



Literacy



Math



Science



better beginnings

EVERY CHILD DESERVES OUR BEST



**A NOTE FROM
KELLI HILBURN**
PROGRAM ADMINISTRATOR

August is **[Get Ready for Kindergarten Month](#)**, so we're taking this moment to talk about kindergarten readiness.

Readiness is defined as children having the social and academic knowledge, skills, and behavior kids need to be successful in school and lifelong for learning. Kindergarten readiness occurs when families, teachers, and communities support and serve all children to meet their unique and individual needs.

Better Beginnings offers a **[Kindergarten Readiness Indicator Checklist](#)** that parents can use to gauge whether or not their children are ready for kindergarten. This checklist isn't a test; it's a tool to help your child transition from preschool to kindergarten with ease. Key development and knowledge markers children need to meet in order to be most successful in kindergarten and beyond are listed. Keep reading to learn more about our checklist.

As stated above, you have a big role to play in getting your child ready for kindergarten. It's a team effort to get children ready for the rest of their school lives. Below you'll find resources from our **[Family Resource Library](#)** that focus on developing **science** skills in children through play and fun. You can use these resources at home to extend their learning from the classroom and to lay a strong foundation for future learning.

August is commonly one of the hottest months of the year in Arkansas. We're recapping

everything we've learned about summer safety that you can carry with you for the rest of this month.

Kelli Hilburn

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BETTER BEGINNINGS PROGRAM ADMINISTRATOR

DIVISION OF CHILD CARE AND EARLY CHILDHOOD EDUCATION



JOIN US IN OUR GOAL THIS YEAR TO
REACH FOR THE STARS
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**VIDEO
CORNER**

WATCH NOW 



PLAY,
LEARN,
EXPLORE

**LEARNING
RESOURCES**



STATES OF MATTER

Matter is anything that has weight and takes up space. States of matter is a term that refers to the physical form of everything around us, such as liquid, solid or gas.

Scientists and mathematicians use tools to observe and describe the states of matter. Scientists' combinations of matter. Scientists' combinations of matter.

Crazy Cornstarch Goop

Place 1/2 cup of cornstarch into a bowl. Add about a 1/4 cup of water and stir. Keep adding water and stirring until the mixture looks like thick pancake batter. Adding food coloring is optional.

How to Play

- Push the goop back with your finger. What does it feel like?
- What does it feel like when you slowly sink your finger into the goop?
- Scoop some goop into your hands. What happens? Can you hold it?
- Press your index finger (or another) into the goop. What happens? Can you push it with your finger?

NOTE: Do not put cornstarch goop down the sink. Dispose of it in the trash.

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Inspire Discovery

Experiment and observe. Experiment some more. This is how children make discoveries. Here are 10 ways to set your child on the road to discovering science.

1. Acknowledge your baby's accomplishment when she makes her first steps. She just learned she can affect her world.
2. Put another sticky baby in baby's bathtub. What does she think?
3. When your baby drops his rattle cup to the floor, pick it up. Gravity is interesting.
4. Use toy cars on a ramp or incline. Which is faster? The big car or the little car?
5. Put a container of warm water in the bath tub and see how the water level changes. What happens? Can you push it down water in the bottom of the tub?
6. Let your child dig a hole for a plant outside. How does the change in soil color and texture in those water on the bottom of the hole?
7. Spring a puddle or make a mud pie. Science can be messy. Experiment on her.
8. Look at a rock under a magnifying glass. Does it look like the surface of a planet?
9. Look at pictures of places with different climates than your home. What would it feel like to be there?
10. Let your child water the garden. He won't be as big as you are, but he will learn to help things grow.

What is your child learning?

- Develops observation skills
- Develops curiosity, problem-solving and decision-making skills
- Has an opportunity to experiment and measure
- Learns to form and test ideas
- Gains an understanding of cause and effect
- Develops understanding of units of measure
- Understands gravity and mass

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PLAYDOUGH POWER

Playdough is a great way for you and your children to play together. Measuring, mixing, mashing, shaping and rolling playdough is fun! Your child is learning about cause and effect. They're learning about solids and liquids and mixing colors. Making and playing with playdough helps your child learn math and science. It sparks his curiosity. It feeds his natural curiosity.

Experiment

Will playdough roll like a ball?

Does it float?

What happens if you add sand to your playdough?

What colors mix to make purple?

How long of a snake can we make?

NOTE: Use the recipe poster on the next page to talk with and teach new words.

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States of Matter

Matter is anything that takes up weight or space. Through the activities in this resource, children can begin to understand what matter is and have fun doing it.

This activity is ideal for children three and older.

[View Resource](#)

Inspire Discovery

Experiment and observe. Experiment some more. This is how children make discoveries.

This resource lists 10 ways to set your child on the road to discovering science. Therefore, creating a strong foundation for future learning.

[View Resource](#)

Playdough Power

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[View Resource](#)



LEARNING IS FUN!

ADDITIONAL RESOURCES



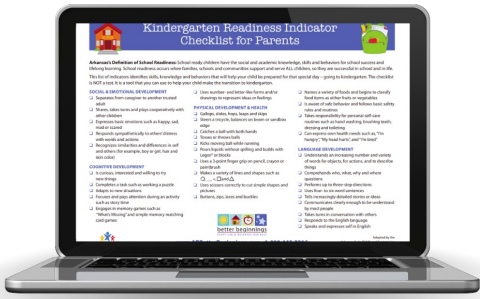
Kindergarten Readiness Indicator Checklist

The Kindergarten Readiness Indicator Checklist is another tool in your toolbox to set children up for school success and lifelong learning. Remember, it's a tool, NOT a test. Its purpose is to help make the transition from preschool to kindergarten easier.

Consult your child care provider to get their input

on your child's checklist.

Download this list from the Better Beginnings website.



[View Checklist](#)

Play is a Child's Work

Children learn through play. They meet development stages through play, too. The **Play is a Child's Work** resource explains the benefits of play and how you can guide it when you're present.

Download this free resource from the Better Beginnings website.

[View Resource](#)



Tips for Saying Goodbye at Child Care

These 10 tips can make drop off easier on you and your child, especially since they may not be used to going to child care or are going to a new provider. Remember, while the first few days may be hard, your child will adjust to this new routine. Be strong and patient.

Also, know that the teacher you're handing your child to is well equipped to help your child transition. It's a team effort.

[View Resource](#)



Summer sticks around here in Arkansas. Let's recap what we've learned since May that you can take with you through the rest of this Arkansas summer.

Sun Safety



Sunscreen

Apply sunscreen to children before they head outside to play. Reapply it every two hours to keep them fully protected.



Hats

Hats are a great tool to provide children's vulnerable faces and necks with protection alongside the sunscreen.



Shade

A shady spot where children can play provides an additional level of protection against the sun. This spot can be made by a tent or can be found under a tree.



Water

It's very easy for children to get so busy playing they forget to drink water. Have some ready for them during and after their time outside.

Signs of Sun Damage

Unprotected skin is vulnerable to sun damage. Following are three things to know about how the sun damages our skin and what to do about it:

Tan

Any change in color on your child's skin is indicative of sun damage. That includes tanned skin. Therefore, if you see a child's skin tanning, get them out of the sun.

Turning Pink

In as little as 15 minutes, the sun's UV rays can damage unprotected skin. However, it can take up to 12 hours before that damage is seen.

If you see a child's skin turning pink, get them out of the sun.

Cloudy Days

Clouds don't prevent the sun's UV rays from hitting our skin. Clouds only slightly filter the rays. Therefore, it's just as important that children wear sunscreen and use other protective measures when outside no matter what the sky looks like.

[Learn More](#)

WHAT IS BETTER BEGINNINGS?



Better Beginnings means better opportunities. Investing in quality child care for all Arkansas children creates better opportunities for our children, families, workforce and communities.

Visit our Website



FOLLOW US FOR MORE RESOURCES



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.



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