged in simple games and outdoor play after the rapid fire zap, zap, zapp they get from screen activities. However, today's parents may not have had opportunities to play when they were growing up so may not be familiar with simple games and pastimes to introduce to their own children.

Children need to learn again how to become engaged in simple games and outdoor play.

and interests.

For these reasons, TRUCE (Teachers Resisting Unhealthy Children's Entertainment), created a set of Family Play Plans to give parents some simple ideas for seasonal family activities. All the suggested activities use inexpensive or free materials that are readily available such as sand, water, cardboard, bubbles, or string. Unlike specialized toys, open-ended materials like these offer endless opportunities for rich, creative, and on-going play. The ideas can be expanded and developed depending on family member's abilities

The TRUCE Family Play Plans are fun and engaging for children, but also provide opportunities for them to learn skills such as cooperation, turn taking, and problem-solving. Parents or caregivers can add to the value of the play by getting involved, as needed, and talking about what children are doing. Most of all, the fun of playing together as a family will create powerful and lasting memories. So put away those screens and get playing! Happy summer!

Written by Diane Levin & Blakely Bundy; Reprinted with permission from © 1997-2020 Community Products, LLC dba Community Playthings



Water Play Activities

Water is a simple, everyday material which can be turned into endless hours of creative family play, especially during the hot days of summer. For example, children love "painting" with water. Fill a small bucket with water and provide paint brushes or rollers. The water darkens the surface temporarily and makes it look like a fresh coat of paint.

A box or two of chalk can provide hours of family fun. Children can experiment with chalk pieces of different sizes—fat and thin, long and short. Draw roads on the sidewalk for toy cars and trucks. Create a "hopscotch" jumping game board, or a giant checker board. Use colored paper plates as the "checkers." Wet a piece of paper with water and then draw on it with chalk. What happens?

Chalk Play Activities



Mud Play Activities

Mud offers endless opportunities for constructive and fun family play. Playing with mud—a free, open-ended material—can offer a deeper, more creative play experience than many of the expensive, one-purpose toys you can buy. In addition, mud is almost universally available. Got dirt? Just add water!

What can you do with mud? Make mud hand-prints on heavy paper or on the sidewalk. Add glitter for "fancy mud" play. Set up a "mud kitchen" outdoors, complete with pots, pans, bowls, and spoons—a perfect place to make "mud pies!"

Training classes are listed in date order.

JULY TRAINING 2020

Healthy Habits from A to Z (APT)

Presenter: Anna Merritt

Age Group: Toddler, Preschool

GRECS Training Room, Mobile

July 1, 2020; 6:00pm - 8:00pm

Basic Training Level

2 hours / 0.2 CEUs

CCDF: 13

Registration Ends 6/29/20

AL Pathways: CGD, HSN

CDA: 1

DHR: HSUP, CD

Healthy habits are important for children to promote growth, learning, and development. This workshop will discuss ways that children can stay healthy--from the first "Achoo!" to getting enough zz's.

Digital Detox

Presenter: Vicki Giles

Age Group: Toddler, Preschool, School-Age

GRECS Training Room, Mobile

July 7, 2020; 6:00pm - 8:00pm

Basic Training Level

2 hours / 0.2 CEUs

CCDF: 13, 15, 16

Registration Ends 7/6/20

AL Pathways: LEE, CGD, HSN

CDA: 1, 2, 3, 8

DHR: PDG, CCPF

In this session, we will identify ways to moderate your students' screen time and make it easier for children to disengage from digital devices. We will also explore strategies for helping parents support the classroom digital detox and regain family time as face-to-face time.

Exploring Diversity and Differences in the ECE Classroom (APT)

Presenter: LaDanika York

Age Group: Preschool

GRECS Training Room, Mobile

July 8, 2020; 6:00pm - 8:00pm

Basic Training Level

2 hours / 0.2 CEUs

CCDF: 15, 16

Registration Ends 7/6/20

AL Pathways: DIV

CDA: 3, 4

DHR: CD, LD, PDG

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.

Communicating Effectively with Parents

Presenter: Brittany Allemand

Age Group: ALL

GRECS Training Room, Mobile

July 8, 2020; 6:00pm - 8:00pm

Basic Training Level

2 hours / 0.2 CEUs

CCDF: 16

Registration Ends 7/7/20

AL Pathways: PPD, ICFC

CDA: 4, 5, 6

DHR: CCPF

This training will provide participants with communication tools and strategies. Participants will discuss multiple ways to include parents in the classroom. Participants will learn how to acknowledge and agree on the concerns and needs for the students in their care alongside the parents.

Preventing Child Abuse and Neglect in Early Childhood Settings

Presenter: Judy Cunningham

Age Group: Infants, Toddler

GRECS Training Room, Mobile

July 16, 2020; 5:30pm - 7:30pm

Basic Training Level

2 hours / 0.2 CEUs

CCDF: 6, 11

Registration Ends 7/15/20

AL Pathways: CGD, HSN, ICFC

CDA: 1, 3, 7

DHR: CD, HSUP

This session is designed to help caregivers recognize, appropriately address, and prevent abuse and neglect in early child care. Participants will also discuss the prevention of Shaken Baby Syndrome and abusive head trauma.

Free Public Health and Safety: First Aid and CPR Training

Presenter: Pamela Senters, RNC

Age Group: ALL

GRECS Training Room, Mobile

July 17, 2020; 8:00am - 12:00pm

Basic Training Level

4 hours

CCDF: 10

Registration Ends 7/15/20

AL Pathways: HSN

CDA: 1

DHR: HSUP

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).

Outdoor Play

Presenter: Lisa Kirkland

Age Group: ALL

GRECS Training Room, Mobile

July 18, 2020; 9:00am - 11:00am

Basic Training Level

2 hours / 0.2 CEUs

CCDF: 13, 19

Registration Ends 7/16/20

AL Pathways: CGD, HSN, LEE

CDA: 2, 5, 8

DHR: HSUP

Come explore the outdoors! This session will explore the importance of outdoor play and how to make it a priority. Participants will discuss safety aspects such as playground standards, inspections and equipment, all while creating the outdoor classroom as a part of the curriculum.

Getting Started 2020

Presenter: GRECS Staff

Age Group: ALL

GRECS Training Room, Mobile

July 21-23, 2020; 8:30am - 12:30pm

Basic Training Level

12 hours / 1.2 CEUs

CCDF: 5,7,13, 15,20

Registration Ends 7/20/20

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

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

DHR: HSUP

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.**

Medication Administration

Presenter: Avery Fick

Age Group: ALL

Basic Training Level

2 hours / 0.2 CEUs

CCDF: 3, 4

AL Pathways: HSN

CDA: 1

DHR: HSUP, QCCL

GRECS Training Room, Mobile

July 21, 2020; 6:00pm - 8:00pm

Registration Ends 7/20/20

During this session, we will outline general guidelines for appropriate administration of medicines and prevention of and response to emergencies due to food and allergic reactions.

Online Webinar: Words Are Here, There and Everywhere (APT)

Presenter: APT Instructor

Age Group: Preschool

Basic Training Level

2 hours/ 2 Contact Hours

CCDF: 13, 16

AL Pathways: LEE, ICFC

CDA: 2, 4, 8

DHR: LD, CCPF

ALL Counties, Webinar

July 22, 2020; 6:00pm - 8:00pm

Registration Ends 7/22/20

In this webinar, participants will explore key literacy concepts that are the foundation for language learning and reading.

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

Presenter: Kim Johnson

Age Group: Infant, Toddler

Basic Training Level

2 hours / 0.2 CEUs

CCDF: 20

AL Pathways: CGD, LEE

CDA: 2, 8

DHR: CD

GRECS Training Room, Mobile

July 23, 2020; 6:00pm - 8:00pm

Registration Ends 7/22/20

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.

Online Webinar: Outdoor Play

Presenter: Lisa Kirkland

Age Group: ALL

Basic Training Level

1 hour /1 Contact Hour

CCDF: 13

AL Pathways: CGD, HSN

CDA: 2, 5

DHR: HSUP

ALL Counties, Webinar

July 25, 2020; 10:00am - 11:00am

Registration Ends 7/25/20

Come explore the outdoors! This webinar will explore the importance of outdoor play and how to make it a priority. Participants will discuss safety aspects such as playground standards, inspections and equipment, all while creating the outdoor classroom as a part of the curriculum.

Child Development Series : Motor

Presenter: Abigail Baxter

Age Group: ALL

Intermediate Training Level

2 hours / 0.2 CEUs

CCDF: 17,19, 20

AL Pathways: CGD,LEE,ICFC

CDA: 2,3,6,8

DHR: CD,HSUP

GRECS Training Room, Mobile

July 27, 2020; 6:00pm - 8:00pm

Registration Ends 7/26/20

Participants will discuss developmentally appropriate activities that foster physical development and build self-esteem. The activities are built around developmental motor milestones and are flexible enough to encourage skill development for a variety of learners.

Online Webinar: Conscious Discipline Presenting Mara Spencer

Presenter: Mara Spencer

Age Group: ALL

Basic Training Level

1 hour /1 Contact Hour

CCDF: 13, 15

AL Pathways: CGD, LEE

CDA: 1, 2, 8

DHR: PDG, QCCL

ALL Counties, Webinar

July 28, 2020; 6:30pm - 7:30pm

Registration Ends 7/28/20

Conscious Discipline empowers teachers with the seven powers for self-control. These powers allow teachers to draw from within themselves to become pro-active instead of reactive to conflict moments.

It's Time to Take Care of Yourself: Handling Stress in Positive Ways

Presenter: Virginia Mostellar

Age Group: ALL

Intermediate Training Level

2 hours / 0.2 CEUs

CCDF: 13, 15, 19

AL Pathways: CGD, HSN, PPD

CDA: 1, 3, 6

DHR: CD, PDG, HSUP

GRECS Training Room, Mobile

July 29, 2020; 6:00pm - 8:00pm

Registration Ends 7/28/20

Everyone deals with stress! This course offers research-based ways to cope with stress for our own benefit as well as the benefit children who are noticing how we handle stressful situations.

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

Presenter: Anna Merritt

Age Group: Infants, Toddler

Basic Training Level

2 hours / 0.2 CEUs

CCDF: 20

AL Pathways: CGD, LEE

CDA: 2, 3, 8

DHR: CD, LD, QCCL

GRECS Training Room, Mobile

July 30, 2020; 6:00pm - 8:00pm

Registration Ends 7/29/20

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.

Training classes are listed in date order.

AUGUST TRAINING 2020

Building Better Block Play: Exploring the Engineering Process with Preschoolers

GRECS Training Room, Mobile

August 4, 2020; 6:00pm - 8:00pm

Registration Ends 8/3/20

Presenter: Vicki Giles

Age Group: Preschool

Intermediate Training Level

2 hours / 0.2 CEUs

CCDF: 13

AL Pathways: CGD, LEE

CDA: 2, 8

DHR: CD, LD

Join this session to learn how to build better block experiences. We will explore the engineering process to guide youngsters to ask questions and define problems, use background knowledge to plan what to build, experiment and redesign their constructions and share the results.

Environments that Speak to Us

GRECS Training Room, Mobile

August 6, 2020; 6:00pm - 8:00pm

Registration Ends 8/5/20

Presenter: Brittany Allemand

Age Group: Toddler, Preschool

Basic Training Level

2 hours / 0.2 CEUs

CCDF: 19

AL Pathways: CGD, LEE

CDA: 1, 3

DHR: CD, PDG

The environment is the most visible aspect of work done in the classroom. This course will explain how teachers can make their space developmentally appropriate and inviting to all students. The arrangement of their space will support problem solving, encourage choices, affect behavior, and social interactions.

Teaching Empathy to Children

GRECS Training Room, Mobile

August 11, 2020; 6:00pm - 8:00pm

Registration Ends 8/10/20

Presenter: Virginia Mostellar

Age Group: ALL

Basic Training Level

2 hours / 0.2 CEUs

CCDF: 13, 15, 19

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.

Infant/ Toddler Course 2020

GRECS Training Room, Mobile

August 13 AND 20, 2020; 8:30am - 3:30pm

Registration Ends 8/11/20

Presenter: GRECS Staff

Age Group: ALL

Intermediate Training Level

12 hours / 1.2 CEUs

CCDF: 2, 5, 6, 11, 13, 15, 20

AL Pathways: CGD, ICFC, LEE, HSN

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

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

This 12-hour course designed for the experienced early childhood educator, addresses some of the most common issues facing caregivers of babies and toddlers. Join us for two days packed full of information on important topics like coping with crying and feeding challenges, setting effective limits, and encouraging self-control in young children. **You must attend BOTH sessions and will receive credit in all DHR.**

The Outdoor Classroom "No Child Left Indoors"

GRECS Training Room, Mobile

August 13, 2020; 6:00pm - 8:00pm

Registration Ends 8/12/20

Presenter: Anna Merritt

Age Group: Preschool, School-Age

Basic Training Level

2 hours / 0.2 CEUs

CCDF: 13, 20

AL Pathways: LEE, CGD, ICFC

CDA: 1, 2

DHR: LD, CD

In this workshop, come and see the many ways to incorporate lessons in an outdoor environment by using hands-on, visual activities and much more!

Free Public Health and Safety: First Aid and CPR Training

GRECS Training Room, Mobile

August 14, 2020; 8:00am - 12:00pm

Registration Ends 8/12/20

Presenter: Pamela Senters, RNC

Age Group: ALL

Basic Training Level

4 hours

CCDF: 10

AL Pathways: HSN

CDA: 1

DHR: HSUP

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).

STEM In the Preschool Classroom

GRECS Training Room, Mobile

August 15, 2020; 9:00am - 11:00am

Registration Ends 8/13/20

Presenter: Lisa Kirkland

Age Group: Preschool

Intermediate Training Level

2 hours / 0.2 CEUs

CCDF: 13, 17

AL Pathways: CGD, LEE

CDA: 2

DHR: CD, LD

Young children are naturally curious. Through interactive learning activities, group discussion, and reflective writing experiences, participants will learn to create a classroom where rich STEM learning takes place.

Online Webinar: Seasons in Science (APT)

ALL Counties, Webinar

August 17, 2020; 6:00pm - 8:00pm

Registration Ends 8/15/20

Presenter: APT Instructor

Age Group: Preschool

Basic Training Level

2 hours / 2 Contact Hours

CCDF: 13

AL Pathways: CGD, LEE

CDA: 2, 3

DHR: CD, LD

In this webinar we'll explore hands-on experiments that relate to the seasons of the year. These simple science experiments will promote and support social, cognitive, and emotional development as well as literacy development in preschoolers by utilizing PBS KIDS programming, games and children's books.

Preparing for Emergencies in the Child Care Setting

Presenter: LaDanika York

Age Group: All

Basic Training Level

2 hours / 0.2 CEUs

CCDF: 7

AL Pathways: HSN

CDA: 1, 5

DHR: HSUP

GRECS Training Room, Mobile

August 18, 2020; 6:00pm - 8:00pm

Registration Ends 8/17/20

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.

Resilience: Bouncing Back from Everyday Challenges

Presenter: Virginia Mostellar

Age Group: Preschool

Basic Training Level

2 hours / 0.2 CEUs

CCDF: 13, 15

AL Pathways: CGD, COA

CDA: 3, 7, 8

DHR: CD, PDG

GRECS Training Room, Mobile

August 19, 2020; 6:00pm - 8:00pm

Registration Ends 8/18/20

Everyday life is full of challenges big and small. Using books, PBS KIDS videos, hands-on activities and apps, we learn how to nurture resilience skills in children to help them solve problems and better understand their feelings.

Online Webinar: Myth Busters: Infant and Toddler Development (APT)

Presenter: APT Instructor

Age Group: Infants, Toddlers

Basic Training Level

2 hours / 2 Contact Hour

CCDF: 13, 17, 20

AL Pathways: CGD

CDA: 2, 3, 8

DHR: CD, PDG

ALL Counties, Webinar

August 20, 2020; 10:30am - 12:30pm

Registration Ends 8/20/20

This training will address common myths about infant and toddler development and help sort out the truth from the myths. We will use activities, age-appropriate books, and PBS Kids programming during this training.

Online Webinar: Songs and Rhymes for Transition Times

Presenter: Lisa Kirkland

Age Group: ALL

Basic Training Level

1 hours / 1 Contact Hour

CCDF: 13, 15

AL Pathways: CGD

CDA: 2, 8

DHR: PDG

ALL Counties, Webinar

August 22, 2020; 10:00am - 11:00am

Registration Ends 8/22/20

This session will provide different songs and rhymes to help engage children in moving on from one activity to another. Participants will discuss ways to reduce behavior issues during transition times.

Cognitive Development and School Readiness

Presenter: Abigail Baxter

Age Group: Preschool

Advanced Training Level

2 hours / 0.2 CEUs

CCDF: 17, 19, 20

AL Pathways: CGD, LEE, ICFC

CDA: 2, 3, 6, 8

DHR: CD, QCCL

GRECS Training Room, Mobile

August 24, 2020; 6:00pm - 8:00pm

Registration Ends 8/23/20

This presentation will include video exemplars of cognitive skills to help participants identify developmental skills. In addition, it will help participants develop activities that include the facilitation of cognitive skills.

STEAMing Into Storytime

Presenter: Vicki Giles

Age Group: Preschool, School Age

Basic Training Level

2 hours / 0.2 CEUs

CCDF: 13, 14, 19, 20

AL Pathways: CGD, LEE

CDA: 2, 8

DHR: CD, LD

GRECS Training Room, Mobile

August 25, 2020; 6:00pm - 8:00pm

Registration Ends 8/24/20

Educators will explore STEAM learning for young students and discover how to connect STEAM activities to classic early childhood literature.

Strengthening Business Practices - Building a Budget

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

GRECS Training Room, Mobile

August 27, 2020; 9:00am - 12:00pm

Registration Ends 8/25/20

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.

Who is Taking Care Of You?

Presenter: Kim Johnson

Age Group: ALL

Basic Training Level

2 hours / 0.2 CEUs

CCDF: 15

AL Pathways: PPD

CDA: 1, 6

DHR: QCCL, CCPF

GRECS Training Room, Mobile

August 27, 2020; 6:00pm - 8:00pm

Registration Ends 8/25/20

Self-care is not selfish. You can't take care of others unless you take care of you. It's about making choices on how to most effectively spend your time and energy. We will explore what you can do to take care of yourself, recognize your limits, and accept yourself.



July
August
September
2020

Calendar of Events

A Pull-Out Section for Posting & Copying!

Getting Started 2020

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, CCPE, LD, QCCL, PDG, HSUP; Alabama Pathways: CGD, ICFC, LEE, HSN, PPD; CDA: 1, 2, 3, 4, 5, 6, 8; CCDF: 5, 7, 13, 15, 20; Basic Training Level; 12 hours/1.2 CEUs; Appropriate for ALL Age Groups)

July 21-23, 2020
8:30am-12:30pm
GRECS Training Room

September 22-24, 2020
8:30am-12:30pm
GRECS Training Room

AND

Webinars Offered for July, August and September 2020

These webinars are offered through ZOOM.us and you will be able to register for these sessions through our online portal on our website at 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!


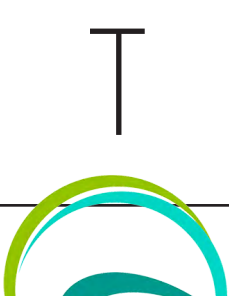
Check out our YOUTUBE page to learn how to register today!

July 22 - Words Are Here, There and Everywhere (APT); 6:00p-8:00p; All Counties; Webinar
July 25 - Outdoor Play; 10:00a-11:00a; All Counties; Webinar
July 28 - Conscious Discipline Presenting Mara Spencer; 6:30p-7:30p; All Counties; Webinar
August 17 - Seasons in Science (APT); 6:00p-8:00p; All Counties; Webinar
August 20 - Myth Busters: Infant and Toddler Development (APT); 10:30a-12:30p; All Counties; Webinar
August 22 - Songs and Rhymes for Transition Times; 10:00a-11:00a; All Counties; Webinar
September 8 - Sensory Play (APT); 6:00p-8:00p; All Counties; Webinar
September 19 - STEM in the Preschool Classroom; 10:00a-11:00a; All Counties; Webinar

Infant/Toddler Course 2020

This 12-hour course designed for the experienced early childhood educator, addresses some of the most common issues facing caregivers of babies and toddlers. Join us for two days packed full of information on important topics like coping with crying and feeding challenges, setting effective limits, and encouraging self-control in young children. (Presenter: GRECS Staff; DHR: CD, CCPE, LD, QCCL, PDG, HSUP; Alabama Pathways: CGD, ICFC, LEE, HSN; CDA: 1, 2, 3, 4, 6, 8; CCDF: 2, 5, 6, 11, 13, 15, 20; Intermediate Training Level; 12 hours/1.2 CEUs; Infant/Toddler Age Groups)

August 13th **AND** **August 20th**
8:30am - 3:30pm each day
GRECS Training Room, Mobile

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2020 						
	6	7 Digital Detox; 6:00p-8:00p; Mobile	8 Exploring Diversity and Differences in the ECE Classroom (APT); 6:00p-8:00p; Mobile	9 Communicating Effectively with Parents; 6:00p-8:00p; Mobile	10	11
	13	14	15	16 Preventing Child Abuse and Neglect in Early Childhood Settings; 5:30p-7:30p; Mobile	17 Free Public Health and Safety: First-Aid and CPR Training; 8:00a-12:00p; Mobile	18 Outdoor Play; 9:00a-11:00a; Mobile
	20	21 Getting Started 2020 (Day 1); 8:30a-12:30p; Mobile Medication Administration; 6:00p-8:00p; Mobile	22 Getting Started 2020 (Day 2); 8:30a-12:30p; Mobile Words Are Here, There and Everywhere (APT); 6:00p-8:00p; All Counties; Webinar	23 Getting Started 2020 (Day 3); 8:30a-12:30p; Mobile It Isn't Rocket Science: Adding STEM to the Infant/Toddler Classroom (APT); 6:00p-8:00p; Mobile	24	25 Outdoor Play; 10:00a-11:00a; All Counties; Webinar
	27 Child Development Series: Motor; 6:00p-8:00p; Mobile	28 Conscious Discipline: Presenting Mara Spencer; 6:30p-7:30p; All Counties; Webinar	29 It's Time to Take Care of Yourself: Handling Stress in Positive Ways; 6:00p-8:00p; Mobile	30 Early Literacy: It's More Than ABC's; 6:00p-8:00p; Mobile	31	
READ CAREFULLY - IMPORTANT INFORMATION! 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						

July 2020



www.grecs.org

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*All classes in Mobile County will be held at Gulf Regional Early Childhood Services unless noted otherwise.</p> <p>3100 Cottage Hill Rd.; Building 4, Suite 400 Mobile, AL 36606; 251-473-1060 www.grecs.org</p> <p> Gulf Regional Early Childhood Services</p>		<p>1 Language of Friends: Developing Social Competence through Conversation; 6:00p -8:00p; Mobile</p>	<p>2</p>	<p>3 Get Kids Moving!; 6:00p -8:00p; Mobile</p>	<p>4</p>	<p>5</p>
<p>7</p> <p>Labor Day</p> <p>2020</p> <p>GRECS and EHS closed</p>	<p>8 Sensory Play (APT); 6:00p-8:00p; All Counties; Webinar</p>	<p>9</p>	<p>10 Preventing Child Abuse and Neglect in Early Childhood Settings; 10:00a-12:00p; Mobile</p> <p>Ooh Baby,Baby: Creating an Inclusive Infant and Toddler Environment; 5:30p-7:30p; Mobile</p>	<p>11</p>	<p>12</p>	
<p>14 Effective Childcare and Early Intervention Partnerships; 6:00p-8:00p; Mobile</p>	<p>15 Creating Literacy-Rich Environments; 6:00p-8:00p; Mobile</p>	<p>16</p>	<p>17 Strengthening Business Practices – Financial Forms and Internal Controls; 9:00am-12:00pm; Mobile</p> <p>Meaningful Conversations; 6:00p-8:00p; Mobile</p>	<p>18</p>	<p>19 STEM in the Preschool Classroom; 10:00a-11:00a; All Counties; Webinar</p>	
<p>21</p>	<p>22 Getting Started 2020 (Day 1); 8:30a-12:30p; Mobile</p> <p>Toddlers and Challenging Behaviors: Why They Do It and How to Respond; 6:00p-8:00p; Mobile</p>	<p>23 Getting Started 2020 (Day 2); 8:30a-12:30p; Mobile</p> <p>AELG (Orientation) Session 1; 6:00p-8:00p; Mobile</p>	<p>24 Getting Started 2020 (Day 2); 8:30a-12:30p; Mobile</p> <p>KIDS and Allergies: What to Look For (APT); 6:00p-8:00p; Mobile</p>	<p>25 Free Public Health and Safety: First-Aid and CPR Training; 8:00a-12:00p; Mobile</p>	<p>26</p>	
<p>28</p>	<p>29 Growth Mindset; 6:00p-8:00p; Mobile</p>	<p>30 The Magic Triangle of Literacy; 6:00p-8:00p; Mobile</p> <p>AELG Session 2; 6:00p-8:00p; Mobile</p>	<div>  <h1>September 2020</h1> </div>			

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

Introduction to the Child Development Associate Credential (CDA)

GRECS Training Room, Mobile

Presenter: Anna Merritt/LaDamika York **Age Group:** ALL

August 31, 2020; 6:00pm - 8:00pm

Basic Training Level 2 hours / 0.2 CEUs

CCDF: 20

Registration Ends 8/28/20

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.

Training classes are listed in date order.

SEPTEMBER TRAINING 2020

Language of Friends: Developing Social Competence through Conversation

GRECS Training Room, Mobile

Presenter: Vicki Giles

Age Group: Preschool, School Age

September 1, 2020; 6:00pm - 8:00pm

Basic Training Level 2 hours / 0.2 CEUs

CCDF: 11, 13, 15, 19

Registration Ends 8/31/20

AL Pathways: CGD, LEE

CDA: 3, 5, 8

DHR: CD, LD

This session will explore ways to arrange your physical environment to allow children to develop social competence, practice the language of conversation and use books as conversation starters to build social skills.

Get Kids Moving!

GRECS Training Room, Mobile

Presenter: Brittany Allemand

Age Group: ALL

September 2, 2020; 6:00pm - 8:00pm

Intermediate Training Level 2 hours / 0.2 CEUs

CCDF: 13

Registration Ends 9/2/20

AL Pathways: CGD, HSN

CDA: 2

DHR: CD, HSUP

Get up and get moving! Learn how to keep kids active indoors and outdoors with simple, strategic activities. This training will provide participants with resources and activities they can take back with them to the classroom to keep kids active.

Online Webinar: Sensory Play (APT)

ALL Counties, Webinar

Presenter: APT Instructor

Age Group: Infants, Toddler

September 8, 2020; 6:00pm - 8:00pm

Basic Training Level 2 hours / 2 Contact Hours

CCDF: 13, 17, 20

Registration Ends 9/8/20

AL Pathways: CGD, LEE

CDA: 2, 3, 8

DHR: CD

In the first few years of life, it's critical for children to explore all five senses to help cognitive development. This training will cover how sensory play helps infants and toddlers grow and develop using fun, hands-on activities, age-appropriate books, and PBS Kids programming.

Preventing Child Abuse and Neglect in Early Childhood Settings

GRECS Training Room, Mobile

Presenter: Judy Cunningham

Age Group: Infants, Toddler

September 10, 2020; 6:00pm - 8:00pm

Basic Training Level 2 hours / 0.2 CEUs

CCDF: 6, 11

Registration Ends 9/9/20

AL Pathways: CGD, HSN, ICFC

CDA: 1, 3, 7

DHR: CD, HSUP

This session is designed to help caregivers recognize, appropriately address, and prevent abuse and neglect in early child care. Participants will also discuss the prevention of Shaken Baby Syndrome and abusive head trauma.

Ooh Baby, Baby: Creating an Inclusive Infant and Toddler Environment

GRECS Training Room, Mobile

Presenter: Samantha Davidson

Age Group: Infant, Toddler

September 10, 2020; 5:30pm - 7:30pm

Basic Training Level 2 hours / 0.2 CEUs

CCDF: 13, 15, 20

Registration Ends 9/9/20

AL Pathways: CGD, LEE, COA

CDA: 1, 2, 3, 8

DHR: CD, PDG

In this hands on training, participants will explore strategies used to successfully create an inclusive environment for infants and toddlers.

Effective Childcare and Early Intervention Partnerships

GRECS Training Room, Mobile

Presenter: Abigail Baxter

Age Group: ALL

September 14, 2020; 6:00pm - 8:00pm

Advanced Training Level 2 hours / 0.2 CEUs

CCDF: 15, 16

Registration Ends 9/14/20

AL Pathways: CGD, LEE

CDA: 2, 3, 4

DHR: CD, QCCL

This session will explore the relationship between Early Intervention service providers and child care providers. It will describe the early intervention system, who can receive services, and what the early intervention services are.

Creating Literacy-Rich Environments

GRECS Training Room, Mobile

Presenter: Virginia Mostellar

Age Group: Preschool

September 15, 2020; 6:00pm - 8:00pm

Intermediate Training Level 2 hours / 0.2 CEUs

CCDF: 13, 20

Registration Ends 9/14/20

AL Pathways: CGD, LEE

CDA: 2, 8

DHR: CD, LD

Learn simple strategies for using environmental print in the classroom to enhance children's interest in language and literacy.

Strengthening Business Practices - Financial Forms and Internal Controls

GRECS Training Room, Mobile

Presenter: Ann Sands/Vicki Giles

Age Group: ALL

September 17, 2020; 9:00am - 12:00pm

Intermediate Training Level

3 hours / 0.3 CEUs

CCDF: 18, 20

Registration Ends 9/15/20

AL Pathways: MA, PPD

CDA: 1, 5, 6

DHR: AM, PDG

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.

Meaningful Conversations

GRECS Training Room, Mobile

Presenter: Brittany Allemand

Age Group: ALL

September 17, 2020; 6:00pm - 8:00pm

Basic Training Level

2 hours / 0.2 CEUs

CCDF: 13, 17

Registration Ends 9/15/20

AL Pathways: CGD, ICFC

CDA: 3

DHR: CD, LD

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.

Online Webinar: STEM in the Preschool Classroom

ALL Counties, Webinar

Presenter: Lisa Kirkland

Age Group: Preschool

September 19, 2020; 10:00am - 11:00am

Intermediate Training Level

1 hours / 1 Contact Hour

CCDF: 17

Registration Ends 9/18/20

AL Pathways: CGD

CDA: 2

DHR: CD

Young children are naturally curious. Through interactive learning activities, group discussion, and reflective writing experiences, participants will learn to create a classroom where rich STEM learning takes place.

Getting Started 2020

GRECS Training Room, Mobile

Presenter: GRECS Staff

Age Group: ALL

September 22-24, 2020; 8:30am - 12:30pm

Basic Training Level

12 hours / 1.2 CEUs

CCDF: 5, 7, 13, 15, 20

Registration Ends 9/20/20

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

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

DHR: HSUP

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.**

Toddlers and Challenging Behaviors: Why They Do It and How to Respond

GRECS Training Room, Mobile

Presenter: Anna Merritt

Age Group: Infant/Toddler

September 22, 2020; 6:00pm - 8:00pm

Basic Training Level

2 hours / 0.2 CEUs

CCDF: 15, 20

Registration Ends 9/21/20

AL Pathways: CGD, LEE

CDA: 1, 3, 5, 8

DHR: CD, PDG

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

Alabama Early Learning Guidelines (AELG) Session 1- Orientation

GRECS Training Room, Mobile

Presenter: GRECS Staff

Age Group: Infants, Toddlers, Preschool

September 23, 2020; 6:00pm - 8:00pm

Basic Training Level

2 hours / 0.2 CEUs

CCDF: 13, 17, 20

Registration Ends 9/21/20

AL Pathways: CGD

CDA: 8

DHR: CD

This basic-level, 18-hour course is broken down into 9, two-hour sessions. After completing the 18-hour course, you will receive an Alabama Early Learning Guidelines Credential from The Department of Human Resources **You must attend Session 1: Orientation before taking any other session.**

KIDS and Allergies: What to Look For (APT)

GRECS Training Room, Mobile

Presenter: LaDanika York

Age Group: ALL

September 24, 2020; 6:00pm - 8:00pm

Basic Training Level

2 hours / 0.2 CEUs

CCDF: 4

Registration Ends 9/23/20

AL Pathways: HSN

CDA: 1

DHR: HSUP

This training will identify what to look for and how to treat common food and environmental allergies.

Free Public Health and Safety: First Aid and CPR Training

GRECS Training Room, Mobile

Presenter: Pamela Senters, RNC

Age Group: ALL

September 25, 2020; 8:00am - 12:00pm

Basic Training Level

4 hours

CCDF: 10

Registration Ends 9/23/20

AL Pathways: HSN

CDA: 1

DHR: HSUP

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).

Growth Mindset

Presenter: Vicki Giles

Basic Training Level

AL Pathways: CGD, LEE, COA

Age Group: Toddlers, Preschool, School Age

2 hours / 0.2 CEUs

CDA: 3, 7, 8

CCDF: 13, 15, 17, 19, 20

DHR: CD, PDG

GRECS Training Room, Mobile

September 29, 2020; 6:00pm - 8:00pm

Registration Ends 9/28/20

In this session we will learn powerful ways that we, as caregivers, can nurture growth mindset and set them up to learn, grow and flourish.

(AELG) Session 2: Observation

Presenter: GRECS Staff

Basic Training Level

AL Pathways: CGD, COA

Age Group: Infants, Toddlers, Preschool

2 hours / 0.2 CEUs

CDA: 7, 8

CCDF: 13, 17, 18, 20

DHR: CD

GRECS Training Room, Mobile

September 30, 2020; 6:00pm - 8:00pm

Registration Ends 9/29/20

This basic-level, 18-hour course is broken down into 9, two-hour sessions. After completing the 18-hour course, you will receive an Alabama Early Learning Guidelines Credential from The Department of Human Resources **You must attend Session 1: Orientation before taking any other session.**

The Magic Triangle of Literacy

Presenter: Virginia Mostellar

Basic Training Level

AL Pathways: CGD, ICFC

Age Group: Infants, Toddler, Preschool

2 hours / 0.2 CEUs

CDA: 2, 3, 6, 8

CCDF: 13, 16, 17, 20

DHR: CD, CCPF, LD

GRECS Training Room, Mobile

September 30, 2020; 6:00pm - 8:00pm

Registration Ends 9/29/20

The relationship between an adult, a child, and their communication is a magic triangle of learning! Learn the importance of meaningful interaction in early conversations and literature.



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)
- Family Child Care Environment Rating Scale - Revised (FCCERS-R)
- Program Administration Scale (PAS)
- 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

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





Sensory Learning



Infants & Toddlers: The Power of Sensory Experiences

Exploring Through the Senses

Touch. Touch is a powerful learning tool for enhancing a baby's early emotional learning. A baby's skin is very sensitive; stroke it gently and tenderly. He will wriggle his whole body and thrust his legs out. He may smile and look relaxed. All of a baby's skin is sensitive to touch. Caress him with gentle, swooping palmar strokes from the top of his head and down his back and legs. His sensory system will get a special message as well as a massage! He will feel safe, whole, and lovable.

Some of a baby's earliest responses to touch are reflexive. If you stroke the sole of a newborn's foot, his toes flare out in a Babinski reflex. Later, in neurologically normal infants, the toes curl when the sole is stroked. If you stroke a tiny baby's mouth on one side, then he will turn toward that side in a rooting reflex.

Babies under one year respond to touch with an "all or nothing" response. If you tickle one foot gently, both the tickled foot and the other foot are likely to move. As babies develop, they gain more muscular control and begin to respond just to the touched foot or hand.

Hearing. Babies are quite sensitive to sounds even before they are born. (After birth, babies prefer to hear a mother's voice reading a story she has read while the baby was still in the womb.) Babies are also sensitive to harsh sounds. Even babies in a newborn nursery begin to cry when they hear another baby crying. Loud or harsh adult talk worries a baby. Often infants and toddlers burst into tears if an adult's voice rises in anger, exasperation, or scolding. Babies love crooning, gentle voices. Most babies love it when an adult speaks in "Parentese"-drawing out vowels, raising the voice an octave, and speaking slowly in short phrases with loving tones. Cascades of chemicals and electrical impulses flow through the baby's brain when he hears "Parentese." This style of speaking with a baby wires words into the brain. Also wired in is the certainty of being loved and feeling like an especially important little person.

Taste/Smell/Texture. Tiny babies make upset faces when tasting bitter or sour substances. Most love sweet tastes. They have several hundred more taste buds for sweet in their mouths than adults do. Because it is naturally sweet, strained applesauce is a hit with babies as a first solid food, along with rice cereal, which is the least allergenic of early solid foods. Older babies often reject certain tastes and textures. They may not like the grainy texture of strained liver. When starting to feed an older baby solid foods, realize that the taste of a cold metal spoon may not be comfortable. At first, offer small tastes of new foods on a warm spoon.

It's helpful to combine sensory stimulation with opportunities for developing bodily skills. A mobile allows a baby to watch with great interest and to learn to kick so that the mobile keeps dancing in the air. A teacher of toddlers can put on dance music whose familiar words and rhythms the children already love and then encourage them to dance to the music as well as enjoy listening to it.

You are the gatekeeper for a young child's sensory stimulation. By offering sensory experiences in careful doses, accompanied by careful observations of babies responses, you will help them manage sensory input in order to experience pleasure and interest in new experiences. For more information and to read the full article, visit www.scholastic.com.

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Social Distancing and Safety Guidelines

How to Protect Yourself and Others

Clean your hands often



- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Do Not Share Writing Utensils or Tools



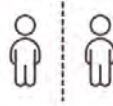
- To minimize the spread of sickness, use your own pens and pencils or any supplies you may need to take notes and activities in your session.
- If you happen to use or touch other tools, we advise you wash your hands or apply hand sanitizer to keep yourself and others safe immediately.
- You are more than welcome to wear gloves to protect yourself.

Cover your mouth and nose with a cloth face cover when around others



- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

Maintain a Healthy Distance of 6 Feet



- Stand on the designated floor markers to help better engage in a healthy distance between yourself and others.
- Your session seating has been arranged to maintain these healthy distances.

If you have any questions, concerns or feedback please talk to one of our GRECS staff members or go to [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



Gulf Regional
Early Childhood Services



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 disinfected before being returned to the library for further use.

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

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



Prevent Child Abuse
America



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.



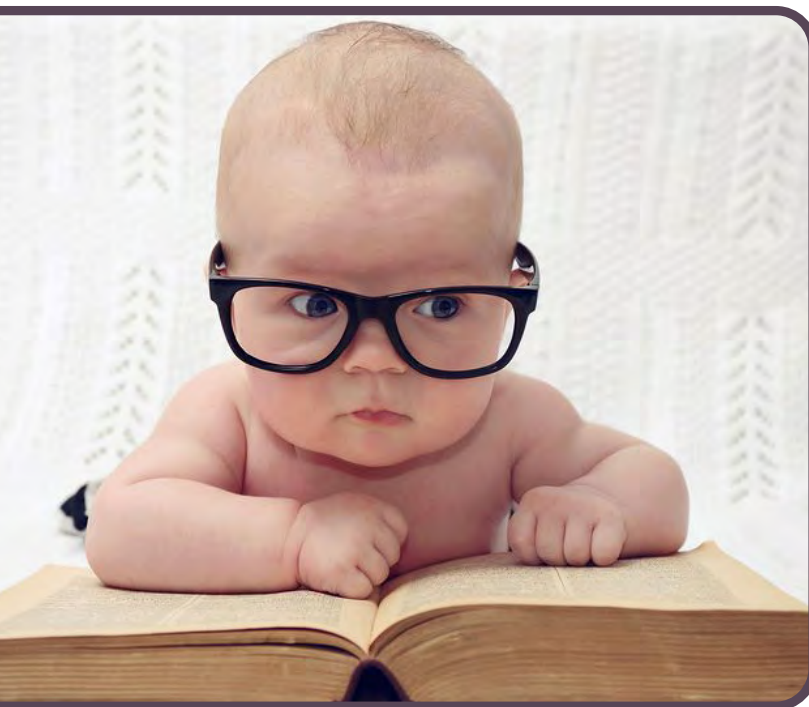
Encouraging School Readiness from Birth to 3

You can help babies and toddlers learn and grow by getting to know each child in your care and engaging in activities that match their individual skills, needs, and interests.

Babies are born ready to learn. Adults often wonder how they can get their baby or toddler off to a good start so that he is ready for kindergarten. Remember, young children learn best through their everyday experiences with the people they love and trust, and when the learning is fun. Here are **four key skill areas** that help children get ready for school.

Language & Literacy Skills

Learning to communicate, first through gestures and babbles and then through words, helps children connect to the people and world around them. The development of language skills is the foundation for becoming literate. Reading to children and letting them play with books helps to build their interest in books. Talking, reading aloud, and singing all nurture children's language skills and help them experience stories through listening.



Self-Confidence

When children feel good about themselves and their abilities, they are more willing to take on new challenges—a key ingredient for school success. Self-confidence is important for getting along with others and developing relationships with peers, which are key factors in enjoying and succeeding in school.

Thinking Skills

Children are born with a drive to understand how the world works. They start by figuring out connections such as: "I cry, Daddy comes to get me." As they grow, these connections become more complex, for example: "If the ball disappears under the couch, I can use this stick to get it back." Children learn about how the world works when they are given the chance to explore—to shake, toss, touch, listen, stack, knock down, bounce, and so on. When children are exploring and having fun, they are learning.

Self-Control

The ability to express and manage emotions in appropriate ways is called "self-control." Self-control is also the ability to stop one's self from doing something that is not allowed. Very young children have little self-control. But you can help babies and toddlers work on skills like cooperating, coping with frustration, sharing, and resolving conflicts which all lead to the development of self-control.



ZERO to THREE
Early connections last a lifetime

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July 3, 2020

GRECS & Early Head Start offices are
CLOSED for Independence Day

July 13-15, 2020

AALECE 2020 Summer Conference

September 7, 2020

GRECS & Early Head Start offices are
CLOSED for Labor Day

