

# Early Learning News

January, February, March 2025



# DREAM



**INDOOR ACTIVITIES**  
pg 2



**EARLY LEARNING  
CENTER DAPHNE**  
pg 3



**5 WAYS PARENTS CAN HELP  
TODDLERS GET ENOUGH SLEEP**  
pg 14



**ALABAMA'S NEW SPECIAL  
NEEDS CHILDCARE SUBSIDY**  
pg 18

# Take a Look Inside

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!

## Indoor Activities

page 2

## ELC Daphne

page 3

## Highlighted Courses

page 4, 5

## Pass Along to Parents

page 14

## Alabama Pathways

page 16

## Special Needs Childcare Subsidy

page 18

*Curiosity is the  
wick in the  
candle  
of learning.*

—William Arthur Ward

# Innovative Ideas for Indoor Activities for Kids

With the cold winter months upon us, many parents are struggling to find ways to keep their kids entertained indoors. It can be challenging to come up with innovative ideas to keep kids entertained, especially if you are limited with space, materials, or resources. But don't worry; this will help you out! We will be discussing some of the top ideas for indoor activities for kids that are both fun and innovative.

## Baking and Cooking



Baking and cooking are fun indoor activities for kids that the whole family can enjoy. Not only do these activities promote creativity and imagination, but they also provide opportunities for kids to develop essential life skills such as measuring, following instructions, and problem-solving.

## Scavenger Hunts

Scavenger hunts for kids can be easily created by hiding items around the house and providing clues for kids to follow in order to find them. The items can be anything from toys, books, or household objects, and the clues can be written, drawn, or even in the form of a riddle. Children can work in teams or individually to find the items and complete the scavenger hunt.

## Arts and Crafts

Arts and crafts are great for kids to use their creativity, imagination, and problem-solving skills. They can work on a variety of projects, from making decorative picture frames to creating fun jewelry. Arts and crafts projects can also allow children to express their feelings through creative writing or artwork.

You don't have to be an artist or a craft expert to complete art projects with your child. Kids can complete arts and crafts activities with household items or simple and easy-to-find supplies that are available in most local stores.

## Indoor Obstacle Course

Kids are known to have lots of energy, so why not make them burn some energy at home? An indoor obstacle course is a great indoor activity that will help them burn off some excess energy and improve their skills. It can help to improve their physical skills, such as balance, coordination, and agility. It also helps develop their problem-solving skills and encourages them to be creative and inventive. With



a little bit of imagination, you can create an obstacle course using items you already have in your home, such as pillows, chairs, and blankets.

Indoor activities for kids can be fun, creative, and educational. There are plenty of innovative ideas to keep kids entertained indoors, whether it's a home-based activity like a scavenger hunt, a craft project, a game, or something more adventurous like an indoor obstacle course. With creativity and patience, you can make sure your kids don't get bored and have a blast doing indoor activities.

Read More at:

**28848 N Main Street, Daphne, AL 36526**



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 2024, GRECS broke ground on its newest facility, the Early Learning Center Daphne. Located off US-98 and Main Street, the Early Learning Center Daphne will provide a safe and convenient option for families on the Eastern Shore, ensuring that families in our community continue to have access to quality early education programs for many years to come.

*Thank you* to everyone who made Early Learning Center Daphne possible for our community!  
Follow and like our facebook page to view our weekly events, photos and stay up-to-date!



## Highlighted Courses for January, February, March 2025

### Director's Forum: Playground 103: "Bringing the Inside Out!"

**January 23, 2025 | 9:30am-11:30am | 2 hrs/0.2 CEUs**

CCDF: 13, 20 | AL Pathways: CGD, LEE, HSN | CDA: 1, 2, 8 | DHR: QCCL, HSUP, AM | Directors, ALL | Intermediate | GRECS Training Room, Mobile

**PRESENTER: Paula Reese, Vicki Giles**

Participants will examine the outdoor learning environment as an extension of the indoor environment; extending the learning that takes place indoors to the outdoor environment. Learning time in the outdoor space provides limitless options; designed with the same intentionality, and should evoke, inspire and motivate, and accommodate the needs of each individual.

### A Learning Environment Filled with Wonder and Curiosity

**March 15, 2025 | 9:30am-11:30am | 2 hrs/0.2 CEUs**

CCDF: 13, 17 | AL Pathways: CGD, LEE | CDA: 1, 8 | DHR: QCCL, CD | Preschoolers | Basic | Washington County Public Library - large training room, 14102 St. Stephens Ave., Chatom, AL 36518

**PRESENTER: Lisa Kirkland**

Participants will explore the importance of the early childhood learning environment and things to consider when creating and maintaining developmentally appropriate preschool learning environments.

# 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  
Kids Plus CDC

Goodwill Community Center

The Learning Tree at "First Fairhope"

Coastal Alabama Community College, Bay Minette Campus

Country Day School

## Clarke County

Jackson City Hall

## Conecuh County

David Burt Agriculture Center

Future Achievers

532 S. Main St Evergreen, AL 36401

## Escambia County

Coastal Alabama Community College

Flomaton Public Library

## Monroe County

Monroe County Public Library

Patty Pat's Day care Center #2

## Mobile County

GRECS Training Rooms -

3101 International Dr, Building 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.greecs.org](http://www.greecs.org)

# CCDF Health and Safety Courses 2025

Looking for DHR CCDF Health and Safety Training Courses? We've Got You Covered for this quarter in January, February and March 2025!

- **January 13:** *A Prevention of and Response to Emergencies Due to Food and Allergic Reactions* CCDF: 4; 5:00pm-6:00pm; **Mobile**
- **January 13:** *Building and Physical Premises Safety, Including Identifying Electrical Hazards, Bodies of Water, and Vehicular Traffic* CCDF: 5; 6:00pm-7:00pm; **Mobile**
- **January 15:** *Keeping Children Safe (CTF)* CCDF: 4, 7; 6:00pm-8:00pm; **Mobile**
- **February 12:** *Free Public Health and Safety: First-Aid and CPR Training;* 8:00am-12:00pm; **Mobile**
- **March 6:** *3-Hour Health and Safety Training:* CCDF: 5, 7, 8; 8:30am-11:30am; **Mobile**
- **March 12:** *Infection Control, Prevention and Control of Infectious Diseases* CCDF: 1, 8 (CTF); 6:00pm-8:00pm; **Mobile**
- **March 31:** *Sudden Infant Death Syndrome (SIDS) Prevention and Use of Safe Sleep Practices* CCDF: 2 (CTF); 5:00pm-6:00pm; **Mobile**
- **March 31:** *Prevention of Shaken Baby Syndrome and Abusive Head Trauma* CCDF: 6 (CTF); 6:00pm-7:00pm; **Mobile**



## 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.

**You must attend all sessions to receive credit.**

(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: 6, 11, 13, 15, 17, 20; Basic Training Level; 12 hours/12 CEUs; Appropriate for ALL Age Groups)

**January 28-30, 2025 | 8:30am - 12:30pm**  
GRECS Training Room, Mobile

**New Time!**

# Highlighted Courses for January, February, March 2025

Infant-toddler mental health is crucial because the earliest years of life lay the foundation for a child's emotional, social, and cognitive development. During this period, infants and toddlers form secure attachments, learn to regulate their emotions, and develop trust in their caregivers. Positive mental health in these early years promotes resilience, healthy relationships, and the ability to cope with stress later in life. Supporting mental health during infancy and toddlerhood is essential for ensuring that children grow into well-adjusted, emotionally stable adults.

## Baby Bootcamp

**Presented by: APT Staff**

When you are working with infants and toddlers, you want to know what to expect and arrive prepared! Join us in basic baby bootcamp where we will dispel common myths, learn the basic elements of all areas of development and how to boost brain development along each stage. We will learn the importance of early brain development and simple ways to strengthen those connection and explore free PBS resources to use in the classroom and to share with families. *CCDF: 13, 17, 20 | AL Pathways: CGD, LEE | CDA: 1, 2, 3, 8 | DHR: CD, LD | Infants, Toddlers | Basic | 0.2 CEUs | 2 Hours*

February 20th, 2025  
6:00pm-8:00pm  
Webinar

## Hands at Play Developing Fine Motor Skills for Life

**Presented by: Victoria Bolton**

In this training we will examine our understanding of fine motor skills for infants and toddlers by diving into developmental milestones while exploring activities to support infant and toddler fine motor skills. *. CCDF: 13, 20 | AL Pathways: CGD, LEE | CDA: 2, 8 | DHR: CD, QCCL | Infants, Toddlers | Basic | 0.2 CEUs | 2 Hours*

March 13th, 2025  
6:30pm-8:30pm  
GRECS Training Room, Mobile



## Special Delivery Courses

**Please Contact: Vicki Giles**

**251-473-1060**

**[vgiles@grecs.org](mailto:vgiles@grecs.org)**

*We are offering special delivery courses for the following sessions:*

- What is Your Piece: Professionalism
- Active Supervision of Children
- Guidance: Not Discipline
- Preparing for Emergencies

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

# January '25 TRAINING

## The GPS to Infant Caregiving: Understanding Infant Behavior

January 6, 2025 | 6:00pm-8:00pm 2 hrs/0.2 CEUs

CCDF: 13, 15, 20 | AL Pathways: CGD, COA | CDA: 3, 7, 8 | DHR: CD, PDG | Infants | Intermediate | GRECS Training Room, Mobile

PRESENTER: Victoria Bolton

This course provides tools to understand infant behavior, nonverbal communication, and its effect on the caregiver-infant interaction and relationship. Provides strategies to inform caregivers of infant states/behaviors and the impact on their relationship.

## Exploring Curiosity, Problem-Solving and Critical Thinking with PBS KIDS (APT)

January 7, 2025 | 6:30pm-8:30pm 2 hrs/0.2 CEUs

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

PRESENTER: Erin Franklin

The goal of this workshop is for participants to gain knowledge about the skills that problem solving builds, activities that enrich critical-thinking skills and why curiosity should be encouraged in preschoolers.

## Supporting Cognitive Learning and Development for Infants and Toddlers

January 9, 2025 | 6:00pm-8:00pm 2 hrs/0.2 CEUs

CCDF: 13, 17, 20 | AL Pathways: CGD, LEE | CDA: 1, 3, 8 | DHR: CD, QCCL | Infants, Toddlers | Basic | GRECS Training Room, Mobile

PRESENTER: Victoria Bolton

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

## A Prevention of and Response to Emergencies Due to Food and Allergic Reactions CCDF: 4 (CTF)

January 13, 2025 | 5:00pm-6:00pm 1 hr

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

PRESENTER: Judy Cunningham

We will introduce you to the foundational information you need to provide safe and healthy environments in the child care setting. Participants will discuss the Prevention of and Response to Emergencies Due to Food and Allergic Reactions.

## Building and Physical Premises Safety, Including Identifying Electrical Hazards, Bodies of Water, and Vehicular Traffic CCDF: 5 (CTF)

January 13, 2025 | 6:00pm-7:00pm 1 hr

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

PRESENTER: Judy Cunningham

We will introduce you to the foundational information you need to provide safe and healthy environments in the child care setting. Participants will discuss essential information on ways to identify potential risks and promote building and physical premises safety in the child care setting including Electrical Hazards, Bodies of Water, Vehicular Traffic, Playground Safety, and Sun Safety.

## The Power of Decision-Making (APT)

January 14, 2025 | 6:00pm-8:00pm 2 hrs/0.2 CEUs

CCDF: 18 | AL Pathways: PPD, MA | CDA: 5, 6 | DHR: CCPE, AM | School-Agers | Basic | GRECS Training Room, Mobile

PRESENTER: Adriane Buettel

Navigating the decision-making process can be difficult for our youth. Through discussions and hands-on activities, participants will discover positive ways to teach the power of decision making.

## Day 1: Alabama Early Learning Guidelines (AELG) Sessions 1, 2, 3

January 15, 2025 | 8:30am-3:30pm 6 hrs/0.6 CEUs

CCDF: 5, 8, 13, 15, 16, 17, 18, 20 | AL Pathways: CGD, COA, DIV, HSN, ICFC, LEE, MA, PPD | CDA: 1, 2, 3, 4, 6, 7, 8 | DHR: CD, CCPE, HSUP, LD, PDG, QCCL | ALL | Basic | GRECS Training Room, Mobile

PRESENTER: Desira Keith, LaDanika York, Erin Franklin

Session 1 – Orientation \*Must attend before taking other sessions\* 8:30-10:30 (see page 3 for more information)

Session 2 – Observations & Assessment 10:30-12:30

Session 3 – The Role of Parent and Caregiver 1:30-3:30

## Keeping Children Safe CCDF: 4, 7 (CTF)

January 15, 2025 | 6:00pm-8:00pm 2 hrs

CCDF: 4, 7 | AL Pathways: HSN | CDA: 1 | DHR: HSUP | ALL | Basic | GRECS Training Room, Mobile

PRESENTER: Avery Fick

Join us as we discuss how to work together to make good decisions for avoiding the common events that could hurt our children at different stages and ages as they grow.

## Guidance! Not Discipline

January 16, 2025 | 6:00pm-8:00pm 2 hrs/0.2 CEUs

CCDF: 15, 19, 20 | AL Pathways: CGD, COA | CDA: 1, 3, 8 | DHR: PDG, QCCL | ALL | Basic | GRECS Training Room, Mobile

PRESENTER: Vicki Giles

Promoting positive behavior can be challenging. Having a variety of guidance strategies can make it more achievable to create a positive classroom environment.

## Alabama Quality STARS: Lift Them Higher with Quality Early Care and Education

January 17, 2025 | 9:30am-11:30am 2 hrs

CCDF: 13, 20 | AL Pathways: LEE, PPD, MA | CDA: 5, 6 | DHR: QCCL, CCPE, AM | ALL | Basic | GRECS Training Room, Mobile

PRESENTER: Symone Mixon, Amber Edwards, Rachel Kitsos

This session provides an overview of the Alabama Quality STARS: Quality Rating Improvement System (QRIS), a systemic approach to assessing, improving, and communicating the level of quality in early childhood education programs. In addition, participants will take a closer look at the Best Practice Verification Manual and define program standards that are comprised of standardized, research-based criteria. Participants will gain a better understanding of the requirements for obtaining a higher star rating.

# January '25 TRAINING Continued..

## You, Me, and Community

**January 21, 2025 | 6:00pm-8:00pm**      **2 hrs/0.2 CEUs**

CCDF: 13, 17, 20 | AL Pathways: CGD, LEE | CDA: 2, 3, 6, 8 | DHR: CD, CCPF | Preschoolers | Basic | GRECS Training Room, Mobile

**PRESENTER: APT Staff**

Let's learn how to be a positive member of our community! In this 2-hour training, we discuss how to incorporate civics education into your preschool classroom. We will learn who makes our communities run and how we all fit into the puzzle. This training will utilize the PBS KIDS series Rosie's Rules and various other APT and PBS resources.

## Supporting Young Learners with Autism

**January 21, 2025 | 6:00pm-8:00pm**      **2 hrs/0.2 CEUs**

CCDF: 13, 17 | AL Pathways: CD, QCCL | CDA: 2, 8 | DHR: CGD, LEE | ALL | Basic | Kids Plus Child Development Center, Foley, AL

**PRESENTER: Paula Reese**

Understanding young learners with Autism Spectrum Disorder (ASD); preparing early childhood educators to work effectively with young learners and their families. Strategies that incorporate best practices as well as recognize individual strengths and needs.

## Stuck Like Glue: Healthy Attachment for Infants and Toddlers (APT)

**January 22, 2025 | 6:00pm-8:00pm**      **2 hrs/0.2 CEUs**

CCDF: 13, 15, 20 | AL Pathways: CGD, LEE | CDA: 2, 8 | DHR: CD, LD | Infants, Toddlers | Basic | GRECS Training Room, Mobile

**PRESENTER: Lennox Steele**

Providing and fostering healthy attachment is important to the development of infants and toddlers. In this training, we will discuss ways to implement and build healthy attachment styles by utilizing a variety of hands-on activities, PBS KIDS resources and children's books.

## Director's Forum: Playground 103: "Bringing the Inside Out!"

**January 23, 2025 | 9:30am-11:30am**      **2 hrs/0.2 CEUs**

CCDF: 13, 20 | AL Pathways: CGD, LEE, HSN | CDA: 1, 2, 8 | DHR: QCCL, HSUP, AM | Directors, ALL | Intermediate | GRECS Training Room, Mobile

**PRESENTER: Paula Reese, Vicki Giles**

Participants will examine the outdoor learning environment as an extension of the indoor environment; extending the learning that takes place indoors to the outdoor environment. Learning time in the outdoor space provides limitless options; designed with the same intentionality, and should evoke, inspire and motivate, and accommodate the needs of each individual.

## Exploring Diversity and Differences in the Classroom

**January 23, 2025 | 6:00pm-8:00pm**      **2 hrs/0.2 CEUs**

CCDF: 15 | AL Pathways: CGD, DIV | CDA: 3, 4, 8 | DHR: CCPF, QCCL | Preschoolers | Basic | GRECS Training Room, Mobile

**PRESENTER: LaDanika York**

This training will discover that diversity is about more than differences; it is about similarities and differences combined – those characteristics that make us who we are. This workshop also explores how educators can learn to successfully lay the foundation for inclusion and acceptance in child care settings.

## Acting Out! Avoiding Behavior Challenges with Active Learning Games

**January 25, 2025 | 9:30am-11:30am**      **2 hrs/0.2 CEUs**

CCDF: 13, 15 | AL Pathways: CGD, LEE | CDA: 2, 3, 8 | DHR: PDG, CD | Preschoolers | Basic | Monroe County Public Library

**PRESENTER: Lisa Kirkland**

This presentation will provide participants with active learning games and activities to avoid behavior challenges in the classroom.

## Motor Development: Motor Milestones

**January 27, 2025 | 6:00pm-8:00pm**      **2 hrs/0.2 CEUs**

CCDF: 13, 17, 20 | AL Pathways: CGD, LEE, ICFC | CDA: 1, 2, 3, 8 | DHR: CD, HSUP | ALL | Advanced | GRECS Training Room, Mobile

**PRESENTER: Dr. Abigail Baxter**

Physical education is a critical part of every early childhood curriculum. Children need to move to channel their energies in creative, beneficial ways and to learn habits for lifelong health and fitness. Participants will discuss developmentally appropriate activities that foster physical development and build self-esteem.

## Getting Started 2025 (CTF)

**January 28-30, 2025 | 8:30am-12:30pm**      **12 hrs/1.2 CEUs**

CCDF: 6, 11, 13, 15, 17, 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

**PRESENTER: GRECS Staff**

We will introduce you to the foundational information you need to provide safe environments, nurturing interactions and 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' training requirements to work in child care. You must attend all sessions to receive credit.

## Musical Stories: Read Aloud, Move Around, and Sing Along

**January 28, 2025 | 6:00pm-8:00pm**      **2 hrs/0.2 CEUs**

CCDF: 13, 17, 20 | AL Pathways: CGD, LEE | CDA: 1, 2, 8 | DHR: CD, LD | ALL | Intermediate | GRECS Training Room, Mobile

**PRESENTER: Rebecca M. Giles, Ph.D and Karen Morrison**

Movement, music, reading, and writing are all forms of communication that support one another when interconnected. Many picture books naturally invite a musical response to their rhythmic, rhyming, and often repetitive text. Incorporating music and movement into routine read alouds capitalizes on young children's innate interest in stories and song to provide meaningful interactions with the text. This interactive session will model how to orchestrate young children's moving and musicking during story time.

## STEAM-ing into Storytime

**January 30, 2025 | 6:00pm-8:00pm**      **2 hrs/0.2 CEUs**

CCDF: 13, 19 | AL Pathways: CGD, LEE | CDA: 2, 8 | DHR: LD, CD | Preschoolers, School-Agers | Basic | GRECS Training Room, Mobile

**PRESENTER: Desira Keith**

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

# February '25 TRAINING

## Opening a Family Child Care Home

February 1, 2025 | 9:30am-11:30am 2 hrs/0.2 CEUs

CCDF: 13 | AL Pathways: CGD, PPD | CDA: 1, 2, 8 | DHR: QCCL, CCPF | ALL | Basic | GRECS Training Room, Mobile

PRESENTER: Jackie White

The purpose of this course is to encourage participants that are considering opening a family childcare home to create a safe and healthy environment and offer quality childcare to families. Come learn tips and techniques from a Family Home provider with over 25 years experience!

## A Learning Environment Filled with Wonder and Curiosity

February 1, 2025 | 9:30am-11:30am 2 hrs/0.2 CEUs

CCDF: 13, 17 | AL Pathways: CGD, LEE | CDA: 1, 8 | DHR: QCCL, CD | Preschoolers | Basic | Coastal Alabama Community College Classroom C-100 Bay Minette

PRESENTER: Lisa Kirkland

Participants will explore the importance of the early childhood learning environment and things to consider when creating and maintaining developmentally appropriate preschool learning environments.

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

February 4, 2025 | 6:00pm-8:00pm 2 hrs/0.2 CEUs

CCDF: 19 | AL Pathways: ICFC | CDA: 8 | DHR: CCPF, PDG | School-Agers | Intermediate | GRECS Training Room, Mobile

PRESENTER: Adriane Buettel

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 through PBS resources, videos and discussions.

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

February 5, 2025 | 6:00pm-8:00pm 2 hrs

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

PRESENTER: LaDanika York

This introduction is designed for any professional early child care educator considering applying for the CDA credential.

## Boys and Girls Learn Differently

February 6, 2025 | 6:00pm-8:00pm 2 hrs/0.2 CEUs

CCDF: 13, 15, 19 | AL Pathways: CGD, LEE | CDA: 1, 2, 8 | DHR: CD, PDG | Preschoolers, School-Agers | Basic | GRECS Training Room, Mobile

PRESENTER: Erin Franklin

The goal of this workshop is for participants to gain knowledge about the differences in the way boys and girls learn.

## Tackling Transitions with Toddlers

February 11, 2025 | 6:00pm-8:00pm 2 hrs/0.2 CEUs

CCDF: 13, 15, 20 | AL Pathways: CGD, LEE | CDA: 1, 2, 3 | DHR: PDG, CD | Infants, Toddlers | Basic | GRECS Training Room, Mobile

PRESENTER: Victoria Bolton

Transitions for toddlers can be challenging. This class will provide a variety of DAP strategies for preventing and responding to challenging behaviors during transitions and circle time through effective communication.

## Day 2: Alabama Early Learning Guidelines (AELG) Sessions 4, 5, 6

February 12, 2025 | 8:30am-3:30pm 6 hrs/0.6 CEUs

CCDF: 5, 8, 13, 15, 16, 17, 18, 20 | AL Pathways: CGD, COA, DIV, HSN, ICFC, LEE, MA, PPD | CDA: 1, 2, 3, 4, 6, 7, 8 | DHR: CD, CCPF, HSUP, LD, PDG, QCCL | ALL | Basic | GRECS Training Room, Mobile

PRESENTER: Desira Keith, LaDanika York, Erin Franklin

Session 4 – Self-Concept & Emotional Development 8:30-10:30

Session 5 – Social Development 10:30-12:30

Session 6 – Language and Literacy 1:30-3:30

## How to Create a “Gratitude” Culture in the Workplace

February 12, 2025 | 6:00pm-8:00pm 2 hrs

CCDF: 16, 20 | AL Pathways: PPD, MA | CDA: 5, 6 | DHR: AM, CCPF | ALL | Basic | ALL Counties Webinar

PRESENTER: Paula Reese

Creating a positive work environment essential for employee satisfaction by cultivating a culture of gratitude; explore seven tips for practicing workplace gratitude and improving engagement and productivity to benefit students, teachers and families.

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

February 12, 2025 | 8:00am-12:00pm 4 hrs

CCDF: 10 | AL Pathways: HSN | CDA: 1 | DHR: HSUP | ALL | Basic | GRECS Training Room, Mobile

PRESENTER: Pamela Senters, RNC

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) for the child care setting.

## Critical Connections

February 13, 2025 | 6:30pm-8:30pm 2 hrs/0.2 CEUs

CCDF: 13, 20 | AL Pathways: CGD, ICFC | CDA: 1, 3, 8 | DHR: CD, PDG | Infants, Toddlers, Preschoolers | Intermediate | GRECS Training Room, Mobile

PRESENTER: Vicki Giles

The emotional bond between a caregiver and a child is critical factor in a child's development. Caring relationships are associated with positive gains in a child's physical, cognitive, emotional, and social development. Let's look at ways to develop critical connections with young children.

## Groovin' with Nursery Rhymes

February 18, 2025 | 6:00pm-8:00pm 2 hrs/0.2 CEUs

CCDF: 13, 17, 20 | AL Pathways: CGD, LEE | CDA: 2, 3, 8 | DHR: CD, LD | Infants, Toddlers, Preschoolers | Basic | GRECS Training Room, Mobile

PRESENTER: Desira Keith

This training will empower educators to harness the inherent musicality of nursery rhymes to create vibrant learning environments that inspire curiosity, creativity, and a lifelong love of music and language in young learners.

## Baby Bootcamp

February 20, 2025 | 6:00pm-8:00pm 2 hrs/0.2 CEUs

CCDF: 13, 17, 20 | AL Pathways: CGD, LEE | CDA: 1, 2, 3, 8 | DHR: LD, CD | Infants, Toddlers | Basic | ALL Counties Webinar

PRESENTER: APT Staff

When you are working with infants and toddlers, you want to know what to expect and arrive prepared! Join us in basic baby bootcamp where we will dispel common myths, learn the basic elements of all areas of development and how to boost brain development along each stage. We will learn the importance of early brain development and simple ways to strengthen those connection and explore free PBS resources to use in the classroom and to share with families.



# February '25 TRAINING Continued..

## Director's Forum: Building Connections: Engaging Ideas for Team-Building and Get-to-Know Activities

February 25, 2025 | 9:30am-11:30am 2 hrs/0.2 CEUs

CCDF: 18, 19 | AL Pathways: CGD | CDA: 1, 5 | DHR: AM, CCPF | ALL | Basic | GRECS Training Room, Mobile

PRESENTER: Sandy Resa and Michelle Denney

Children who feel safe and secure are more able to focus their energy on learning. Co-workers who enjoy each other's company and feel a sense of belonging often experience a boost in morale and motivation. Join us for this interactive session as we explore a variety of engaging activities designed to foster teamwork, enhance communication, and deepen interpersonal relationships. Try these activities with children or with colleagues to promote collaboration and strengthen your program culture!

## Noticing, Naming, and Navigating Emotions

February 25, 2025 | 4:00pm-6:00pm 2 hrs/0.2 CEUs

CCDF: 13, 15, 19 | AL Pathways: CGD | CDA: 2, 3, 8 | DHR: CD, PDG | ALL | Basic | GRECS Training Room, Mobile

PRESENTER: Sandy Resa and Michelle Denney

Children often have BIG emotions – both positive and negative. Learning how to acknowledge and label these feelings is a vital part of healthy social and emotional development. Join us as we discuss strategies for guiding students to better understand, express, and handle their emotions. Checking in emotionally with students and validating their experiences will move them forward on the path to stronger relationships and overall emotional intelligence.

# March '25 TRAINING

## 3-Hour Health and Safety Training CCDF: 5, 7, 8

March 6, 2025 | 8:30am-11:30am 3 hrs

CCDF: 5, 7, 8 | AL Pathways: HSN | CDA: 1, 8 | DHR: HSUP | ALL | Basic | GRECS Training Room, Mobile

PRESENTER: Pamela Senters, RNC

Join us for a 3-hour Health and Safety Training, designed to meet CCDF categories 5, 7 and 8. Dive deep into crucial topics ensuring a safe environment for children, including emergency preparedness, building premises safety, and the prevention of infectious disease. Equip yourself with practical strategies and insights to excel in your role while safeguarding the well-being of those under your care.

## The Great Math Detectives

March 6, 2025 | 6:00pm-8:00pm 2 hrs/0.2 CEUs

CCDF: 19 | AL Pathways: LEE | CDA: 3, 8 | DHR: CD, LD | School-Agers | Intermediate | GRECS Training Room, Mobile

PRESENTER: APT Staff

Join us as we explore engaging ways to help children apply math skills to their daily lives. Participants will focus on addition, subtraction, fractions, and other math concepts through various hands-on experiences. Participants will use children's books and PBS KIDS resources to create and try out their own math experiences.

## Play for Joy and Learning

March 11, 2025 | 4:00pm-6:00pm 2 hrs

CCDF: 13, 20 | AL Pathways: CGD | CDA: 1, 2, 8 | DHR: CD, QCCL | Infants, Toddlers, Preschoolers | Basic | ALL Counties Webinar

PRESENTER: Vicki Giles

It is in a child's nature to play. And through play, children build understanding of themselves and the world around them. In this session, we'll explore the power of joyful learning through play.

## What's in Your Community? (APT)

March 11, 2025 | 6:00pm-8:00pm 2 hrs/0.2 CEUs

CCDF: 13, 15 | AL Pathways: CGD, LEE | CDA: 2, 8 | DHR: CD, CCPF | ALL | Basic | GRECS Training Room, Mobile

PRESENTER: Lennox Steele

Our communities are made of many service providers. In this training, we will discuss who those service providers are, how they serve the community and why they are important. So, come along with us as we learn about our community service providers.

## Day 3: Alabama Early Learning Guidelines (AELG)

### Sessions 7, 8, 9

March 12, 2025 | 8:30am-3:30pm 6 hrs/0.6 CEUs

CCDF: 5, 8, 13, 15, 16, 17, 18, 20 | AL Pathways: CGD, COA, DIV, HSN, ICFC, LEE, MA, PPD | CDA: 1, 2, 3, 4, 6, 7, 8 | DHR: CD, CCPF, HSUP, LD, PDG, QCCL | ALL | Basic | GRECS Training Room, Mobile

PRESENTER: Desira Keith, LaDanika York, Erin Franklin

Session 7 – Physical Development 8:30-10:30

Session 8 – Cognitive Development 10:30-12:30

Session 9 – Putting It All Together 1:30-3:30

## Infection Control, Prevention and Control of Infectious Diseases CCDF: 1, 8 (CTF)

March 12, 2025 | 6:30pm-8:30pm 2 hrs

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

PRESENTER: Avery Fick

During this session we will explore, how germs are spread and what we can do to prevent disease transmission at home and work.

## Alabama Quality STARS: Lift Them Higher with Quality Early Care and Education

March 13, 2025 | 9:30am-11:30am 2 hrs

CCDF: 13, 20 | AL Pathways: LEE, PPD, MA | CDA: 5, 6 | DHR: QCCL, CCPE, AM | ALL | Basic | GRECS Training Room, Mobile

PRESENTER: Symone Mixon, Amber Edwards, Rachel Kitsos

This session provides an overview of the Alabama Quality STARS: Quality Rating Improvement System (QRIS), a systemic approach to assessing, improving, and communicating the level of quality in early childhood education programs. In addition, participants will take a closer look at the Best Practice Verification Manual and define program standards that are comprised of standardized, research-based criteria. Participants will gain a better understanding of the requirements for obtaining a higher star rating.

## Hands at Play Developing Fine Motor Skills for Life

March 13, 2025 | 6:30pm-8:30pm 2 hrs/0.2 CEUs

CCDF: 13, 20 | AL Pathways: CGD, LEE | CDA: 2, 8 | DHR: CD, QCCL | Infants, Toddlers | Basic | GRECS Training Room, Mobile

PRESENTER: Victoria Bolton

In this training we will examine our understanding of fine motor skills for infants and toddlers by diving into developmental milestones while exploring activities to support infant and toddler fine motor skills.

## A Learning Environment Filled with Wonder and Curiosity

March 15, 2025 | 9:30am-11:30am 2 hrs/0.2 CEUs

CCDF: 13, 17 | AL Pathways: CGD, LEE | CDA: 1, 8 | DHR: QCCL, CD | Preschoolers | Basic | Washington County Public Library - large training room, 14102 St. Stephens Ave., Chatom, AL 36518

PRESENTER: Lisa Kirkland

Participants will explore the importance of the early childhood learning environment and things to consider when creating and maintaining developmentally appropriate preschool learning environments.

# March '25 TRAINING Continued..

## Communicating Effectively with Parents

**March 18, 2025 | 6:00pm-8:00pm** 2 hrs/0.2 CEUs

CCDF: 16 | AL Pathways: PPD, ICFC | CDA: 4, 5, 6 | DHR: CCPF, QCCL | ALL | Basic | Kids Plus Child Development Center, Foley, AL

**PRESENTER: LaDanika York**

Learn how to successfully communicate with parents! This training will provide participants with communication tools and strategies. Participants will be exposed to multiple ways/ activities 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.

## Boys and Girls Learn Differently

**March 18, 2025 | 6:00pm-8:00pm** 2 hrs/0.2 CEUs

CCDF: 13, 15, 19 | AL Pathways: CGD, LEE | CDA: 1, 2, 8 | DHR: CD, PDG | Preschoolers, School-Agers | Basic | The Learning Tree at First Fairhope

**PRESENTER: Erin Franklin**

The goal of this workshop is for participants to gain knowledge about the differences in the way boys and girls learn.

## Director's Forum: Different Leadership Styles: What Is My Style? (APT)

**March 20, 2025 | 9:30am-11:30am** 2 hrs/0.2 CEUs

CCDF: 20 | AL Pathways: MA | CDA: 5, 6 | DHR: CCPF, AM | School-Agers | Basic | GRECS Training Room, Mobile

**PRESENTER: Paula Reese**

What type of leader are you? How can you strengthen your leadership practices? Why doesn't this one leadership style work for you? In this training, we will explore these questions, and many others, through discussions and demonstrations.

## Unlocking Young Minds: The Importance of Asking Open-Ended Questions

**March 20, 2025 | 6:30pm-8:30pm** 2 hrs/0.2 CEUs

CCDF: 13, 19 | AL Pathways: CGD, LEE | CDA: 2, 3, 8 | DHR: CD, LD | Preschoolers, School-Agers | Basic | GRECS Training Room, Mobile

**PRESENTER: Desira Keith**

By the end of this training, participants will understand the significance of asking open-ended questions to young children, the impact on their cognitive and language development, and strategies for incorporating these types of questions into daily interactions and instruction.

## Inclusion in the Early Childhood Setting

**March 24, 2025 | 6:00pm-8:00pm** 2 hrs/0.2 CEUs

CCDF: 13, 17, 20 | AL Pathways: CGD, LEE, ICFC | CDA: 1, 2, 3, 8 | DHR: CD, HSUP | ALL | Advanced | GRECS Training Room, Mobile

**PRESENTER: Dr. Abigail Baxter**

Inclusion is the practice of educating and caring for children with disabilities and other special needs in the same environment or setting as their typically developing peers.

## Preschool Emergent Curriculum: From Curiosity to Thinking

**March 25, 2025 | 6:30pm-8:30pm** 2 hrs/0.2 CEUs

CCDF: 13 | AL Pathways: CGD, LEE | CDA: 2, 7 | DHR: CD, QCCL | Preschoolers | Intermediate | GRECS Training Room, Mobile

**PRESENTER: Vicki Giles**

Interest and curiosity are powerful motivators that energize learning and are essential to academic success. A successful emergent curriculum approach means that teachers thoughtfully plan the environment, offering choices based on the children's interests that lead children to deeper thinking

## Alabama Pathways Professional Development Registry

**March 26, 2025 | 6:00pm-8:00pm** 2 hrs

CCDF: 18 | AL Pathways: PPD | CDA: 5, 6 | DHR: QCCL, CCPF | ALL | Basic | ALL Counties Webinar

**PRESENTER: DHR Staff**

Participants will discuss the goal of Alabama Pathways and how it can help teachers in the early childhood profession.

## Children's Development of Executive Functions (APT)

**March 27, 2025 | 6:30pm-8:30pm** 2 hrs/0.2 CEUs

CCDF: 13 | AL Pathways: CGD | CDA: 2, 3, 4 | DHR: CD | Preschoolers | Intermediate | GRECS Training Room, Mobile

**PRESENTER: Adriane Buettel**

Children aren't born with the knowledge of self-regulation or mental flexibility. As caregivers, how can we help children develop these important skills? Through discussion, hand-on, and group activities, we will uncover ways to engage children in the growth of execution functions.

## Sudden Infant Death Syndrome (SIDS) Prevention and Use of Safe Sleep Practices CCDF: 2 (CTF)

**March 31, 2025 | 5:00pm-6:00pm** 1 hr

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

**PRESENTER: Judy Cunningham**

Participants will discuss ways to prevent Sudden Infant Death Syndrome (SIDS) and Use of Safe Sleep Practices.

## Prevention of Shaken Baby Syndrome and Abusive Head Trauma CCDF: 6 (CTF)

**March 31, 2025 | 6:00pm-7:00pm** 1 hr

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

**PRESENTER: Judy Cunningham**

Identify signs of Shaken Baby Syndrome and Abusive Head Trauma and discuss ways to prevent Shaken Baby Syndrome.






# January 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>*HAPPY NEW YEAR!*</b>		1  <b>GRECS &amp; EHS</b> <b>Closed for</b> <b>New Years Day!</b>	2  	3	4
6 <i>The GPS to Infant Caregiving: Understanding Infant Behavior</i> ; 6:00pm-8:00pm; <b>Mobile</b>	7 <i>Exploring Curiosity, Problem-Solving and Critical Thinking with PBS KIDS (APT)</i> ; 6:30pm-8:30pm; <b>Mobile</b>	8	9 <i>Supporting Cognitive Learning and Development for Infants and Toddlers</i> ; 6:00pm-8:00pm; <b>Mobile</b>	10	
13 <i>A Prevention of and Response to Emergencies Due to Food and Allergic Reactions</i> CCDF: 4 (CTF); 5:00pm-6:00pm; <b>Mobile</b>  <i>Building and Physical Premises Safety, Including Identifying Electrical Hazards, Bodies of Water, and Vehicular Traffic</i> CCDF: 5; 6:00pm-7:00pm; <b>Mobile</b>	14 <i>The Power of Decision-Making (APT)</i> ; 6:00pm-8:00pm; <b>Mobile</b>	15 (Day 1: <i>Alabama Early Learning Guidelines AELG</i> ) Sessions 1, 2, 3; 8:30am-3:30pm; <b>Mobile</b>  <i>Keeping Children Safe</i> CCDF: 4, 7 (CTF); 6:00pm-8:00pm; <b>Mobile</b>	16 <i>Guidance! Not Discipline</i> ; 6:00pm-8:00pm; <b>Mobile</b>	17 <i>Alabama Quality STARS: Lift Them Higher with Quality Early Care and Education</i> ; 9:30am-11:30am; <b>Mobile</b>	18
20  <b>GRECS &amp; EHS</b> <b>Closed for</b> <b>MLK Jr. Day</b>  	21 <i>You, Me, and Community</i> ; 6:00pm-8:00pm; <b>Mobile</b>  <i>Supporting Young Learners with Autism</i> ; 6:00pm-8:00pm; <b>Kids Plus Child Development Center, Foley, AL</b>	22 <i>Stuck Like Glue: Healthy Attachment for Infants and Toddlers (APT)</i> ; 6:00pm-8:00pm; <b>Mobile</b>	23 <i>Director's Forum: Playground 103; "Bringing the Inside Out!"</i> ; 9:30am-11:30am; <b>Mobile</b>  <i>Exploring Diversity and Differences in the Classroom</i> ; 6:00pm-8:00pm; <b>Mobile</b>	24	25 <i>Acting Out! Avoiding Behavior Challenges with Active Learning Games</i> ; 9:30am-11:30am; <b>Monroe County Public Library, Monroeville</b>
27 <i>Motor Development: Motor Milestones</i> ; 6:00pm-8:00pm; <b>Mobile</b>	28 <i>Getting Started (Day 1)</i> ; 8:30am-12:30pm; <b>Mobile</b>  <i>Musical Stories: Read Aloud, Move Around, and Sing Along</i> ; 6:00pm-8:00pm; <b>Mobile</b>	29 <i>Getting Started (Day 2)</i> ; 8:30am-12:30pm; <b>Mobile</b>	30 <i>Getting Started (Day 3)</i> ; 8:30am-12:30pm; <b>Mobile</b>  <i>STEAM-ing into Story time</i> ; 6:00pm-8:00pm; <b>Mobile</b>	31	

# February 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>1 <i>Opening a Family Child Care Home;</i> 9:30am-11:30am; <b>Mobile</b></p> <p><i>A Learning Environment Filled with Wonder and Curiosity ;</i> 9:30am-11:30am; <b>Coastal Alabama Community College Classroom C-100, Bay Minette</b></p>
3	<p>4 <i>Navigating Challenging Circumstances: What are Kids Facing Today?</i> (APT) (CTF); 6:00pm-8:00pm; <b>Mobile</b></p> 	<p>5 <i>Introduction to the Child Development Associate (CDA) Credential;</i> 6:00pm-8:00pm; <b>Mobile</b></p>	<p>6 <i>Boys and Girls Learn Differently;</i> 6:00pm-8:00pm; <b>Mobile</b></p>	7	8
10	<p>11 <i>Tackling Transitions with Toddlers;</i> 6:00pm-8:00pm; <b>Mobile</b></p> 	<p>12 (Day 2: AELG) Sessions 4, 5, 6; 8:30am-3:30pm; <b>Mobile</b></p> <p><i>How to Create a "Gratitude" Culture in the Workplace;</i> 6:00pm-8:00pm; <b>Webinar</b></p> <p><i>Free Public Health &amp; Safety: First-Aid and CPR Training;</i> 8:00am-12:00pm; <b>Mobile</b></p>	<p>13 <i>Critical Connections;</i> 6:30pm-8:30pm; <b>Mobile</b></p>	14	15
17	<p>18 <i>Groovin' with Nursery Rhymes;</i> 6:00pm-8:00pm; <b>Mobile</b></p>	19	<p>20 <i>Baby Bootcamp;</i> 6:00pm-8:00pm; <b>Webinar</b></p>	21	22
24	<p>25 <i>Director's Forum: Building Connections: Engaging Ideas for Teambuilding and Get-to-Know Activities;</i> 9:30am-11:30am; <b>Mobile</b></p> <p><i>Noticing, Naming, and Navigating Emotions;</i> 4:00pm-6:00pm; <b>Mobile</b></p>	26		27	28
					

# March 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 
3  <b>GRECS &amp; EHS Closed for Mardi Gras Holiday!</b>	4 	5	6 3-Hour Health and Safety Training: CCDF: 5, 7, 8; 8:30am-11:30am; <b>Mobile</b>  The Great Math Detectives; 6:00pm-8:00pm; <b>Mobile</b>	7	8
10	11 <i>Play for Joy and Learning</i> ; 4:00pm-6:00pm; <b>Webinar</b>  <i>What's in Your Community?</i> (APT); 6:00pm-8:00pm; <b>Mobile</b>	12 (Day 3: AELG) Sessions 7, 8, 9; 8:30am-3:30pm; <b>Mobile</b>  <i>Infection Control, Prevention and Control of Infectious Diseases</i> CCDF: 1, 8 (CTF); 6:30pm-8:30pm; <b>Mobile</b> 	13 <i>Alabama Quality STARS: Lift Them Higher with Quality Early Care and Education</i> ; 9:30am-11:30am; <b>Mobile</b>  <i>Hands at Play Developing Fine Motor Skills for Life</i> ; 6:30pm-8:30pm; <b>Mobile</b>	14	15 <i>A Learning Environment Filled with Wonder and Curiosity</i> ; 9:30am-11:30am; <b>Washington County Public Library- Large Training Room</b>
17 	18 <i>Communicating Effectively with Parents</i> ; 6:00pm-8:00pm; <b>Kids Plus Child Development Center, Foley, AL</b>  <i>Boys and Girls Learn Differently</i> ; 6:00pm-8:00pm; <b>The Learning Tree at First Fairhope</b>	19	20 <i>Director's Forum: Different Leadership Styles: What Is My Style?</i> (APT); 9:30am-11:30am; <b>Mobile</b>  <i>Unlocking Young Minds: The Importance of Asking Open-Ended Questions</i> ; 6:30pm-8:30pm; <b>Mobile</b>	21	22
24 <i>Inclusion in the Early Childhood Setting</i> ; 6:00pm-8:00pm; <b>Mobile</b>	25 <i>Preschool Emergent Curriculum: From Curiosity to Thinking</i> ; 6:30pm-8:30pm; <b>Mobile</b>	26 <i>Alabama Pathways Professional Development Registry-PDR Information</i> ; 6:00pm-8:00pm; <b>Webinar</b>	27 <i>Children's Development of Executive Functions</i> (APT); 6:30pm-8:30pm; <b>Mobile</b>	28	29
31 <i>Sudden Infant Death Syndrome (SIDS) Prevention and Use of Safe Sleep Practices</i> CCDF: 2 (CTF); 5:00pm-6:00pm; <b>Mobile</b>  <i>Prevention of Shaken Baby Syndrome and Abusive Head Trauma</i> CCDF: 6 (CTF); 6:00pm-7:00pm; <b>Mobile</b> 					

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

# 5 Ways Parents Can Help Toddlers Get Enough Sleep



Making sure your child gets enough sleep has become even more important in the last couple of years because of the Covid pandemic. Sleep is just as important to your child's health, as eating, drinking, and breathing.

Sleep affects your child's development, mood, and immune system. Helping them to sleep better has so many benefits. Read on to discover the top 5 ways parents can help toddlers get enough sleep. Before we look at how relaxation, nursery furniture, and routines can help, it's important to understand why sleep is particularly important for children.

## Sleep helps children's physical development

Babies spend 50% of their time in deep sleep, which is fundamental to adequate growth. This is because the Human Growth Hormone (HGH) is primarily secreted during deep sleep. This is just as important to Toddlers because HGH repairs muscles, tissues, and bones as they get stronger while learning to crawl, walk, and climb.

"A study published in the *Journal of Pediatric Orthopedics* shows that toddlers' bones grow more during sleep (when there is less pressure on them). This could be why some children complain of growing pains in their legs at night."

### 1. Help them wind down before bed

Calm activities 30 minutes before bed help toddlers to relax and therefore fall asleep a little easier. Calming activities might include: reading, having a bath, drawing, yoga stretches, and breathing exercises.

If your child isn't reading independently, you could have them listen to audiobooks. Quietly listening to an audiobook can help to quiet an overactive mind. It can distract children from worries and give them something to focus on rather than getting out of bed.

### 2. Maintain a consistent bedtime routine

This could include: turning off overhead lights and using dim table lamps 30 to 60 minutes before bed. Setting a bedtime routine will establish habits that make the brain recognize when it's time to sleep.

### 3. Make sure your child feels safe at night

Address any concerns your child might have. For example, if they are scared of the dark, invest in a nightlight. A bed guard might help them feel more secure if they are scared of falling out of the bed.

Noise cancellation can be soothing for children that are anxious at nighttime. White noise machines can also be helpful. At warmer times of the year, you could use a fan as a white noise generator as well as a cooling agent.

### 4. Keep regular sleep and wake times

No matter how old we are, going to bed and getting up at the same time helps our circadian rhythms. Children with a fixed bedtime tend to develop a sleep pattern easier than those who have routines that vary.

### 5. Create a cozy environment

A soft cot bed mattress and cozy covers will help your little one to drift off to sleep in luxury. When comparing mattresses, pick one that is hypoallergenic to keep allergy symptoms at bay. Nursery grade foam is usually recommended over standard memory foam because it is more supportive for young children.

Bamboo fabric is softer than cotton and it's said to be naturally hypoallergenic. Bamboo material is said to be slightly better for the environment because it has less need for pesticides and fertilizers than cotton. It's breathable and prevents nasty odors because of its antimicrobial properties, to keep your little one's cot bed fresh, clean, and cozy.



### 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





### 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!

### Alabama Pathways Professional Development Registry

March 26, 2025 | 6:00pm-8:00pm 2 hrs

CCDF: 18 | AL Pathways: PPD | CDA: 5, 6 | DHR: QCCL, CCPF | ALL | Basic | ALL Counties Webinar

PRESENTER: DHR Staff

Participants will discuss the goal of Alabama Pathways and how it can help teachers in the early childhood profession.

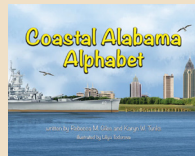
### Join Dr. Rebecca Giles for a Series on Classrooms that Encourage Emerging Authors

Dr. Giles will lead an engaging series of sessions focused on nurturing young writers and fostering a love of writing in children. Each session explores a unique aspect of supporting and inspiring emerging authors:

*Musical Stories: Read Aloud, Move Around, and Sing Along*

6:00pm-8:00pm

Tuesday, January 28, 2025  
GRECS Training Room, Mobile



Don't miss this opportunity to learn from Dr. Rebecca Giles and gain valuable insights into creating classrooms where young authors can flourish! The Resource Place has several copies of Dr. Rebecca Giles' influential books available for checkout! Visit our comprehensive library today!

## 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 McNamara at  
251-473-1060  
for more information!

## APT Witer Online Training

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

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

Registration opens on their website  
Monday, December 9, 2024

Scan for more information about  
APT's Winter  
Online Training!



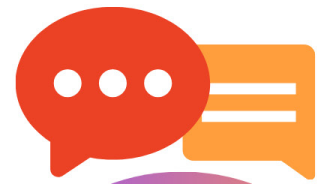
## APT's On-Demand Training Catalog





# Have You Heard?

GRECS is taking early learning to the airwaves.



SUBSCRIBE



Want to be the first to know about new releases, special guests, and exciting updates? Follow us on social media for behind-the-scenes peeks, sneak previews, and exclusive content. Turn on notifications to stay in the loop!

Remember, UNrattled and Tiny Talks podcasts are more than just audio experiences—they're invitations to explore new perspectives, challenge your thinking, and cultivate a mind-set of continuous growth and discovery.

JOHNNIE FROST

THE DIRECTOR OF KINDERKIDS



WORKING WITH VICTORIA AND GRECS THROUGH THE ITSN COACHING PROGRAM HAS BEEN TRANSFORMATIONAL FOR OUR TODDLER TEACHERS. THE GUIDANCE, SUPPORT AND MENTORSHIP PROVIDED BY THIS PROGRAM HAS GIVEN OUR TODDLER TEACHERS A STRONG FOUNDATION IN WHICH TO CONTINUE TO GROW AND LEAD THEIR CLASSROOMS. BY PROVIDING OUR TEACHERS EASY-TO-IMPLEMENT STRATEGIES, OUR TEACHERS HAVE GROWN IN THEIR CONFIDENCE TO LEAD CLASSROOMS THROUGH LANGUAGE-RICH, POSITIVE INTERACTIONS. VICTORIA'S SUPPORT ALONG THE WAY WAS INVALUABLE AS SHE PROVIDED OUR TEACHERS A STRONG SUPPORT SYSTEM, LISTENED TO THEIR STRUGGLES, AND IDENTIFIED SPECIFIC STRATEGIES TO ADDRESS EACH ONE. IN DOING SO, WE'VE SEEN AN INCREDIBLE TRANSFORMATION THAT IS EVIDENT TO EVERYONE WHO ENTERS OUR PROGRAM.



Thank you for your interest in Alabama Infant Toddler Specialist Network. Scan the QR Code and submit the Interest Survey.

A member of AITSN will contact you after completion.



The Alabama Infant Toddler Specialist Network (ITSN) works to elevate the standards of care in early childhood settings by increasing the knowledge, skill level, and confidence of those who care for infants and toddlers. ITSN provides opportunities for specialized training, technical assistance, coaching with highly skilled specialists, and a state-recognized ITSN Teacher Credential certification at no cost to early childhood educators.



---

# ALABAMA'S NEW SPECIAL NEEDS CHILDCARE SUBSIDY

---

Benefits for Child Care Centers, Family and Group Home Providers

---

## Availability

Alabama's new Special Needs Childcare Subsidy is available statewide.

## Reimbursement

Participating centers will be reimbursed \$250 per week. There is no penalty when a child is not in attendance, so the center will be reimbursed regardless of attendance.

## Inclusion Support

Childcare staff will have FREE access to training, consultation, technical assistance, and adaptive materials provided by Childcare Enhancement with a Purpose (CCEP) Inclusion Consultants statewide to support inclusion in the classroom.



## About the Subsidy

Financial assistance is now available for qualifying Alabama families of a child with special needs to attend quality, inclusive childcare programs statewide. To qualify, the child must be receiving services (IFSP, IEP, private therapy, etc.).

To learn more, or to determine eligibility, contact Melissa Anderson, Statewide Childcare Enhancement with a Purpose Project Manager, at [manderson@ucphuntsville.org](mailto:manderson@ucphuntsville.org) or 256-859-4900.



# 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!!!!

Monday | 9am-4pm  
Tuesday | 9am-4pm  
Wednesday | Closed  
Thursday | 9am-4pm  
Friday | 9am-2pm

Call  
251- 473-1060

Scan to sign  
up now!



visit our website for more information at [www.grecs.org](http://www.grecs.org)

## Interested in a Membership?

Visit our website at [www.grecs.org](http://www.grecs.org) and fill  
out our online application today!

If you need more assistance or have any  
questions,  
please contact

Marybeth Fields at 251-473-1060 ext 1702

### Coming Soon

We are looking forward to having our  
library and resources available online to  
check out and reserve at your convenience!  
More information to come, subscribe to our  
newsletters to stay up-to-date!

Register today.  
Scan and select the  
"getting started" tab.

Lift them higher with quality early  
care and education.

334-604-6260 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 provide training and support to 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.



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

3101 International Drive, Building 6 Mobile, AL 36606

Ph. 251.473.1060

NON-PROFIT ORGANIZATION  
U.S. POSTAGE  
**PAID**  
MOBILE, AL  
PERMIT NO. 148

**Connect:**



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



@GRECSMobile



greecs\_mobile



greecsmobile



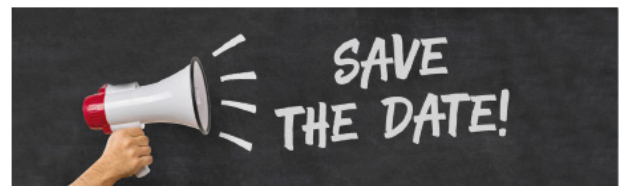
GULF REGIONAL  
**Early Childhood Services**



United Way  
of Southwest Alabama



Make sure to like,  
follow and friend us on  
all of our media outlets  
to stay up to date with all  
the latest happenings and  
events!



**January 1, 2025**

GRECS & EHS offices are CLOSED for  
New Years Day

**January 20, 2025**

GRECS & EHS offices are CLOSED for  
MLK Jr. Day

**March 3-4, 2025**

GRECS & EHS offices are CLOSED for  
Mardi Gras