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ARKANSAS BETTER BEGINNINGS OFFERS BACK TO SCHOOL RESOURCES FOR FAMILIES



Better Beginnings offers resources to assist families adjusting back to school from summer.

LITTLE ROCK, Ark (July 25, 2022) – [Better Beginnings](#), a program of the Arkansas Department of Human Services Division of Child Care and Early Childhood Education, is encouraging families to take advantage of resources meant to assist families and children adjusting back to school from summer.

Children thrive best when keeping up with familiar routines as they aren't yet equipped with the skills needed to cope with new situations. Any disruption to established routines can cause stress on the whole family as children sometimes struggle going back to child care or going to child care for the first time.

Better Beginnings offers a [Tips for Saying Goodbye at Child Care](#) resource to help make the adjustment back to school easier for children and their families.

"It is normal for children to be upset at drop-off," said Kelli Hilburn, Better Beginnings program

administrator. "If this is the case for your child, I want to encourage parents to hang in there because this reaction is usually temporary. With consistency and patience, children eventually adjust to their new routine and environment."

This resource includes tips on how to:

- Talk to your child about going to child care.
- Be cheerful and reassuring.
- Make drop-off quick.
- Avoid drop-off mistakes like going back to your child once you've said goodbye.

Parents are key to helping children develop the skills necessary to adjust to changes in their routines and environments. Children learn how to adapt by watching their parents adjust to new situations in a healthy way.

"Parents are a child's first teacher," Hilburn said. "Children imitate what they see in those closest to them. When the adults in their lives display healthy coping skills to changes in routines and environments, children will develop those skills, too."

For similar resources or to learn more, follow Better Beginnings on [Facebook](#), [Instagram](#) and [Twitter](#), or visit arbetterbeginnings.com. Sign up for the [Family Buzz](#) newsletter to receive resources like this in your inbox each month.

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About Arkansas Better Beginnings:

[Better Beginnings](#) is Arkansas's tiered 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](#). Better Beginnings connects Arkansas families with the information and care that helps children experience a safe, happy and healthy childhood.