



Take the 1st step toward meeting your goals...

FREE CLASSES B'HAM PUBLIC LIBRARIES

Basic PC

Central Branch Library

5/9/22 at 3 p.m.

Participants will be introduced to the computer, basic PC terms, components, hardware, peripherals, desktop features, and other applications. Registration required: riccbpl.wordpress.com...

Keyboarding

5/9/22 at 4:15 p.m.

Central Library

Public Computer Services trainers will show participants the basics of working with the computer keyboard and the mouse. Registration required: riccbpl.wordpress.com...

UAB Job and Resource Fair

5/10/22 at 11 a.m.

The UAB Job/Resource Fair will provide resources for adults interested in employment.

Continue your education with the UAB Educational Opportunity

5/11, 5/18, 5/25, 6/15, 6/22, 6/29 at 10 a.m.

Representatives from the UAB Educational Opportunity Center will be at Woodlawn Library providing information about how adults can continue their education. The EOC's services include GED assistance; college and trade school application help; applying for financial aid and scholarships; tutoring and mentoring; and more! Plus, their services are free to eligible participants!

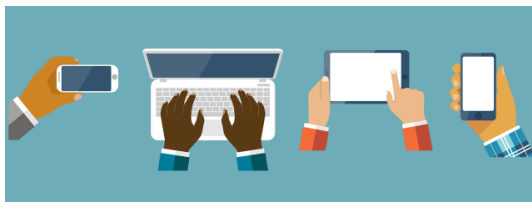
Computer Basics

5/18 & 6/15 at 10 a.m.

West End Branch Library

This class provides an opportunity for a hands-on experience with a desktop computer. Participants will learn basic computer skills and have an opportunity to ask questions.

Accepting Applications for the 2022-2023 Program Year



SNAP recipients are automatically eligible

Jefferson County Child Development Council Inc. is now accepting applications for children at licensed family childcare homes with full day, full week childcare at no cost to eligible parents. JCCDC serves all qualified children. For more information, please call JCCDC Early Head Start/Head Start Program at 205-933-1095/ Monday – Friday 8:00 a.m. – 5:00 p.m. or visit our website at www.jccdc.com

Are you Pregnant?

Apply for JCCDC's Expectant Mothers Program!

Your newborn will receive enrollment in a licensed Family Child Care home

Head Services are free of charge to eligible families.



For more information, please call JCCDC Early Head Start/Head Start Program at 205-933-1095/ Monday – Friday 8:00 a.m. – 5:00 p.m. or visit our website at www.jccdc.com

May/June 2022



Visit our website!
www.jccdc.com

What's Happening at JCCDC?

May 12 – Transition Meeting

May 27- Last day of School

May 27- End of the Year Celebration

May 30- Memorial Day (Agency closed)

June 19- Fathers' Day



Attention Parents!!

Jefferson County Child Development Council's Policy Council Meeting will be held May 18, 2022 at 6:00 pm.

All parents are welcomed

*The members participating will be responsible for contributing to the direction of our agency.

Please come out and become an advocate for your child.

For more information, contact Tena Sales at 205-379-6065



Surviving Summer with Preschoolers

Preschool is out for summer! Every June brings mixed emotions from parents of preschoolers. Over the course of my career, I have seen parents excited for the weeks ahead with less “get up and go” obligations. I have listened to parents bemoan the loss of a steady schedule. Every year, at least one parent asks, “Do you have to take a break? Now I have to figure out what to do every day.” Mostly, parents look a bit lost as they refigure their daily schedules to include the kids or scramble to fit in all the summer fun even though they work. Make the most of the weeks ahead by keeping your expectations realistic:

Separation anxiety isn't restricted to the school year. If your young child is going to a camp or activity with all new people, don't be surprised if he/she is anxious. Feeling confident in their usual school setting may not translate to feeling confident in every new setting. Change is scary and rooms full of strangers are scary even for adults. You may know that fun is ahead, but your young child doesn't. Send the message that your child will be fine by saying goodbye and leaving just like you did (or should have done) on the first day of preschool.

If you feel cranky from extreme heat, your children probably feel the same. When it is 100 degrees and the kids start whining, it is time to simply go home. The line for just one more ride in the amusement park won't be worth it. Be grateful we live in the era of all things air conditioned, go home and read a book together.

Just because it's summer, doesn't mean your child will have mastered grocery store behavior. If you struggled in the grocery store with your young children in April, you will also very likely struggle in July. It is not a realistic expectation that most children under the age of 5 will be able to wait in the little cart seat while you do an hour of shopping. If you shopped while the kids were at preschool, shift your time to evening or when you have someone to watch

Warm weather did not bring a longer attention span for days at the beach. Expect to be up and down and all around when you go to beaches, lakes, or other crowded summer destinations. Before I had children, I could sit for hours and read. When my children were young, I was happy to get through 2 pages at a time. Know that lazy beach days won't be so lazy for you until the kids get older. Accepting their realistic attention spans will make your days less frustrating.

Courtesy of calm4kids.org

Sizzlin' Summer Activities Preschoolers

Here are several summer water activities for preschoolers, outdoor play activities to do this summer, as well as crafts. These ideas are perfect for preschooler age, simple to pull off, and focus on summer themes. Plus, there is lots of opportunity for learning and developing those fine and gross motor muscle skills.

- Add some soap to the water and make giant bubbles. Getting inside the bubbles looks like the kind of summer activity preschoolers would have fun with!
- Hang up (and burst!) the water balloon pinatas from Meaningful Mama's water obstacle course. A fun activity for preschoolers to play and cool down in the summer heat.
- Grab the chalk and set up a squiggly line tracing activity. The kids always enjoy this summer activity, especially when paired with water.
- Drive toy cars and trucks through a chalk-painted maze. Lots of problem-solving activity fun for a summer day with preschoolers. Add learning to this by having the follow the number or follow a letter!
- Collect some pinecones and create a firefly. Fireflies and Mud Pies' craft would be fun after an evening catching the real thing.
- Make and decorate kites for flying on breezy summer days for some gross motor activity fun with preschoolers, and big kids too.
- Make toilet paper roll fish. This would be a fun summer activity to do with your preschoolers right before a trip to the beach.

Courtesy of handsonaswegrow.com

Our Services

- ❖ Education.....(205) 379-6069
- ❖ Disabilities/Mental Health.....(205) 379-6066
- ❖ Health & Safety.....(205) 379-6059
- ❖ Enrollment.....(205) 379-6056
- ❖ Family Engagement.....(205) 379-6064
- ❖ Nutrition.....(205) 379-6058
- ❖ Community Engagement.....(205) 379-6090