

MAY 2020

**WE CAN DO THIS.**

## A NOTE FROM BETTER BEGINNINGS PROGRAM MANAGER DAWN JEFFREY



### Parents and Families,

As restrictions are lifted and our communities start to open again, we encourage you to **expect your child's center to implement new plans and policies as needed.** Most of us will be adopting a **new normal.**

Things like **pickup and dismissal, food preparation, cleaning procedures** and more are going to look very different. We know change can be uncomfortable, and sometimes inconvenient. However, **be mindful that these changes will be put in place with your child's**

**safety and well-being in mind.**

### Here are some changes you can expect to see:

- **Drop-off and pick-up** will take place outside the facility only
- **Temperature screenings will be required** for anyone who enters the facility
- Staff will wear **face masks**
- Groups will be limited to 10 people or less, **this includes classrooms**
- Family-style meals will not be served, **children will receive individual snacks and meals**

Hang in there, guys. **We are in this together.**

Dawn Jeffrey

Dawn Jeffrey M.S. E.  
Division of Early Child Care and Early Childhood Education  
Program Manager for Better Beginnings

## LEARNING AT HOME RESOURCES | MATH

### Let's Make Music & Talk Math

### Let's Make Music!



**Box Guitar**

**Step 1:** Decorate a shoe or tissue box.

**Step 2:** Cut a 3-4 inch square or circle hole in side.

**Step 3:** Wrap 4-6 rubber bands around the box over the hole.

**Step 4:** Insert a pencil at each end of the hole under the rubber bands. (They make it sound better!)

**Step 5:** Strum away!

**Tube Rain Stick**

**Step 1:** Decorate a wrapping paper or paper towel tube.

**Step 2:** Cut a piece of aluminum foil the length of the tube.

**Step 3:** Separate the foil to make a long snake.

**Step 4:** Cut the tip off of two balloons.

**Step 5:** Stretch one balloon to cover one end of the tube and secure it with a rubber band.

**Step 6:** Insert the foil snake. Pour rice or small dried foods into the tube.

**Step 7:** Use the second balloon to close the other end.

**Step 8:** Slowly rotate from one end to the other to make a magical rain sound.



**TP Tube Kazoo**

**Step 1:** Decorate a toilet paper tube.

**Step 2:** Cut a piece of wax paper about an inch larger than the bottom of the tube.

**Step 3:** Cover one end of the tube with the wax paper and secure it with a rubber band.

**Step 4:** Blow through the open end and start up the kazoo marching band!

**Materials:**

Favorite decorating papers	Toilet paper tube
Stickers (optional)	Wax paper
Glue	Wrapping paper or paper towel tube
Markers	Balloons
Pencils	Aluminum foil
Scissors	Dry foods, peas, beans, rice or popcorn
(may need adult help)	
Shoe or tissue box	
Rubber bands	



  
better beginnings  
EVERY CHILD DESERVES OUR BEST

Click here to visit our Resource Library. You'll find activities and tips to help you prepare your child for life.  
[www.ARBetterBeginnings.com](http://www.ARBetterBeginnings.com) • 1-800-445-3316

## LET'S MAKE MUSIC

Make your own instruments at home with our [Let's Make Music](#) resource. **Sort** the supplies before, and **count** the strums, hums and shakes after. Who knew you could celebrate with math?

## TALK MATH

When you talk to your child, you're teaching her **more than just words**. She's learning basic math skills too. So, **talk, sing and play through everything**. Try our [Talk Math](#) resource today.

### Talk Math!

Introduce your child to math through every day conversation. Here are some ways to talk math while you work and play. Children learn by repetition. Sing, Talk, Play, Repeat. Make learning fun. They'll want to do it again and again! Talk math. It's a smart start.



**Start at infancy.** Sing songs and repeat rhymes that use numbers.

**Talk math.** Make comparisons such as "big" and "little," "more" and "fewer," "heavy" and "light" introduce the concept of volume and mass. "Long" and "short" teach measurement.

**Shop together.** Let your child help you at the grocery store. You can count the fruits and veggies together.

**Play sorting games.** Put all the balls in one basket and the trucks in a box. Learning "same" and "different" is a math skill.

**Do laundry.** Children learn about colors and sizes by sorting laundry with you.

**Count it out.** Count out loud when serving snacks. Make comparisons such as, "you have more crackers than I do."



**Make cookies.** Your child will learn about measurement by counting eggs and cups of flour.

**Add and subtract.** Count the birds in your yard. Talk about how the number changes when one flies away.

**Keep time.** Use a timer, clock or stopwatch to measure how long the cookies bake.

**Measure heights.** Use a tape measure or yardstick to compare your child's height to your own. Make a game of measuring other things around the house.

**What is your child learning?**

- Math concepts
- How to classify objects by shape or color
- How numbers relate to his world
- About order and sequence
- Awareness of measurement and volume
- Understands units of measure
- Recognizes value of fractions

  
better beginnings  
EVERY CHILD DESERVES OUR BEST

[ARBetterBeginnings.com](http://ARBetterBeginnings.com) • 1-800-445-3316

Click here to visit our Resource Library. You'll find activities and tips to help you prepare your child for life.

Find more math resources here.

KEEPING YOUR CHILD HEALTHY WHILE HOME FROM SCHOOL



## MAINTAIN A ROUTINE

Now is the time to implement your summer routines. Maintain **consistent bedtimes**, serve **healthy snacks** and work in **physical activity**. It's okay to be **flexible and adjust day-by-day**.



## MAKE LEARNING FUN

**Hands on activities** are great for your child this summer. Do a **puzzle** together, or encourage independent play. Practice writing and grammar by starting a **journal** or writing **letters** to family members.

Learn more about keeping your child healthy and engaged this summer [here](#).

## COVID-19 ADVICE AND RESOURCES FOR FAMILIES



## COVID-19 Advice & References for Families

**Wash your hands.** Stay **calm**. Limit **screen time**. We know you're probably feeling overwhelmed as parents and families of little ones. It seems like every day there's a new rule to follow. No worries, **we've created a special page on our website**, making all of our **COVID-19 tips** and messages **easy to access**.

Learn more [here](#).

What is *Better Beginnings*?

Visit our website to find out.

OR, check us out on social media.



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.

