

CHILD CARE CONNECTIONS



A publication of Family Guidance Center of Alabama

October, November and December 2025

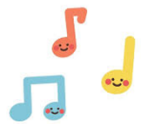


SAVE THE DATE!
Saturday, February 7, 2026

SHAWN BROWN
will be joining us for
Sensational Saturday!!

More information to come!
We have some surprises and great door prizes
ready for you!

Visit <https://www.youtube.com/@thesuperfunshow> for Shawn's songs!
Get ready to sing, learn and have SUPER FUN!



“Children are great imitators, so give them something great to imitate.” – Anonymous

As early childhood educators, we focus a great deal on children's mental health. Sometimes, we forget that we need to pay attention to our mental health as well. An educator's mental health affects the quality of care, education and overall environment. Early care professionals face high stress environments created by challenging behaviors, a range of emotions, and burnout. Each of these impact the ability to provide consistent, nurturing and supportive learning environments. Therefore, it is important to consider self-care strategies.

Physical:

Engage in activities that replenish energy. Exercise, (walking, yoga, get moving).
Eat a balanced diet. Your body needs nutrients to support your brain and overall health.
Get enough sleep. Quality sleep allows you to restore energy, improve thinking and heal.
Hydrate. Our bodies are made up of water. Losing too much of it can have negative effects.

Emotional:

Practice mindfulness
Meditate
Use deep breathing exercises
Engage in hobbies. Pursue activities you enjoy.
Journal. Write down your thoughts and feelings.
Practice gratitude. Focus on positive aspects of your life.

Social:

Build support networks. Talk with others to express concerns and find emotional support.
Set boundaries. Establish clear work-life boundaries. Limit checking emails after hours, say "no" when overwhelmed.
Reframe thinking. Become aware of thought patterns to adjust focus, reduce stress, and maintain a positive outlook.



Taking care of yourself allows you to build your resilience, reduce stress and improve your overall health.



RESOURCE LIBRARY

We invite you to visit our resource libraries in Dothan and Montgomery for lots of great ideas and materials to enhance your learning environment.

Each library offers a selection of books, learning materials, puppets, kits and a wide assortment of die cuts. Best of all, it is a free resource for you. We provide basic colors of construction paper for die cuts and lamination. For check out procedures and die cut orders, please contact the resource librarian in your area. Be sure to sign up for the library newsletters emailed each month.



Don't forget to order your seasonal and holiday die cuts!

CONTACT INFORMATION

Dothan

Library hours: 8:30 am to 4:00 pm
Monday through Friday (*evening appointments available*)

Resource Specialist:

Michelle Woodham (334) 712-7777 ext. 1713
Email: michelle.woodham1@dhr.alabama.gov

Montgomery

Library hours: 8:30 am - 4:00 pm
Monday through Friday (*evening appointments available*)

Resource Specialist:

Lisa Kirkland (334) 270-4100 ext. 1102
Email: lisa.kirkland@dhr.alabama.gov

Contact information for the mental health consultant for each region:

Dothan: 1-866-419-6868 ; new consultant coming soon
(Butler, Crenshaw, Pike, Covington, Barbour, Coffee, Dale, Henry, Geneva, and Houston.)

Montgomery: **Debbie Bailey**, dbailey@familyguidancecenter.org, 334-746-1005
(Montgomery, Autauga, Elmore, Bullock, Macon, Lee and Russell)

For more information about the program visit: <https://www.first5alabama.org/>



First 5 Alabama®
Alabama Association for Infant and
Early Childhood Mental Health

MEET OUR INFANT/TODDLER SPECIALISTS

Looking for opportunities to increase the quality of care for your infants and toddlers?
Please contact the specialist in your area:

DOTHAN: Barbara Culver, 334-712-7777 or barbara.culver@dhr.alabama.gov

MONTGOMERY: Adrienne Royster, 334-270-4100 or adrienne.royster@dhr.alabama.gov



ALABAMA PUBLIC TELEVISION'S EARLY CHILDHOOD ONLINE FALL 2025 TRAINING COURSES

Registration for fall facilitated classes opens Monday, September 15th

October 6 – November 23, 2025 - Alabama Early Learning Guidelines (AELG) Online
October 6 – October 27, 2025 - Exploring Literacy Development with PBS KIDS!
October 6 – October 27, 2025 - Kindergarten Readiness: Essential Math Skills for Preschoolers
November 3 – November 24, 2025 - Exploring STEM with School-Aged Children
November 3 – November 24, 2025 – STEM For the Preschool Classroom
Scan the QR code to the right or visit our website, aptv.org/education/registration



APT's On-Demand Course Catalog

APT's On-Demand Trainings - APT's on-demand 2-hour trainings are always available.
Scan the QR code or visit aptv.org/on-demand to access APT's on-demand self-enrollment.



For more APT training opportunities see the Dothan and Montgomery training calendars .

Fire Prevention

One of the most disastrous events that could happen to a child care facility is fire. Even if the fire occurs when the building is empty, you will have lost every material possession that represents your livelihood as well as the income of those who work for you. Families will also have lost the essential services you provide them and their children. Even more devastating would be if a fire occurred while children are present. Planning and preparation for the possibility of fire is a requirement for operating a child care facility in Alabama.

Fire prevention is the course of action taken to minimize hazards that could cause a fire. The leading causes of fires in child care facilities are cooking, appliances and electrical. Other hazards include flammable materials such as kerosene, matches, and nail polish remover. Unattended hot surfaces along with flammable materials, such as kitchen towels, rags, and oven mitts are hazards that can be avoided by limiting distractions when cooking.

Practice fire drills with the goal of getting everyone out of the building to their meeting place in under two minutes. Remember the 4 Ps for disaster planning: Plan, Prepare, Practice, Perform. For help or information about planning, visit www.ready.gov or www.redcross.org.

Remember to educate families and children about fire safety.

Visit the following:

- <https://sparkyschoolhouse.org>
- <https://smokeybear.com/fire-safety-for-kids>
- <https://sparky.org/>
- <https://www.usfa.fema.gov/prevention/home-fires/at-risk-audiences/children/>



National Fire Prevention Week: October 5-11, 2025

In the SPOTLIGHT

ALABAMA EARLY LEARNING GUIDELINES (in-person)

DOTHAN: October 2, 7, 9, 14, 16, 21, 23, 28 and 30

OUR CHILD CARE PROFESSIONALS!!

Thank you so much for making Opening Doors for Children with Special Needs a success in the Dothan and Montgomery regions!

We also appreciate all of your support for our Heart and Sole Sneaker Gala and our agency. BRAVO to each of you for all you do for children and families!

THANK YOU!

Follow us on social media to see what is happening with our agency!

Facebook: [Family Guidance Center of Alabama](https://www.facebook.com/familyguidancecenterofalabama)

Instagram: [fgc_alabama](https://www.instagram.com/fgc_alabama)

Website: <https://www.familyguidancecenter.org/>



Interested in obtaining your Child Development Associate Credential (CDA)?
For information, visit the Council for Professional Recognition at
<https://www.cdacouncil.org/en/>





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www.familyguidancecenter.org

REMEMBER

CALENDARS

RED - Montgomery office IN PERSON classes
BLUE - Dothan office IN PERSON classes

GREEN - ZOOM classes
***Register with the HOST office

Please see the calendar insert for the following:

- ♦ Registration procedures
- ♦ Classes specifically for directors/administration
- ♦ Trainings in person and via ZOOM



Our office will be closed the following dates:

October 13, 2025
November 11, 2025
November 27, 2025
December 25, 2025



SCHOLARSHIP INFORMATION

T.E.A.C.H. ALABAMA EARLY CHILDHOOD SCHOLARSHIP PROGRAM

A project of Alabama Partnership for Children, helps early learning professionals increase their level of education and effectiveness in the classroom by making the educational process more attainable and affordable. For more information, contact Alabama Partnership for Children at 334-271-0304. or visit <https://alabamapartnershipforchildren.org/our-work/t-e-a-c-h/>

LEADERSHIP IN CHILD CARE SCHOLARSHIP

The scholarships are funded by the Department of Human Resources. For additional information, contact Virginia Frazer, Leadership in Child Care Scholarship program assistant, at (334) 293-4552 or by email at virginia.frazer@accs.edu.
<https://www.accs.edu/community-college/leadership-in-childcare/>

