

# Early Learning News

October, November and December 2022



# Connect



**AWESOME FALL ACTIVITIES FOR  
BABIES**  
pg 2



**EARLY LEARNING CENTER  
MID-CITY**  
pg 3



**GOING BEYOND THE PLAYGROUND**  
pg 12



**QRIS STARS PROGRAM**  
pg 14

# Take a Look Inside

We've got a new look for a new year! This edition of *Early Learning News* may have a different style, but it continues to be filled with helpful, relevant information.

The calendar view of our monthly training classes is perforated for easy removal. This allows you to tear it out and share as needed.

The "Pass Along to Parents" page is also perforated. This is a wonderful resource to share with parents, and it's copyright-free!

## Fall Activities

page 2

## ELC Mid-City

page 3

## New Locations

page 3, 4

## Highlighted Courses

page 4, 5

## Pass Along to Parents

page 12

## Alabama Pathways

page 14

JUST LIKE A BEE  
NEEDS A  
*Flower*  
A CHILD NEEDS  
*Nature*

-BRANDI RONDINELLI

# Awesome Fall Activities For Babies And Toddlers That Put Everything In Their Mouth

There are so many fun things to do with your kids in the fall, let's gather a few activities to get you started. These fall activities for baby are safe for babies and one-year-olds who still tend to put everything into their mouths but can also be enjoyed by the older ones too!

## Create a Fall Discovery Basket

Fall activities for babies can include a ton of sensory bags. These are fun to look at, fun to squeeze, and super fun and easy to make.



Use real or fake pumpkins to create a fall discovery basket. Collect a few pumpkins and place them in a basket. Let your little one explore the smell, texture and size of each one.

## Fall Sensory Bags



Sensory Bags are great for babies practicing tummy time.

If you have an older baby/toddler that tends to grab these bags and put them in their mouth you can tape the bag to the floor to avoid them picking it up and instead, focus on exploring the items inside by squishing and moving them around.

For babies that are sitting already or even standing up, taping these sensory bags to a window it will encourage them to stand and sit while working on cross body movement. A movement of the arm going from side to side, passing their mid-line of the body; an early activity that will later translate into writing.



## Discovering Fall Items Safely

A great way to share fall and all of our favorite things about it is through a safe sensory bag. Add acorns, seeds, pine cones and any other fall related items to discover without having to worry about if they are putting it in their mouth.



Collect dry leaves, colorful leaves, big and small and add them to a bag. Place them on the floor and secure the bag with tape. Allow your child to explore. Babies can do tummy time, toddlers can explore stepping on them. Talk about what they feel, what they see and where they come from.

Take them on the nature walk to collect the leaves too! two activities in one!

*\*\*Always watch your little one carefully when playing any of these activities \*\**





# Early Learning Center

Gulf Regional Early Childhood Services | Mid-City

Child Care • Early Head Start • Pre-K • 251-444-1761 • [www.grecs.org](http://www.grecs.org)

3767 Professional Pkwy, Mobile, AL 36609



It is important that families have convenient access to quality early education programs. Families in our community should not have to struggle to find and secure care for their children.

In 2021 GRECS broke ground on its newest facility, Early Learning Center Mid-City. Located off Downtowner Blvd and Professional Pkwy, Early Learning Center Mid-City will provide a safe and convenient option for families. Ensuring that families in our community continue to have access to a quality early education program for many years to come.

In 2022, GRECS had several volunteers participate and help plan, build and organize all of the furniture and room layouts. They really made Early Learning Center Mid-City shine for our kids enrolled in our program. We started this school year out with motivated, experienced and excited teachers and staff ready to make an impact in their classrooms.

*Thank you* to everyone who made ELC Mid-City possible for our community!

Follow and like our facebook page to view our weekly events and photos to stay up to date!



## New Locations for Professional Development Training

GRECS has added new training locations this quarter! We offer our training sessions in 6 counties in Alabama, as well as, special deliveries and webinars to reach our participants and students! We will continue to grow and add more locations, so please make note of the time and location of the session when registering for training classes! We will provide the correct address to ensure that you will always know where to go! This past year, GRECS Main Office and Professional Development Center have moved to a new location, so be sure to navigate your way to our new facility!

### Coastal Alabama Community College, Bay Minette Campus

Earnest Stone Bldg - C100 Classroom  
1900 Hwy 31 South Bay Minette, AL 36507



COASTAL ALABAMA  
COMMUNITY COLLEGE

### The Learning Tree at First Fairhope

300 South Section Street, Fairhope, AL, 36532, United States, Alabama

  
The Learning Tree  
preschool & kindergarten  
at first fairhope

### Gulf Regional Early Childhood Services - GRECS

3101 International Dr, Bldg 6, Mobile, AL, 36606, United States, Alabama



GULF REGIONAL  
Early Childhood Services

## Get To Know Our Training Sites and Locations!

When Registering for training classes, please make note of the time & locations of the session. Classes are held in 7 counties - Baldwin, Clarke, Conecuh, Escambia, Mobile, Monroe & Washington.

### Baldwin County

Daphne Public Library  
First Baptist Church - Spanish Fort  
Kids Plus CDC  
Goodwill Community Center  
The Learning Tree at "First Fairhope"  
Coastal Alabama Community College, Bay Minette Campus

### Clarke County

Jackson City Hall

### Conecuh County

David Burt Agriculture Center

### Escambia County

Coastal Alabama Community College

Flomaton Public Library

### Monroe County

Monroe County Public Library

Patty Pat's Daycare Center #2

### Mobile County

GRECS Training Rooms -

3101 International Dr bldg 6

### Washington County

Spot for Tots Child Care Center

Washington County Public Library



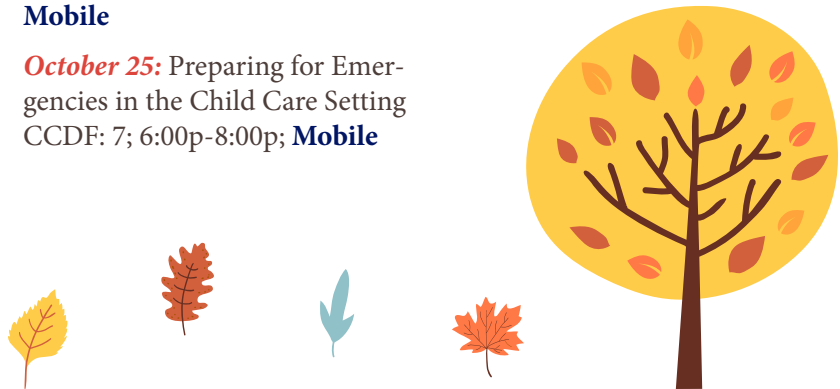
If you have any questions or need directions

Call us at  
251-473-1060  
or visit  
[www.grecs.org](http://www.grecs.org)

# CCDF Health and Safety Courses 2022

Looking for DHR CCDF Health and Safety Training Courses? We've Got You Covered for this quarter in October, November and December 2022!

- October 12:** Prevention of Shaken Baby Syndrome and Abusive Head Trauma and Sudden Infant Death Syndrome (SIDS) Prevention and Use of Safe Sleep Practices; CCDF: 2, 6; 5:00p-7:00p; **Mobile**
- October 19:** DHR Health & Safety CCDF: 3, 4; 6:30p-8:30p; **Mobile**
- October 25:** DHR Health & Safety CCDF: 8, 9, 11; 8:30a-11:30p; **Mobile**
- October 25:** Preparing for Emergencies in the Child Care Setting CCDF: 7; 6:00p-8:00p; **Mobile**
- October 26:** DHR Health & Safety CCDF: 1, 2; 8:30a-10:30a; **Mobile**
- November 4:** CPR and First Aid Refresher Session; 9:00a-10:00a; **Mobile**
- November 15:** You Are What You Eat: Nutrition for Infants and Toddlers (APT); 6:00p-8:00p; **The Learning Tree, First Fairhope**



## Getting Started

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.

(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: 5, 7, 13, 15, 20; Basic Training Level: 12 hours/12 CEUs; Appropriate for ALL Age Groups)

November 8 - 10th, 2022 | 12:00pm - 4:00pm  
GRECS Training Room, Mobile

**New Time!**



# Alabama Early Learning Guidelines (AELG)

The Alabama Early Learning Guidelines were developed to promote continuity of high-quality care and learning for children ages 0-5. The AELG course serves as a guide for understanding child development and for implementing best practices to prepare children for success in school and in life. Participants who complete this course will receive 18 training hours and the official AELG Credential issued by the Alabama Department of Human Resources. This course may only be completed once. If you have received this credential through AELG face-to-face training or the online version, you will not receive credit again. (CDA Content Areas: 1, 2, 3, 4, 6, 7, 8 | DHR Categories: CD, CCPE, HSUP, LD, PDG, QCCL | Alabama Pathways to Quality and Education Core Areas: CGD, COA, DIV, HSN, ICFC, LEE, MA, PPD | CCDF: 5, 8, 13, 15, 16, 17, 18, 20)

## You must attend

### Session 1: Orientation before taking any other session.

- **October 5:** Session 1 – Orientation
- **October 12:** Session 2 – Observations and Assessment
- **October 22:** Session 3 – The Role of Parent and Caregiver
- **October 22:** Session 4 – Self-Concept and Emotional Development
- **October 26:** Session 5 – Social Development
- **November 5:** Session 6 – Language and Literacy
- **November 5:** Session 7 – Physical Development
- **November 9:** Session 8 – Cognitive Development
- **November 9:** Session 9 – Putting It All Together

If you have taken any AELG Sessions within the last year but missed a session, you can register, attend and make up those classes to complete and receive your AELG Credential!

## APT FALL 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/](https://aptv.org/education/learn-online/)

Registration opens on their website  
**September 12, 2022**

Alabama Early Learning Guidelines: *October 3 - November 21, 2022*

Essentials of High-Quality Early Child Care and Education: *October 3 – November 14, 2022*

Sesame Street in Communities: Training, Resources, and Support for Early Childhood Educators: *October 3rd - November 14th, 2022*

STEM for the Preschool Classroom: *October 3 - November 14, 2022*

Early Brain Development and the Lasting Importance of Caregiver-Child Relationships *October 3 - November 14, 2022*

### On-Demand Courses

- \*NEW! SCHOOL READINESS: CREATING LIFE-LONG LEARNERS
- \*FOSTERING HEALTHY SOCIAL AND EMOTIONAL DEVELOPMENT IN EARLY CHILDHOOD
- \*ADDRESSING HOMELESSNESS: THE ROLE OF THE EARLY CHILDHOOD EDUCATOR
- \*RECOGNIZING AND REPORTING CHILD ABUSE AND NEGLECT IN EARLY CHILD CARE
- \*I CAN HANDLE IT! PROMOTING EMOTIONAL INTELLIGENCE IN THE OUT-OF-SCHOOL SETTING
- \*FOUNDATIONS OF HEALTH & SAFETY IN EARLY CHILD CARE
- \*CHALLENGING BEHAVIORS: WHERE DO WE BEGIN?

AND MORE!!!!



## Special Delivery Courses

Please Contact: **Hannah Presley**

**251-473-1060**

**hpresley@grecs.org**

We are offering special delivery courses for the following sessions:

- Introduction to the Child Associate Credential (CDA)
- What is Your PIECE? Professionalism in Early Childhood Education (APT)
- Kids and Allergies: What to Look For (APT)
- Preparing for Emergencies In the Child Care Setting

Please Contact **Hannah Presley** for more details on how you can schedule a training or if there are other sessions you need!

## Smart Horizons On-Demand Courses

Our online training courses are designed to help you meet your professional goals. Whether you simply want to complete annual training requirements or you're trying to acquire training hours for a CDA, our courses provide a variety of engaging topics designed specifically for you!

We have scholarships available for this program!

Call Sofie Westbrook at 251-473-1060 for more information!

## Online Sessions GRECS Webinars:

*October, November and December Webinars:*

- **November 12th** - Speaking the Language of Conscious Discipline; 9:30a - 11:30a

### Go Online and Register Today!

All webinars are available 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

# October TRAINING

**October 4, 2022 | 6:30-8:30P 2hrs**

## **Did You Hear What I Said? How to Communicate Effectively (APT)**

CCDF: 15, 20 | AL Pathways: ICFC, PPD | CDA: 4, 6 | DHR: QCCL, CCPF | ALL | Basic | GRECS Training Room, Mobile | 0.2 CEUs

**PRESENTER:** Maddie Cousins

This training will also discuss the dos and don'ts of being a good communicator.

**October 5, 2022 | 6:00-8:00P 2hrs**

## **Alabama Early Learning Guidelines (AELG) Session 1 - Orientation**

CCDF: 13 | AL Pathways: CGD | CDA: 8 | DHR: CD | ALL | Basic | GRECS Training Room, Mobile | 0.2 CEUs

**PRESENTER:** Desira Keith

Participants will develop a basic understanding of concepts and terminology related to child development and introduce participants to the origin and purpose.

**October 6, 2022 | 6:30-8:30P 2hrs**

## **Fall Into Fun!**

CCDF: 13, 19 | AL Pathways: CGD, LEE | CDA: 2, 8 | DHR: CD, LD | Preschool, School - Age | Basic | GRECS Training Room | 0.2 CEUs

**PRESENTER:** Vicki Giles

Fall into fun with some hands-on preschool explorations into Autumn. We'll head outside to find animal homes and look for signs of Fall.

**October 11, 2022 | 9:30-11:30A 2hrs**

## **A Deeper Look at Alabama Quality STARS; Domain 1 - 2**

CCDF: 13, 15, 17, 20 | AL Pathways: CGD, LEE, COA | CDA: 2, 3, 7, 8 | DHR: CD, QQCL | Infants, Toddlers, Preschool | Basic | GRECS Training Room, Mobile

**PRESENTER:** AL Quality STARS Specialist

This session will introduce participants to appropriate schedules, routines, and experiences.

**October 11, 2022 | 6:30-8:30P 2hrs**

## **Read, Read, Read: The Importance of Reading to Young Children**

CCDF: 13, 17 | AL Pathways: CGD, LEE | CDA: 2, 3, 8 | DHR: CD, LD | ALL | Basic | GRECS Training Room, Mobile | 0.2 CEUs

**PRESENTER:** Desira Keith

Reading aloud to a child early and often is the single most important activity for ensuring eventual academic success.

**October 12, 2022 | 6:00-8:00P 2hrs**

## **Alabama Early Learning Guidelines (AELG) Session 2 - Observation and Assessment**

CCDF: 13, 17, 18, 20 | AL Pathways: CGD, COA | CDA: 7, 8 | DHR: CD | Infants, Toddlers, and Preschooler | Basic | GRECS Training Room, Mobile | 0.2 CEUs

**PRESENTER:** LaDanika York

Participants will use AELG to identify the purpose of intentional child observations while demonstrating how to complete a Developmental Checklist

**October 12, 2022 | 5:00-7:00P 2hrs**

## **Prevention of Shaken Baby Syndrome and Abusive Head Trauma (SIDS) Prevention and Use of Safe Sleep Practices**

CCDF: 2, 6 | AL Pathways: HSN | CDA: 1 | DHR: HSUP | ALL | Basic | GRECS Training Room, Mobile

**PRESENTER:** Judy Cunningham

Learn essential information on Shaken Baby Syndrome and Abusive Head Trauma in a child care setting and SIDS.

**October 13, 2022 | 6:00-8:00P 2hrs**

## **Little Hands Can Do BIG Things: How Young Children Can Make a Difference in Their Community**

CCDF: 15, 20 | AL Pathways: ICFC, LEE | CDA: 2, 3, 4, 5 | DHR: CCPF | Preschool, School - Age | Basic | GRECS Training Room | 0.2 CEUs

**PRESENTER:** Erin Franklin

Explore ways children can volunteer in their community

**October 15, 2022 | 9:30-11:30A 2hrs**

## **Play Academy**

CCDF: 17, 20 | AL Pathways: CGD, LEE | CDA: 2, 3, 8 | DHR: CD, LD | ALL | Basic | GRECS Training Room, Mobile

**PRESENTER:** Facethia Hogue

Come learn with us featuring Facethia Hogue in this session Play Academy!

**October 18, 2022 | 6:30-8:30P 2hrs**

## **Culturally Sensitive Classroom**

CCDF: 16 | AL Pathways: ICFC, DIV, CGD | CDA: 4, 5, 6 | DHR: CD | ALL | Basic | GRECS Training Room | 0.2 CEUs

**PRESENTER:** Vicki Giles

Explore the key elements and benefits of providing culturally-sensitive care in the early childhood classroom.

**October 19, 2022 | 6:30-8:30P 2hrs**

## **DHR Health and Safety CCDF: 3, 4**

CCDF: 3, 4 | AL Pathways: HSN | CDA: 1 | DHR: HSUP | ALL | Basic | GRECS Training Room, Mobile

**PRESENTER:** Avery Fick

Identify situations which may require administration of medications and list the symptoms of allergies.

**October 20, 2022 | 6:00-8:00P 2hrs**

## **Fostering Attachment in Young Children**

CCDF: 15 | AL Pathways: CGD | CDA: 3, 8 | DHR: CD, QCCL | Infant, Toddler | Basic | GRECS Training Room | 0.2 CEUs

**PRESENTER:** Victoria Bolton

Learn how to build secure attachments with the children and families.

**October 22, 2022 | 8:30-10:30A 2hrs**

## **AELG Session 3 - The Role of Parent and Caregiver**

CCDF: 16, 20 | AL Pathways: ICFC, PPD | CDA: 4, 6 | DHR: QCCL, CCPF | ALL | Basic | GRECS Training Room, Mobile | 0.2 CEUs

**PRESENTER:** Erin Franklin

Learn how to facilitate positive relationships between parents and caregivers.

**October 22, 2022 | 10:30-12:30P 2hrs**

## **AELG Session 4 - Self Concept and Emotional Development**

CCDF: 13 | AL Pathways: CGD | CDA: 8 | DHR: CD | ALL | Basic | GRECS Training Room, Mobile | 0.2 CEUs

**PRESENTER:** Desira Keith

Learn activities that can be used with children to help develop a positive self image and help to understand and express their own emotions.

**October 22, 2022 | 9:30-11:30A 2hrs**

## **How to Handle Difficult Parents: A Teachers Survival Kit**

CCDF: 16, 20 | AL Pathways: MA, ICFC | CDA: 4, 5, 6 | DHR: CCPF, AM | ALL | Basic | Coastal Alabama Community college, Bay Minette Campus, Earnest Stone Bldg- C100 Classroom | 0.2 CEUs

**PRESENTER:** Lisa Kirkland

Join us on this session Featuring Lisa Kirkland and How to Handle Difficult Parents!

**October 25, 2022 | 8:30-11:30A 2hrs**

## **DHR Health and Safety CCDF: 8, 9, 11**

CCDF: 8, 9, 11 | AL Pathways: HSN | CDA: 1 | DHR: HSUP | ALL | Basic | GRECS Training Room, Mobile

**PRESENTER:** Pamela J. Senters, RNC

Be aware of potential disaster situations in early childhood programs, and to discuss appropriate responses to those situations.

**October 25, 2022 | 6:30-8:30P 2hrs**

## **Preparing for Emergencies in the Child Care Setting**

CCDF: 5, 7 | AL Pathways: HSN | CDA: 1, 5 | DHR: HSUP | ALL | Basic | GRECS Training Room, Mobile | 0.2 CEUs

**PRESENTER:** Hannah Presley

Prepare for emergency situations in the child care setting, and how to explain emergencies to young children and after an emergency.

**October 26, 2022 | 8:30-10:30A 2hrs**

## **DHR Health and Safety CCDF: 1, 2**

CCDF: 1, 2 | AL Pathways: HSN | CDA: 1 | DHR: HSUP | ALL | Basic | GRECS Training Room, Mobile

**PRESENTER:** Pamela J. Senters, RNC

We will introduce you to the foundational information you need to provide safe and healthy environments in the child care setting.

**October 26, 2022 | 6:00-8:00P 2hrs**

## **AELG Session 5 - Social Development**

CCDF: 15, 17, 20 | AL Pathways: CGD | CDA: 3, 8 | DHR: CD, PDG | ALL | Basic | GRECS Training Room, Mobile | 0.2 CEUs

**PRESENTER:** Desira Keith

Identify strategies to help children develop trusting relationships with nurturing adults.

**October 27, 2022 | 6:00-8:00P 2hrs**

## **Engaging Risk Taking**

CCDF: 13 | AL Pathways: HSN, CGD | CDA: 1, 8 | DHR: HSUP, CD | ALL | Basic | The Learning Tree, First Fairhope | 0.2 CEUs

**PRESENTER:** Maddie Cousins

Participants will gain a better understanding on what risk taking in the classroom looks like and how it benefits children.

GULF REGIONAL  
**Early Childhood Services**

7



# November 2022



GULF REGIONAL  
Early Childhood Services

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Professionalism 101; 6:30p-8:30p; <b>Mobile</b>	<b>2</b> Director's Forum: Building Your Bounce, Promoting Adult Resilience Session 1; 9:30am-11:30am; <b>Mobile</b>	<b>3</b> Bewy Bewy Cwoss-Understanding Children's Anger; 6:30pm-8:30pm; <b>Mobile</b>	<b>4</b> CPR and First Aid Refresher Session; 9:00am-10:00am; <b>Mobile</b>	<b>5</b> (AELG) Session 6; 8:30am-10:30am; <b>Mobile</b>  (AELG) Session 7; 10:30am-12:30pm; <b>Mobile</b>
<b>7</b> 	<b>8</b> Getting Started (Day 1); 12:00p-4:00p; <b>Mobile</b>  Words Are All Around Us: Expanding Children's Vocabulary Knowledge (APT); 6:30p-8:30p; <b>Mobile</b>	<b>9</b> Getting Started (Day 2); 12:00p-4:00p; <b>Mobile</b>  (AELG) Session 8; 4:00pm-6:00pm; <b>Mobile</b>  (AELG) Session 9; 6:00pm-8:00pm; <b>Mobile</b>	<b>10</b> Getting Started (Day 3); 12:00p-4:00p; <b>Mobile</b>  Supporting Cognitive Learning and Development for Infants and Toddlers; 6:30p-8:30p; <b>Mobile</b>	<b>11</b> 	<b>12</b> Speaking the Language of Conscious Discipline; 9:30am-11:30am; <b>ALL Counties Webinar</b>
<b>14</b> Introduction to the Child Development Associate Credential (CDA); 5:30pm-7:30pm; <b>Mobile</b>	<b>15</b> You are What You Eat: Nutrition for Infants and Toddlers (APT); 6:00p-8:00p; <b>Learning Tree, First Fairhope</b>	<b>16</b> Navigating Challenging Circumstances: What are Kids Facing Today? (APT); 6:00pm-8:00pm; <b>Mobile</b>	<b>17</b> A Deeper Look at Alabama Quality STARS Best Practice Rubric (Domain 3: Family Engagement & Domain 4: Professional Credential); 9:00a- 11:00a; <b>Mobile</b>	<b>18</b>	<b>19</b> 
<b>21</b> 	<b>22</b>	<b>23</b>	<b>24</b>  <b>GRECS and EHS Closed for Thanksgiving</b> 	<b>25</b>	<b>26</b>
<b>28</b>	<b>29</b> Brain Development: Seeing and Supporting Children's Active Bodies and Minds; 6:30pm-8:30pm; <b>Mobile</b>	<b>30</b> When Babies Cry (APT); 6:30pm-8:30pm; <b>Mobile</b>			

\*All classes in Mobile County will be held at Gulf Regional Early Childhood Services unless otherwise noted.



# November TRAINING

**November 1, 2022 | 6:30-8:30P|2hrs**

## Professionalism 101

CCDF: 18, 20 | AL Pathways: PPD | CDA: 6 | DHR: CCPE | ALL | Basic | GRECS Training Room, Mobile | 0.2 CEUs

**PRESENTER:** Desira Keith

Participants will identify and discuss skills and characteristics of early childhood professionals.

**November 2, 2022 | 9:30-11:30A 2hrs**

## Director's Forum: Building Your Bounce, Promoting Adult Resilience Session 1

CCDF: 15, 16 | AL Pathways: ICFC, PPD, MA | CDA: 4, 6 | DHR: CCPE, AM | ALL | Basic | GRECS Training Room, Mobile | 0.2 CEUs

**PRESENTER:** Paula Reese

Participants will learn about the importance of adult resilience and the role that our own resilience has on our well-being and our ability to care for children.

**November 3, 2022 | 6:30-8:30P|2hrs**

## Bewy Bewy Cwoss - Understanding Children's Anger

CCDF: 13, 20 | AL Pathways: CGD | CDA: 3 | DHR: CD, PDG | Infant, Toddler, Preschool | Intermediate | GRECS Training Room, Mobile | 0.2 CEUs

**PRESENTER:** Vicki Giles

Early childhood educators can model the understanding and expression of these very real emotions in a safe supportive environment.

**November 4, 2022 | 9:00-10:00A 1hr**

## CPR and First Aid Refresher

CCDF: 10 | AL Pathways: HSN | CDA: 2, 8 | DHR: HSUP | ALL | Basic | GRECS Training Room, Mobile

**PRESENTER:** Judy Cunningham

Did you know? DHR recommends that you should take a CPR and First Aid refresher course every 12 months after your initial certification.

**November 5, 2022 | 8:30-10:30A 2hrs**

## AELG Session 6 - Language and Literacy

CCDF: 17, 20 | AL Pathways: CGD | CDA: 2, 8 | DHR: LD | Infant, Toddler, Preschool | Basic | GRECS Training Room, Mobile | 0.2 CEUs

**PRESENTER:** LaDanika York

Through AELG session 6, Participants will discuss ages and stages of language and literacy development.

**November 5, 2022 | 10:30-12:30P 2hrs**

## AELG 7 - Physical Development

CCDF: 5,8,13,20 | AL Pathways: HSN, CGD | CDA: 1, 2, 8 | DHR: CD, HSUP | ALL | Basic | GRECS Training Room, Mobile | 0.2 CEUs

**PRESENTER:** Hannah Presley

This session will use the AELG to discuss gross motor fine motor and self-help skills.

**November 8-10, 2022 | 12:00-4:00P 12hrs**

## Getting Started 2022

CCDF: 5,7,13, 15,20 | AL Pathways: CGD, ICFC, LEE, HSN, PPD | CDA: 1, 2, 3, 4, 5, 6, 8 | DHR: CD, CCPE, LD, QCCL, PDG, HSUP | ALL | Basic | GRECS Training Room, Mobile | 1.2 CEUs

**PRESENTER:** GRECS Staff

See Session Highlights on page 4 for more information!

**November 8, 2022 | 6:30-8:30P 2hrs**

## Words Are All Around Us: Expanding Children's Vocabulary (APT)

CCDF: 19 | AL Pathways: CGD, LEE | CDA: 2, 3 | DHR: CD, LD | School-Age | Basic | GRECS Training Room, Mobile | 0.2 CEUs

**PRESENTER:** APT Instructor

In this two-hour workshop, we will focus on poetry, vocabulary games, author studies, and more.

**November 9, 2022 | 4:00-6:00P 2hrs**

## AELG Session 8 - Cognitive Development

CCDF: 13,17,20 | AL Pathways: CGD | CDA: 2, 8 | DHR: CD | ALL | Basic | GRECS Training Room, Mobile | 0.2 CEUs

**PRESENTER:** Erin Franklin

This AELG session will discuss basic child development concepts.

**November 9, 2022 | 6:00-8:00P 2hrs**

## AELG Session 9 - Putting It All Together

CCDF: 16,18,20 | AL Pathways: ICFC, PPD | CDA: 4, 6 | DHR: CCPE, QCCL | ALL | Basic | GRECS Training Room, Mobile | 0.2 CEUs

**PRESENTER:** GRECS Staff

Participants will be provided additional resources and materials to promote high quality care and education and review.

**November 10, 2022 | 6:30-8:30P 2hrs**

## Supporting Cognitive Learning and Development for Infants and Toddlers

CCDF: 13 | AL Pathways: CGD, LEE | CDA: 1, 3, 8 | DHR: CD, QCCL | Infant, Toddler | Basic | GRECS Training Room, Mobile | 0.2 CEUs

**PRESENTER:** Victoria Bolton

This course will explore the cognitive foundations and skills for infants and toddlers.

**November 12, 2022 | 9:30-11:30A 2hrs**

## Online Session: Speaking the Language of Conscious Discipline

CCDF: 15, 17 | AL Pathways: CGD, | CDA: 2, 3 | DHR: PDG, CD | ALL | Basic | ALL Cunnities Webinar

**PRESENTER:** Lisa Kirkland

Join us in the Webinar featuring Lisa Kirkland about Conscious Discipline!

**November 14, 2022 | 5:30-7:30P 2hrs**

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

CCDF: 20 | AL Pathways: PPD | CDA: 6 | DHR: QCCL | ALL | Basic | GRECS Training Room, Mobile

**PRESENTER:** LaDanika York

We will answer the most frequently asked questions, and address eligibility requirements and questions about applying CDA.

**November 15, 2022 | 6:00-8:00P 2hrs**

## You Are What You Eat: Nutrition for Infants and Toddlers (APT)

CCDF: 13 | AL Pathways: CGD, ICFC | CDA: 2, 3 | DHR: CD, CCPE | Infant, Toddler | Basic | The Learning Tree, First Fairhope | 0.2 CEUs

**PRESENTER:** Hannah Presley

Why is nutrition important for an infant and toddler? How should textured food be incorporated? In this training, participants will develop an understanding of the importance of nutrition for infants and toddlers. Remember you are what you eat!

**November 16, 2022 | 6:00-8:00P 2hrs**

## Navigating Challenging Circumstances: What are Kids Facing Today? (APT)

CCDF: 12, 19 | AL Pathways: ICFC | CDA: 3 | DHR: CCPE, PDG | School-Age | Intermediate | GRECS Training Room, Mobile | 0.2 CEUs

**PRESENTER:** Paula Reese

Let's face it, times are changing. Many kids are faced with not being accepted, bullying, a lack of proper housing or food and many more social issues. This training will navigate some of those challenging circumstances.

**November 17, 2022 | 9:00-11:00A 2hrs**

## A Deeper Look At Alabama Quality STARS Best Practice Rubric (Domain 3: Family Engagement; Domain 4: Professional Credential)

CCDF: 16, 20 | AL Pathways: ICFC | CDA: 4, 6 | DHR: CCPE | Infant, Toddler, Preschool | Basic | GRECS Training Room, Mobile

**PRESENTER:** AL Quality STARS Specialist

Learn how to communicate with families in a meaningful way so that they become actively engaged in their child's program. explore such topics as staff-to-staff relationships and policies for improving the workplace environment.

**November 29, 2022 | 6:30-8:30P 2hrs**

## Brain Development: Seeing and Supporting Children's Active Bodies and Minds

CCDF: 13, 17 | AL Pathways: CGD | CDA: 2, 3, 8 | DHR: CD | ALL | Basic | GRECS Training Room, Mobile | 0.2 CEUs

**PRESENTER:** Maddie Cousins

The goal of this course is for participants to gain an understanding of brain development in children.

**November 30, 2022 | 6:30-8:30P 2hrs**

## When Babies Cry (APT)

CCDF: 6, 13, 17 | AL Pathways: CGD, HSN, ICFC | CDA: 1, 2, 3, 8 | DHR: CD, QCCL | Infant | Basic | GRECS Training Room, Mobile | 0.2 CEUs

**PRESENTER:** Erin Franklin

The goal of this workshop is for participants to gain knowledge of why babies cry, the different cries and their meanings as well as tricks to calm a crying baby. Also, participants will gain understanding of how to react to the various cries of a baby.

**December 1, 2022 6:00-8:00P 2hrs**

## Math All Around Me

CCDF: 18, 20 | AL Pathways: PPD | CDA: 6 | DHR: CCPF | ALL | Basic | GRECS Training Room, Mobile | 0.2 CEUs

**PRESENTER:** Vicki Giles

Is there a difference between 'doing math' and 'playing math?' Yes! Help young children see the Math All Around with playful practices!

**December 6, 2022 9:30-11:30A 2hrs**

## A Deeper Look At Alabama Quality STARS Best Practice Rubric (Domain 5: Environment and Domain 6: Program Design)

CCDF: 13, 15 | AL Pathways: CGD, LEE | CDA: 1, 2, 3, 8 | DHR: PDG, CD | Infants, Toddlers, Preschool | Basic | GRECS Training Room, Mobile

**PRESENTER:** Alabama Quality STARS Specialist

This session provides a deeper look into Alabama Quality STARS Best Practice Rubric: Domain 5: Environment and Domain 6: Program Design. Participants will learn about classroom design. In addition, participants will gain knowledge of how to incorporate effective program policies in the workplace.

**December 6, 2022 6:00-8:00P 2hrs**

## Thinking Outside of the Bin: Exploring STEM Bins (APT)

CCDF: 13 | AL Pathways: LEE | CDA: 2, 3 | DHR: CD | School-Age | Intermediate | GRECS Training Room, Mobile | 0.2 CEUs

**PRESENTER:** LaDanika York

Do you want to learn how to use simple, everyday things to encourage children how to create, invent and solve problems? This 2-hour training will explore STEM, within plastic, portable bins, in a fun and safe way. Let's get ready to construct and discover together.

**December 7, 2022 6:30-8:30P 2hrs**

## Playing It Safe: How to Create Safe Spaces (APT)

CCDF: 13, 15, 16 | AL Pathways: CGD, LEE | CDA: 1, 3, 8 | DHR: CD | Infants, Toddlers, Preschool | Basic | GRECS Training Room, Mobile | 0.2 CEUs

**PRESENTER:** Maddie Cousins

We are living in a day and time where creating safe spaces for children is a vital part of the learning environment. Come along with us as we discuss the elements of a safe space and ways to effectively implement those spaces for young children.

**December 8, 2022 6:00-8:00P 2hrs**

## Happy, Healthy Kids: Incorporating Nutrition and Movement In Your Program (APT)

CCDF: 13, 19 | AL Pathways: CGD, HSN, LEE | CDA: 1, 2, 3 | DHR: HSUP, CD | School-Age | Basic | GRECS Training Room, Mobile | 0.2 CEUs

**PRESENTER:** LaDanika York






We will learn about the importance of nutrition and physical activity for young children. We will explore children's books and PBS KIDS resources that can be used to teach and encourage children about making healthy lifestyle choices. This training will also discuss nutritious snacks and ways to incorporate movement in your program.

**MAY YOUR HOLIDAYS  
BE MERRY AND BRIGHT**

wishing you a lovely  
holiday season!



# December 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Math All Around Me; 6:00pm-8:00pm; <b>Mobile</b>	2	3
5	6 A Deeper Look at Alabama Quality STARS Best Practice Rubric (Domain 5: Environment and Domain 6: Program Design); 9:30a-11:30a; <b>Mobile</b>  Thinking Outside of the Bin: Exploring STEM Bins (APT); 6:00pm-8:00pm; <b>Mobile</b>	7 Playing It Safe: How to Create Safe Spaces (APT); 6:30pm-8:30pm; <b>Mobile</b>	8 Happy, Healthy Kids: Incorporating Nutrition and Movement in Your Program (APT); 6:00pm-8:00pm; <b>Mobile</b>	9	10 
12	13 	14	15	16	17
19	20	21	22	23 <b>GRECS &amp; EHS Closed for Christmas</b> <i>Merry</i> <b>CHRISTMAS</b>	24 
26 	27	28	29	30 <b>GRECS &amp; EHS Closed for New Years Eve!</b>	<b>2023</b>

\*All classes in Mobile County will be held at Gulf Regional Early Childhood Services unless otherwise noted.



# GOING BEYOND THE PLAYGROUND

## Math, Science and Outdoor Fun

Autumn is the perfect time for going outside for a walk or to a local park to play are great ways to help your children learn! In addition to spending time at the playground, take your time to explore: do you see trees to count, neighbors to greet, or street signs to read?

**Here are some ideas for playful learning that will help make the most of your family's time outdoors.**

### Street sign scavenger hunt

While walking through the neighborhood, invite your child to look at and identify signs, like STOP and No Parking. Talk about them. This helps children understand that written words and symbols have many important purposes: to keep us safe, to help us work together, and to spread essential information. Try prompting your child's thinking with questions like, "What signs do you see? I wonder what clues help us figure out what the signs says." Work together to identify the colors, letters, and numbers on different signs!

### Science on the hill

Hills are such fun for rolling, running, and exploring. Did you know that hills are also great for learning science concepts and vocabulary? Try this in the park with your child: collect different nature items (pinecones, pebbles, sticks) and test whether they roll down a hill. Use words like faster, slower, speed, weight, mass, and slope as you experiment. Children also love to roll their bodies down hills!

### Help your child be a noticer

Practice noticing numbers, letters, and other details as you explore outdoors. Encourage your child by saying and doing things like these:

- "I see numbers on this sign! I see the number three. I wonder what it means" and "What other numbers can we find on our walk, and what do they tell us?"
- "I see some footprints going across the ground. I wonder who made them. Where are they going?" Create a story together about the footprints.
- "I spy with my little eye... a cloud shaped like the letter O! What do you see?"

### Identify the parks and other outdoor spaces in your neighborhood

Sometimes the most magical places are just around the corner. Websites like [findyourpark.com/your-parks](http://findyourpark.com/your-parks) can help you identify nearby parks. Even the tiniest spaces can hold magic for you and your family!

Written by Rachel J. Franz, MEd, the director of education and founding lead teacher at Tiny Trees Preschool, an outdoor preschool program in Seattle, Washington. She is a founding member of NAEYC's Young Professionals Advisory Council (YPAC). Teaching Young Children; April/May 2019; Vol. 12, No. 4



**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 Performance 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





*Alabama Pathways* is a free online resource to provide a path to support and advance the best practices for those who care for and teach children from birth through 12 years. In accordance with Child Care Licensing and Performance Standards for Day Care Centers and Nighttime Centers Regulations and Procedures and Licensing and Performance Standards for Family Day Care Homes Family Nighttime Homes and Group Day Care Homes Group Nighttime Homes Regulations and Procedures, all licensed providers in the State of Alabama are required to participate in the Alabama Professional Development Registry (PDR) and must be enrolled in the PDR system by September 16, 2022.

**The Professional Development Registry (PDR) will allow you to:**

- Create your own early childhood professional and training profile.
- Document your professional accomplishments and professional certificates.
- Identify your current place on the Alabama Pathways Professional Development Lattice.
- Collaborate with state-designated training agencies to help you identify and reach your goals.
- Link to official training organizations.
- Access to available resources.

**Things to remember:**

- Website address – [www.alabamapathways.org](http://www.alabamapathways.org)
- An updated User Guide is always available for your reference on your dashboard
- FAQ's - <https://www.alabamapathways.org/api/file/s/faq>
- When adding info into the profile, go to each tab to add information: education, employment, etc.
- A Help Desk will be available on the footer of the page on the left side.
- When setting up your account, remember to use your PERSONAL email.
- As a FINAL step, don't forget to associate yourself with the facility at which you are working.

Your profile belongs to you! Take it along wherever your professional journey may take you! All you have to do is log in!



# The Resource Place

at  **GULF REGIONAL  
Early Childhood Services**

*Call today to make your appointment with us!*

**Browse our comprehensive lending library and workroom where you'll find:**

**Children's Books \* Teacher Resource Books\* Outdoor Play Materials\*  
Manipulatives\* Puzzles\* Puppets\* Big Books \* Laminating Machine \*  
Bulletin Board Paper and More!!!!**

**Call 251- 473-1060**  
**Open: Tuesday - Thursday\* | 9am-4pm**

**\*\*by appointment only\*\***

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alabamaqualitystars.org



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Lift them higher with quality early  
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 **334-604-6260**  [info@alabamaqualitystars.org](mailto:info@alabamaqualitystars.org)



## Support Children's Trust Fund

We are celebrating over 20 years of collaboration with the Children's Trust Fund supported through the Department of Child Abuse and Neglect Prevention!

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

The next time you renew your car tag, Purchase this specialty tag at your local Probate office. It is tax deductible & proceeds directly fund community-based prevention programs.



## CPR and 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

251-479-6788

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

3100 Cottage Hill Rd, Building 4, Suite 400, Mobile, AL 36606

Ph. 251.473.1060

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United Way  
of Southwest Alabama



**November 24, 2022**

GRECS & EHS offices are CLOSED for  
Thanksgiving

**December 23, 2022**

GRECS & EHS offices are CLOSED for  
Christmas Eve and Christmas Day

**December 31, 2022**

GRECS & EHS offices are CLOSED for  
New Years Eve