



Literacy



Math



Science

Family Buzz | June 2025



better beginnings

EVERY CHILD DESERVES OUR BEST



**A NOTE FROM
KELLI HILBURN**

PROGRAM ADMINISTRATOR

Summer brings on the sunshine and the fun, but that doesn't mean learning stops. Even when school is out, your child is constantly learning through play and everyday moments. Check out these resources in this month's *Buzz* for activities to keep the learning going:

- [Math resources](#) to help build your child's foundational math skills

- Steps to help your child learn their personal information with this month's [kindergarten readiness tip](#)
- Tips to keep your child [sun-safe](#) this summer

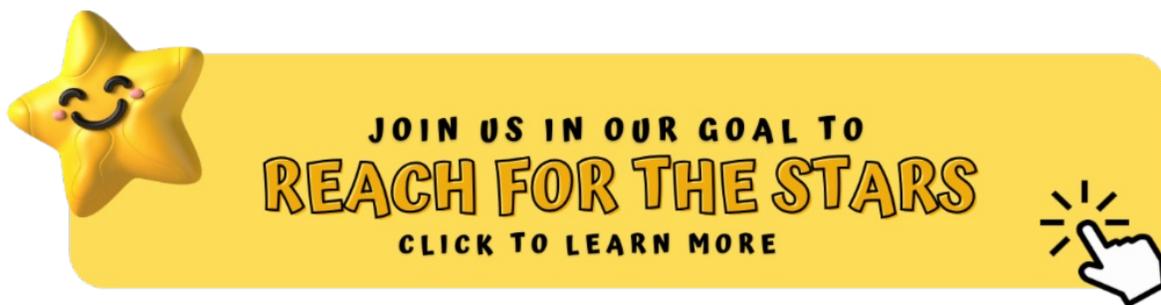
Before you go, I want to mention another helpful [resource](#) from PBS Kids. It has great tips for talking about the scary weather we've experienced with your child.

I hope your family enjoys a summer of learning and fun memories.

Until next time,

Kelli Hilburn

Kelli Hilburn
BETTER BEGINNINGS PROGRAM ADMINISTRATOR
OFFICE OF EARLY CHILDHOOD



WATCH NOW 

Knowing colors is a marker of kindergarten readiness. Watch the video below, then check out the sorting activities in the description that can help your child learn this important knowledge.



PLAY,
LEARN,
EXPLORE

LEARNING RESOURCES



Kindergarten Readiness: Help Your Child Know Personal Information

Knowing their first and last name, age, and that of their family members is important in their development and for getting kindergarten-ready. Find activities you can do with your child this month to help them gain this key knowledge on the Better Beginnings website.

[Learn More](#)



Talking About Scary Weather with Kids

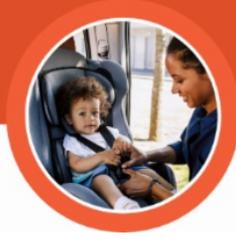
Severe weather can be loud and scary for young children. Check out these three tips from PBS Kids for ways to discuss and help your child prepare for these moments.

[Learn More](#)





HEALTH AND SAFETY



Health and Safety Tips

While the calendar doesn't say so, summer is here with its heat and blazing sun. Here are five tips to help you and your child practice sun safety.

- **Use sunscreen and reapply it every two hours.** However, for infants under 6 months old, sunscreen isn't recommended. Keep them in the shade when outside.
- **Play in the shade.** This will reduce your child's exposure to the sun, reducing their risk for long-term sun damage.
- **Wear summer accessories.** Hats and sunglasses provide an extra level of protection for you and your child.
- **Stay hydrated.** Children can have so much fun playing outside that they can forget to drink water. Remind your child to drink water regularly.
- **Limit outdoor play in the afternoon.** It's better to play outside when it's cooler, so encourage your child to play outside before 10 a.m. and after 4 p.m.

With these tips in mind, you and your child can have an easier and safer travel experience. Learn [more](#) from the American Academy of Pediatrics.

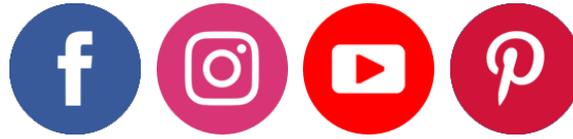
WHAT IS BETTER BEGINNINGS?



Better Beginnings means better opportunities. Investing in quality care and education for all Arkansas children creates better opportunities for our

children, families, workforce, and communities.

Visit Our Website



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



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