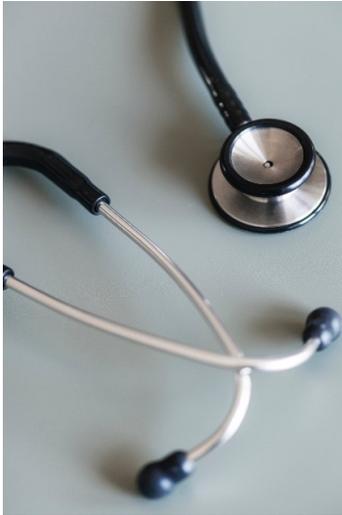




OCTOBER 31, 2018

NEWS BULLETIN | Flu Prevention



Have you received your flu shot? Last year's flu effects were serious for children of all ages. Whether you're a parent or a provider, preventative action against the flu virus is important to keep your family (or classroom) healthy all flu season long.

Flu vaccines are cited as the best protection against the flu virus. The CDC recommends that children 6 months and older be vaccinated against the flu.

The best time to get your child's flu shot is NOW! It takes a few weeks for the shot to take effect in your child's body, so the sooner they have the shot... the better. Staying home from school is never fun for a sick kid. Getting the flu shot will help your child continue to learn in their educational environment and participate in their favorite activities throughout the fall and winter months. You can get your child's flu shot at your local drugstore, [local health department](#) or your family physician. Learn more about flu prevention [here](#).

POLL | We Want to Know...

Our monthly poll is an opportunity to tell us how you put Better Beginnings to work in your community.

Better Beginnings had a blast at the 55th Annual Arkansas Early Childhood Association Conference. We would like to know what you want to see from our booth at future conferences! Please take the time to click the link below to give us your feedback.

Submit your response [here](#).

FAMILIES | Slime-y Science

The Better Beginnings website is home to activities for providers and families to help kids learn through play. This month, we're highlighting our science resources.

The [States of Matter](#) project is new to our website. In honor of Sir Isaac Newton's laws, this fun, hands-on activity helps children learn how liquids and solids interact. Download the instructions for this crazy goop project today!

You can find more science activities in our [Family Resource Library](#).



THANK YOU | Better Beginnings Grows Community

We are thankful for YOU, our providers and teachers who work tirelessly to provide the highest quality child care and early learning to Arkansas children.

During September, 8 facilities joined or increased their star level within the Better Beginnings community. Shout out to the most recent facilities to reach a 3-star status. We welcome and congratulate you for your achievement.

- SHERWOOD – [Adventurous Learning Academy](#)
- LAKE CITY – [Little Rebels Academy](#)
- BRYANT – [Childcare Network #186](#)
- LITTLE ROCK – [Asbury Christian CDC](#)
- HENSLEY – [Grace Discovery Center](#)
- FAYETTEVILLE – [Elizabeth Richardson Center/Siloam Springs CDC](#)
- HUNTSVILLE – [Elizabeth Richardson Center/Huntsville CDC](#)
- BENTONVILLE – [Bright Beginnings Preschool](#)

If you are interested in moving up in star ranking, [click here](#).

PROVIDERS | Creative Curriculum

As a child care provider, you play a vital role in the development of children in your care. Creating curriculum on a consistent basis can be a challenge.

If you're in search of new ideas for your classroom curriculum, you're subscribed to the right newsletter. In fact, our website hosts a variety of ideas from literacy to math to keep your students learning.

Visit our [Curriculum and Supplements](#) page to start planning today.



To learn more about Better Beginnings and the resources available, [visit our website](#).

Stay in Touch with Better Beginnings



Better Beginnings is Arkansas's quality rating improvement system for child care, early education and school-age programs that have gone above and beyond the state minimum requirements. Better Beginnings is administered by the Arkansas Department of Human Services Division of Child Care and Early Childhood Education.

