



Literacy



Math



Science

Family Buzz | August 2025



**better beginnings**

EVERY CHILD DESERVES OUR BEST



**A NOTE FROM  
KELLI HILBURN**

**PROGRAM ADMINISTRATOR**

Summer is coming to an end. For many of you, that means going to a new early care and education facility, especially if your child has been in a summer care program. A switch like this can be stressful for your child, as it's a new routine to adjust to. They may also have a new provider or new future friends to get to know. That can make the first few days of drop-off difficult. The good news is that's completely normal and why we developed a resource for [saying](#)

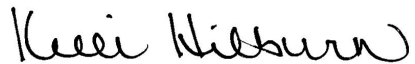
[goodbye at child care](#). You'll find tips to prepare your child ahead of time as well as helpful advice for those first few days.

That's not all we have for you. This month, we're focusing on literacy and reading, so keep reading to find resources to help you continue the learning at home. Reading to your child 10 minutes a day is a great way to help your child develop key language skills to get them kindergarten-ready. The following resources can help you do that and more:

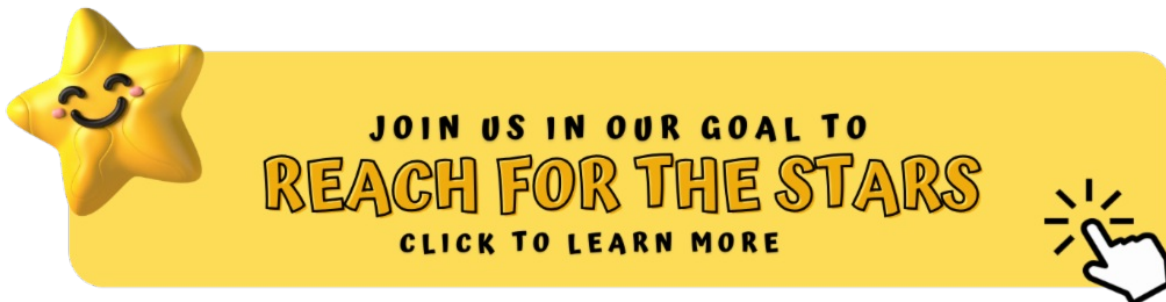
- How to [raise a reader](#) at any age.
- Details for enrolling your child in [Dolly Parton's Imagination Library](#).
- This month's [kindergarten readiness tip](#).
- Responsible [screen time tips](#) for kids.

I know our early care and education providers are excited to see you and your child. They are crucial members of your team in helping your child [reach for the stars](#), and they can't wait to work alongside you to make that happen.

Until next time,



**Kelli Hilburn**  
EARLY CHILDHOOD PROGRAM SUPERVISOR  
OFFICE OF EARLY CHILDHOOD



**WATCH NOW** 

Reading with your children is a special time and is important for their development. Take a look at how you can bring a book to life and enhance story time with this video.



# LEARNING RESOURCES

PLAY,  
LEARN,  
EXPLORE





## Raising a Reader - Baby's First Year

Babies can be comforted by the sound of your voice. When you read to them, you're helping them feel secure while they develop the knowledge needed to talk. Learn what to expect when reading to babies less than a year old by checking out this resource.

[View Resource](#)



## Raising a Reader - Toddlers: 1-2 Years

Books open minds! Toddlers want to explore and play, so books can be a great way to help them do that. Check out this resource to elevate reading time with your toddlers.

[View Resource](#)



## Raising a Reader - Preschoolers: 3-4 Years

Reading with your preschoolers will help them develop language and comprehension skills. With this resource, you can find tools to bring those books to life and get your kids ready for kindergarten.

[View Resource](#)



LEARNING IS FUN!

# ADDITIONAL RESOURCES



## Dolly Parton's Imagination Library

Children ages birth to five in Arkansas are eligible to receive a free book each month from Dolly Parton's Imagination Library! Click the link below to sign your child up today.

[Learn More](#)



## August Kindergarten Readiness Tip

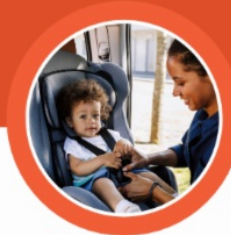
This month's tip is to read with your child every day. Learn how you can help your children meet the literacy developmental milestones they need to get kindergarten-ready from the Getting Ready for Kindergarten calendar. You can find it on the Better Beginnings website.

[Learn More](#)





# HEALTH AND SAFETY



## Health and Safety Tips

It seems like there are screens everywhere you turn. For young children, overuse of screens isn't best for their developing minds. When children play without screens, their imaginations soar and their curiosities expand. Here are six recommendations for limiting your child's screen time:

1. For children younger than 18 months, discourage use of screen media other than video chatting.
2. For children 18-24 months old, select high-quality programming that is safe and nurturing, and promotes healthy development.
3. For children 2-5 years old, limit screen use to one hour a day of high-quality programming, and supervise your child to make sure they are watching age-appropriate content.
4. Avoid using screens as the only way to calm a child.
5. Keep bedrooms, mealtimes and parent-child playtimes screen-free for all. Stop using screens an hour before bedtime and remove devices from bedrooms.
6. Avoid fast-paced programs with lots of distracting content and violent content.

Limiting screen time gives the whole family more time to play together and create important bonds that help your child feel safe and secure. Learn more from the [American Academy of Pediatrics](#).

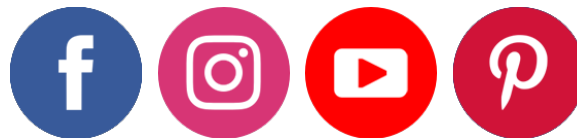


# WHAT IS BETTER BEGINNINGS?



**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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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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