



Literacy



Math



Science

Family Buzz | April 2025



**A NOTE FROM
KELLI HILBURN**

PROGRAM ADMINISTRATOR

Family bonding can be done anywhere and is fun when done through play! Running around in the backyard, going to the park, or walking around your neighborhood are just a few activities you can do to create strong bonds with your child. These bonds help them feel safe, loved, and supported. When your child feels this way, they're better equipped to explore the world, take risks, and reach for the stars.

The family who plays together can create joy and memories that last a lifetime. Check out the [science](#) resources below for more fun activities. Keep reading for more resources including our summer [child care checklist](#) and this month's kindergarten readiness [tip](#). Then, check out the playground safety tips to help you keep your child safe during unstructured play.

Spending time with your child is a blessing. They're not little forever! I hope you find time to bond with your child this month and help them [reach for the stars](#).

Until next time,

Kelli Hilburn

Kelli Hilburn

BETTER BEGINNINGS PROGRAM ADMINISTRATOR
OFFICE OF EARLY CHILDHOOD



JOIN US IN OUR GOAL TO
REACH FOR THE STARS
CLICK TO LEARN MORE



**VIDEO
CORNER**

WATCH NOW

Children learn about their world and how to communicate when adults talk, read, and play with them. Watch this video to see how it's done.



LEARNING RESOURCES

PLAY,
LEARN,
EXPLORE



The section features a large orange background. On the left, a circular inset shows a child with curly hair sitting at a table, focused on a task. Below this inset is a small orange circle containing the text "PLAY, LEARN, EXPLORE". To the right of the inset, the words "LEARNING" and "RESOURCES" are written in large, bold, white capital letters. At the bottom right, there are two small circular images showing children playing with toys.

Summer will be here before you know it, so it's time to start thinking about summer care now. The summer child care checklist from Better Beginnings can help you identify what to look for when searching for a high-quality summer child care program. Check it out today!

[Learn More](#)



Kindergarten Readiness Tip

Children learn best through play, so help them gain knowledge and skills through **games**! Create sorting games using items around your home, or purchase memory card games. Through play, your child can gain the key knowledge they need to get kindergarten-ready. Learn more on the Better Beginnings website.

[Learn More](#)



Move, Play, Grow: Nurturing Child Development Through Physical Activity

Tuesday, April 8, 12:00 - 1:30 p.m.

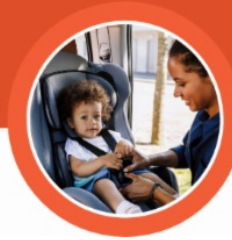
Learn more about the significant health and well-being benefits of family physical

activity from our friends at Curricula Concepts. You'll gain insights into integrating physical activity at home and leave with practical, fun ideas to incorporate into your family routines. Register today!

[Register Here](#)



HEALTH AND SAFETY



Health and Safety Tips

Playgrounds allow young children to exercise their bodies, brains, and social skills through unstructured, free play. While playing, children also building strength and coordination, which is important for healthy development. Here are three ways you can help ensure your child is safe while climbing, sliding, swinging, and running.

1. **Actively supervise your child:** Active adult guidance and supervision is the best way to prevent injuries.
2. **Dress your child in appropriate clothing** Scarves, necklaces, and drawstrings can get caught on equipment and cause injury.
3. **Encourage children to play on age-appropriate equipment** Some structures are made for older children. Direct your child to play on equipment suited for their age group.

With these tips in mind, you can help your child remain safe while getting the physical activity they need to grow healthy and strong. Find more [tips](#) for keeping your child safe at playgrounds 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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RESOURCES**



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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