



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.

You play a big role on the team in making sure preschoolers are ready for kindergarten. The things you do in your classroom to develop their fine motor skills, increase their knowledge, or to further their skills is key to setting children up for continued success in school and lifelong learning.

Better Beginnings has a **[Kindergarten Readiness Indicator Checklist](#)** you can use as another tool to get children ready for kindergarten. Use this tool as you work alongside your client families as you prepare their children for kindergarten.

The **[science resources](#)** included in today's Buzz are more tools to keep in your tool box to help children learn science skills that will create a solid foundation for future learning in kindergarten and beyond. Use these resources as a way to encourage questions about the world around them and how it works and to help them grasp that things in the world change and grow all the time.

Keep reading to find out more about these resources and to find where you will see Better Beginnings staff this year.

Kelli Hilburn

**Kelli Hilburn**  
BETTER BEGINNINGS PROGRAM ADMINISTRATOR  
DIVISION OF CHILD CARE AND EARLY CHILDHOOD EDUCATION



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



**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 measure 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. Add any food coloring if optional.

**How to Play**

- Push the goop back with your finger. What does it feel like?
- What does it feel like when you slowly stick 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.

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

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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 pushes her bottle. She just learned she can affect her world!
2. Put a rubber duck in baby's bathtub. What else will float?
3. When your baby drops his rattle cup to the floor pick it up. Gravity is interesting!
4. See how long it takes to empty a bottle. Which is faster? The big one or the little one?
5. Put a container of warm water in the bath tub and observe for filling, pouring and bubbling. How are hot and cold?
6. Let your child dig a hole for a plant outside. Notice the change in soil color and texture as there water on the bottom of the hole?
7. Sprink a puddle to 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 be like to live there?
10. Let your child water the garden. He knows he has an impact on the world when he helps things grow.

**What is your child learning?**

- Develop observational skills
- Develop curiosity, problem-solving and decision-making skills
- Gain an opportunity to extend his vocabulary
- Learn to form and test ideas
- Explore cause-and-effect
- Develop understanding of units of measure
- Understand 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! How child's learning about cause and effect. He's 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 happens if you add water?  
 What colors mix to make purple?  
 How long it takes can we make it?

**NOTE:** Use the recipe poster on the next page to help you make and teach new words.

**This is science. Playdough is fun that makes your child smarter!**

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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 children on the road to discovering science and creating a strong foundation for future learning.

[View Resource](#)

## Playdough Power

Playdough is a great way for you and children to play together. Measuring, mixing, mashing, shaping and rolling playdough is fun! Children learn about cause and effect, solids and liquids, and mixing colors. Making and playing with playdough sparks creativity and feeds their natural curiosity.

[View Resource](#)



**LEARNING IS FUN!**

# ADDITIONAL RESOURCES

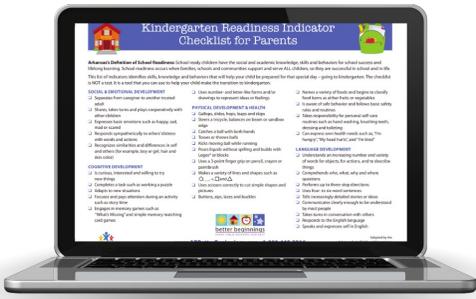


## Kindergarten Readiness Indicator Checklist

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.

Share this tool with your client families and start conversing with them on how you can all work

together toward one goal: To get their child ready for kindergarten.



Download this list from the Better Beginnings website.

[View Resources](#)

## Upcoming Conferences

Better Beginnings staff will be celebrating the Past and Shaping the Future at the Arkansas State University Early Childhood Education Conference August 8-9, 2022, in Jonesboro. We'll be available to answer any of your questions and to hear from you! Stop by our booth to meet Better Beginnings team members **Lora Mosley** and **Hannah Phillips**, fill out our survey for a chance to win a door prize, and to get some resources to take home with you!

[Learn More](#)



Lora Mosley

We're also attending the **Arkansas Early Childhood Association Conference** October 12-15, 2022, in Little Rock. We hope to see more of your "Be-YOU-tiful" faces and to be gathered with you once again for the first time in two years.

[Learn More](#)



Hannah Phillips

## Level Up Resource

Looking to increase your star level or to start our journey to become a Better Beginnings provider? Check out the **Provider Tools** section of our website to find the information you need to start your journey.

[Visit our Website](#)



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



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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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