



Child Care Central



Special points of interest:

- The Learning Station
- Excellent training opportunities for Summer
- Adults Need Playtime too!
- Creative Curriculum® for Infants and Toddlers
- CPR dates for Calhoun and Etowah Counties

The Learning Station is coming to Anniston!



The Learning Station is a multi award-winning, children’s recording and performing company that has rocked the world of children’s music with their internationally acclaimed HIT songs including, Tony Chestnut, Get Funky and Singing’ in the Rain.

They’ve toured the nation with over 4,000 performances and have been described as, “Magical humans at work!” by Nickelodeon’s Joe Piasek.

Join us for this delightfully engaging, lively production bursting with energy and guaranteed to have everyone singing, laughing and dancing in the aisles.

Date: Saturday, August 7, 2010

Time: 10:00 AM–12:00 PM

Location: Computer Science Bldg., GSCC, Anniston

Cost: FREE

Brochures will be sent out mid-July to register for this exciting session!

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Alabama Early Learning Guidelines Course

The AELG Guidelines Course will be offered in Anniston, beginning Monday, July 12, 2010. The location for this course will be the Library on the Gadsden State campus.

Participants must attend Session I to attend the additional eight sessions.

Brochures will be send to providers mid-June for registration and additional information.

Activity Packs

Looking for ideas for your Child care setting this Summer?

CCC will mail you an activity pack with the following themes:

- Fairy Tales
- Under the Sea
- Transportation



Call (256) 362-1390 to request a packet.

Adults Need Playtime, Too

Kids are not the only ones who benefit from unstructured downtime – time to do whatever your heart desires. **Adults also need to play**, for their health, their minds and their very sanity.

When you take time to do something you love, levels of dopamine and serotonin rise in your body, which makes you feel calm and pleasant. Meanwhile, adult playtime gives you a chance to:

- Connect with family, friends or new acquaintances
- Reflect inwardly
- Learn a new skill or hone an old one
- Relax and de-stress

"You feel happier, healthier, and more fulfilled when you can do things that provide the kind of satisfaction you're looking for," says Howard E.A. Tinsley,

PhD, professor emeritus of psychology at Southern Illinois University. "Over the long term, the ability to do these kinds of things leads to a greater level of physical and mental health, and to a higher quality of life."

Not Sure How to Play?

Kids seem to know inherently just what to do to have fun, but adults may need a little help. Above all else, make sure your playtime is enjoyable, and not something that feels like "one more thing to fit into the day."

Playing should be simple, fun, easy, and something that's a regular part of your routine. For this reason experts suggest NOT planning a complicated vacation for your playtime, but rather focusing on the little things (vacations are healthy, too, but for most don't happen often enough to rely on for your sole playtime).

Researchers say that many people enjoy nature, being near water, pets, poetry and good conversation, but do whatever you enjoy.

Need a few more ideas?

Try:

- Window shopping
- Calling a friend for a chat
- Flipping through a magazine
- Putting on some music and dancing
- Going for a walk
- Drawing or painting a picture, or making something out of clay
- Singing a song
- Playing with your pets
- Daydreaming
- Writing something (a poem, a note to your spouse, a letter)

When we give unconditional love to children, we give the most valuable gift we have.

-- Katherine Olson

Information for this article obtained from:

<http://www.sixwise.com/newsletters/06/10/18/the-crucial-health-value-of-play-for-kids-and-adults.htm>

Seeding to Success Program

This program will distribute to parents an information packet pertaining to the importance of literacy development, numeracy development, and principals of child development which increase a child's readiness for school. Information will be distributed to all pro-

viders (licensed and exempt) in our region.

How it works:

Providers will call CCC for delivery of packets. Just give us the number of parent packs needed and we will deliver them to your center or home.

Contact:

Jessica Burgess or
Kelly Mumper at
(256) 362-1390
kelly.mumper@dhr.alabama.gov



News from Gadsden State Community College

Words from Williams

Every seed is a potential flower and every child has the potential to bloom. With the proper gardening each seed will reach its full potential. College classes in Child Development can help you become the gardener who provides the proper nutrients and environment for your seeds or students to reach their full potential. Summer classes are in full swing on the Ayers

Campus of Gadsden State Community College. Want you come and join us in the fall for CDA classes or classes leading to an Associate's degree?

Scholarships are available!

Registration for the fall will begin July 26, 2010. Please call or e-mail me for advisement and scholarship information for the Child Development program.

Ayers Campus

Cindy Williams
 cwilliams@gadsdenstate.edu
 256-835-5429

Gadsden Campus

Gwen Ford
 gford@gadsdenstate.edu
 256-549-8335



Training Opportunities

Our training is HOT at CCC!

Training topics this quarter include: Growing, Growing Strong, Boys and Girls Learn Differently, Behind the Screens: A Guide to Smart Media, Story Dictation, Science in Motion Series, Fun with Manners, Homemade Toys for In-

fants and Toddlers plus three exciting Saturday sessions.

APT will do three sessions Fun with Manners, Science Spectrum and Ready to Grow.

CCC continues to offer Basics in Child Care for new

Providers and Director Training.



For dates and training locations, please refer to the enclosed grid.

Many things we need can wait, the child cannot ...To them we cannot say tomorrow, their name is today.

—Gabriella Marella

Training for Infant and Toddler Providers

The Creative Curriculum® for Infants, Toddlers and Twos

(3 training sessions)

This series will translate new research and theory from the field into a practical, easy-to-understand approach to working with infants, toddlers and twos and their families.

Providers must attend the first session to attend the additional two sessions.

Participants completing the series will receive curriculum books that supports the series.

Please register early! Space is limited!

This series will be offered in Gadsden at our CCC Resource Center. Please see the enclosed grid for training dates and times.

CPR and First Aid Training

Please contact the Healthy Child Care Alabama Nurse
for your county.



Calhoun, Clay, Cleburne, Etowah and Randolph Counties:

Cyndy Henderson, RN MSN
Cyndy.henderson@adph.state.al.us

Talladega County:

Debbie Parker, RN
(205) 280-5700

Resource Room Contact Information

Talladega Resource Center

925 North Street
Talladega, AL
(256) 362-1390

Ayers Resource Center

Gadsden State Community College
1801 Coleman Road
Head Start Bldg.
Anniston, AL
(256) 835-3151

CPR/First Aid Training Sessions:

Anniston: Saturday, July 31, 2010
9:00 - 1:00 PM

Gadsden: Saturday, September 11, 2010
9:00 - 1:00PM

Pre-registration is required for both sessions.

Gadsden Resource Center
Gadsden State Community College
George Wallace Drive Campus
Student Center/ Book Store Building
2nd Floor, Room 203
Gadsden , AL
(256) 439-6800

CCC will be closed for following holidays: Monday, July 5, 2010; Independence Day
and Monday, September 6, 2010; Labor Day

CCC, a division of TCR Child Care Corporation,
is provided through a contract with the
Alabama Department of Human Resources.



www.tcrchildcarecorporation.org

(256) 362-1390

Talladega Counties.

Serving Calhoun, Clay,
Cleburne, Coosa, Etowah,
Randolph, St. Clair, and

Child Care Central
925 North Street
Talladega, Alabama 35160



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