

better beginnings



for Families buzz

Department of Human Services Division of Child Care and Early Childhood Education

JULY 2021

A NOTE FROM BETTER BEGINNINGS PROGRAM MANAGER DAWN JEFFREY



Parents and Families,

Summer is coming to a close, which means things like **cooler weather**, **football** and **fall holidays** are approaching quickly.

Those are certainly nice to look forward to and make the end of summer seem **a little less awful**. BUT, **let's not wish our summer away yet**. There is still plenty of time to have some **fun in the sun**.

We also can't forget how dangerous the **heat** can be. Summer break might be coming to an end, but we all know **Arkansas heat wears out its welcome every year**. We included our **summer safety tips** a couple of

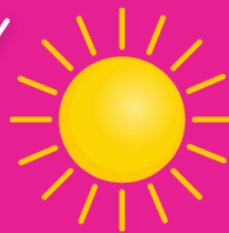
sections down. These are important reminders which will help you finish summer **safe and healthy**.

Speaking of safety reminders, we also want to assure you that **Arkansas Better Beginnings** providers are keeping the **health and safety** of your child and family the top priority as we continue operations through this strange time. **No matter what**, Arkansas child care providers are dedicated to **creating a safe and fun learning environment for Arkansas kids**. Be mindful, **these could change occasionally**, but we are monitoring COVID-19 conditions and circumstances closely. **Providers check the Pandemic Guidelines frequently and adjust operations at their facilities accordingly**.

We hope you and your family soak up every drop of sunshine you can and that you all start the new school year healthy and strong.

Dawn Jeffrey M.S.E.
Division of Child Care and Early Childhood Education
Program Manager for Better Beginnings

SUMMER SAFETY REMINDERS



WEAR SUNSCREEN

Remember to apply and send sunscreen for outside trips and activities. It must have **UVA & UVB protection and at least 15 SPF**



CHECK THE BACKSEAT

A parked car will warm up 20 degrees from the outside temperature in just ten minutes. **Never leave children in a car, van or bus.**



USE BUG SPRAY

Remember to check your child for **ticks** after outdoor activities and trips. Encourage them to apply and/or send an **EPA-registered insect repellent**.



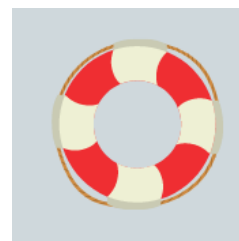
STAY HYDRATED

Always provide **plenty of water breaks during and after outdoor play.**



PRACTICE WATER SAFETY

Never let your children swim **without an on-duty life-guard or an adult around.**

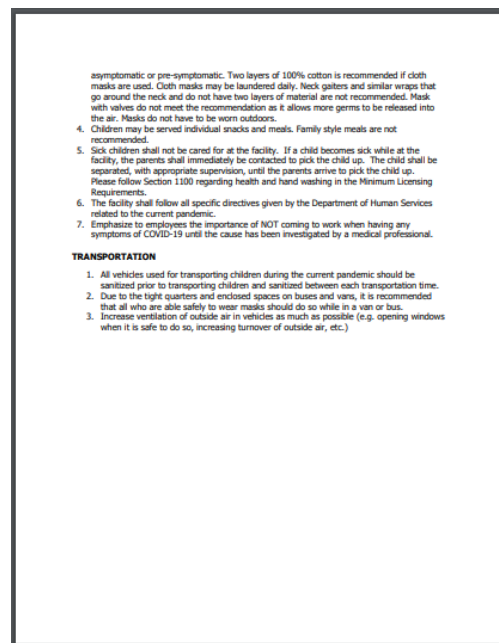
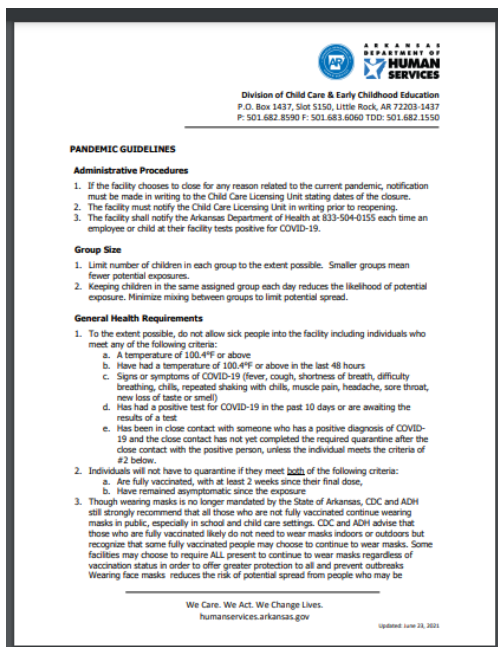


PANDEMIC GUIDELINES



Just a quick reminder that you can always find the most updated [Pandemic Guidelines](#) from Arkansas DHS on our website.


Find the [Trending tab](#) and then click the [COVID Advice and Resources for Families](#) button.



ARKANSAS DHS PANDEMIC GUIDELINES FOR CHILD CARE PROVIDERS

Use the Woodland Mini Garden to talk about **things that grow**, make a **dinosaur desert or beach creature habitat** with Sensory Play and talk about body parts like **hands and feet** with Get Muddy with Your Buddy.

Check them out today!



WOODLAND Mini Garden

It all begins with a discovery adventure.

Gathering nature's little treasures is an important part of your child's play. It's a chance to explore the world around them, to learn about the plants and animals that live in the forest, and to play in their own way. You can be inspired by nature's beauty and let them lead the way.

Adult supervision is essential. Talk to your child about safety guidelines before their adventure begins.

Select Your Woodland Mini Garden

Making a woodland garden is a simple job for your future play. Kids can use anything from a pot to a bucket to a box to make their garden. They can use anything from a pot to a bucket to a box to make their garden. They can use anything from a pot to a bucket to a box to make their garden.


1. Choose the bottom of the container with as much of it as possible or a pot. This is for drainage. Most plants don't like to sit in water.
2. Cover the bottom with soil. Fill it with soil to one-half inch from the top edge.
3. Add a layer of soil and place your future plants.
4. Fill the hole with soil and put the soil down gently.
5. Place your container in the sun or shade of the house. If it's in the shade, place it in the sun or shade of the house. If it's in the shade, place it in the sun or shade of the house.
6. Water your garden once a day. Water your garden once a day. Water your garden once a day.

Adult supervision is essential. Talk to your child about safety guidelines before their adventure begins.

Visit the science section of our Family Resource Library for more outdoor discovery activities.

ARButterBeginnings.com • 1-501-682-8590

SENSORY PLAY



Adult supervision is essential. Talk to your child about safety guidelines before their adventure begins.

Make Your Own Sensory Play


Make your own sensory play with things you find around the house. You can use anything from a pot to a bucket to a box to make your sensory play. You can use anything from a pot to a bucket to a box to make your sensory play.

1. Choose the bottom of the container with as much of it as possible or a pot. This is for drainage. Most plants don't like to sit in water.
2. Cover the bottom with soil. Fill it with soil to one-half inch from the top edge.
3. Add a layer of soil and place your future plants.
4. Fill the hole with soil and put the soil down gently.
5. Place your container in the sun or shade of the house. If it's in the shade, place it in the sun or shade of the house. If it's in the shade, place it in the sun or shade of the house.
6. Water your garden once a day. Water your garden once a day. Water your garden once a day.

Adult supervision is essential. Talk to your child about safety guidelines before their adventure begins.

Visit the science section of our Family Resource Library for more outdoor discovery activities.

ARButterBeginnings.com • 1-501-682-8590



Get Muddy with your baby

Adult supervision is essential. Talk to your child about safety guidelines before their adventure begins.

Get Muddy with your baby

Get muddy with your baby. You can use anything from a pot to a bucket to a box to make your muddy play. You can use anything from a pot to a bucket to a box to make your muddy play.

1. Choose the bottom of the container with as much of it as possible or a pot. This is for drainage. Most plants don't like to sit in water.
2. Cover the bottom with soil. Fill it with soil to one-half inch from the top edge.
3. Add a layer of soil and place your future plants.
4. Fill the hole with soil and put the soil down gently.
5. Place your container in the sun or shade of the house. If it's in the shade, place it in the sun or shade of the house. If it's in the shade, place it in the sun or shade of the house.
6. Water your garden once a day. Water your garden once a day. Water your garden once a day.

Adult supervision is essential. Talk to your child about safety guidelines before their adventure begins.

Visit the science section of our Family Resource Library for more outdoor discovery activities.

ARButterBeginnings.com • 1-501-682-8590

WOODLAND MINI GARDEN

SENSORY PLAY

GET MUDDY WITH YOUR BUDDY

CHILDHOOD DEVELOPMENT RESOURCES



Did you know **children are born learning**? Their brains aren't fully formed, but they are **naturally curious**. Children are always discovering the world around them. The more they discover, the more they experience, and **positive learning experiences help your child's brain develop as it should**.

Research shows us that from the minute a child is born, he begins to form what are called **neural synapses**. These neural synapses allow your child's brain to send messages to the rest of the body.

She will develop more than 1 million new neural connections every SECOND in her first few years of life.

But, he won't keep them all. **The more often these synapses are used, the stronger they become**. And on the flip side, those that aren't used enough, go away.

So, **it's just as important to focus on behavior development at home and his child care facility** as it is to focus on science, math and literacy.

We have an entire section of [Childhood Development](#) resources in our [Family Resource Library](#). We have shared a few of our favorites below, including our [Kindergarten Readiness checklist](#).

Start the new school year strong with these tips. Your child will be hitting new social, cognitive and emotional milestones before you know it!

9

Tips to Boost Your Baby's Language Development

Babies whose parents talk to them often develop language at a faster rate. These babies know 300 more words by age 2 than babies whose parents rarely speak to them.

Here are some tips on how to get your baby talking.

- 1. Talk, talk, talk.**
If your baby is awake, you should be talking to him. Talk about what is happening. Describe objects with words like soft, blue or cold.
- 2. Sing and dance.**
Babies find the sound of your voice soothing. Songs with movement are even better. Pat your baby's hands together or bounce his feet. You'll be dancing together before you know it!
- 3. Babble back.**
Acknowledge your baby's attempts at talking by answering with the same sounds.
- 4. Reward your baby.**
Give lots of kisses and hugs every time your baby tries to communicate.
- 5. Name names.**
Use "real" names for the things around her. Repeating the names of things helps your baby learn.
- 6. Read to your baby.**
Make reading part of your daily bonding. Your voice soothes and relaxes her.
- 7. Give your baby soft books.**
Puffy pages are easier to turn. Most soft books have textures you can talk to him about.
- 8. Ask questions.**
"What's that?" Point to a picture in a book and name the object.
- 9. Play!**
Peekaboo and Patty Cake are standards for using repetition to teach words. Try asking, "Where's your nose?" Show your baby her nose. Move on to name other parts of the body. Tickles are allowed. Repeat often.

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

ARBetterBeginnings.com • 1-501-682-8590

9 WAYS TO BOOST YOUR BABY'S DEVELOPMENT

7

Tips for Raising a Cooperative Child

Cooperation is not just about getting help with chores. It's about helping your child develop good judgment and problem solving skills. Most importantly, it's about establishing a positive relationship with your child.

- 1. Start young.**
Include your toddler in small chores at home. Talk to him about what you are doing. Make it sound like big people work. Toddlers love to imitate adults. Invite your toddler to help you set the table, sort laundry or wash the car. Being a "helper" boosts toddler's self-esteem.
- 2. Make a game of it.**
Teach your child to put away his toys by making a game of it. You put a toy in the toy box, then tell your child to let him turn. Explain that because we clean up, we know where to find our toys.
- 3. Talk about the next thing.**
Toddlers naturally resist bedtime. Some don't like bath time. Maybe they don't want to stop playing to eat dinner. When you talk about what happens next, your toddler is more willing to do as you ask.
- 4. Offer choices.**
Some things have to happen every evening - dinner, tooth brushing, bath and bedtime. Offer little choices, like "Would you like to brush your teeth before or after bath time?" Or ask if he wants his story before or after his bath. Allowing your child to make a choice makes him feel more like you are a team.
- 5. Make suggestions.**
By age two, toddlers realize they are a person separate from you. With that realization comes a sense of independence. It may seem "no" is your toddler's favorite word. Giving your toddler an order gives him the opportunity to say "no" instead of orders, try making suggestions. Instead of "Put on your hat," try "It's really cold. Let's wear our hats!"
- 6. Explain the rules.**
Toddlers don't want to be in trouble. They are just finding out what they can and cannot do. Patiently explain the problem and ask your toddler for a solution. Example: "Since you can't color on the wall, where else can you color?"
- 7. Have a conversation.**
Frequent conversations in which you and your child both get to talk will make you feel more like a team. Open communication started early in life will ease future conflicts for both of you.

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

www.ARBetterBeginnings.com • 1-800-445-3316

7 TIPS FOR RAISING A COOPERATIVE CHILD

It's never too early to start thinking about Kindergarten. Arkansas needs all children to be school-ready by the time they start Kindergarten. **A class with students on the same learning level is better for them, you, educators and the rest of our community!**

Kindergarten Readiness Indicator Checklist for Parents

Arkansas's Definition of School Readiness: School ready children have the social and academic knowledge, skills and behaviors for school success and lifelong learning. School readiness occurs when families, schools and communities support and serve ALL children, so they are successful in school and in life. This list of indicators identifies skills, knowledge and behaviors that will help your child be prepared for that special day -- going to kindergarten. The checklist is NOT a test. It is a tool that you can use to help your child make the transition to kindergarten.

<p>SOCIAL & EMOTIONAL DEVELOPMENT</p> <ul style="list-style-type: none"> Separates from caregiver to another trusted adult Shares, takes turns and plays cooperatively with other children Expresses basic emotions such as happy, sad, mad or scared Responds sympathetically to others' distress with words and actions Recognizes similarities and differences in self and others (for example, boy or girl, hair and skin color) <p>COGNITIVE DEVELOPMENT</p> <ul style="list-style-type: none"> Is curious, interested and willing to try new things Completes a task such as working a puzzle Adapts to new situations Focuses and pays attention during an activity such as story time Engages in memory games such as "What's Missing" and simple memory matching card games 	<ul style="list-style-type: none"> Uses number- and letter-like forms and/or drawings to represent ideas or feelings <p>PHYSICAL DEVELOPMENT & HEALTH</p> <ul style="list-style-type: none"> Gallops, slides, hops, leaps and skips Steers a tricycle, balances on beam or sandbox edge Catches a ball with both hands Tosses or throws balls Kicks moving ball while running Pours liquids without spilling and builds with Legos® or blocks Uses a 3-point finger grip on pencil, crayon or paintbrush Makes a variety of lines and shapes such as ○, —, +, □ and △ Uses scissors correctly to cut simple shapes and pictures Buttons, zips, laces and buckles 	<ul style="list-style-type: none"> Names a variety of foods and begins to classify food items as either fruits or vegetables Is aware of safe behavior and follows basic safety rules and routines Takes responsibility for personal self-care routines such as hand washing, brushing teeth, dressing and toileting Can express own health needs such as, "I'm hungry," "My head hurts," and "I'm tired" <p>LANGUAGE DEVELOPMENT</p> <ul style="list-style-type: none"> Understands an increasing number and variety of words for objects, for actions, and to describe things Comprehends who, what, why and where questions Performs up to three-step directions Uses four- to six-word sentences Tells increasingly detailed stories or ideas Communicates clearly enough to be understood by most people Takes turns in conversation with others Responds to the English language Speaks and expresses self in English
--	--	---

Adapted by the Arkansas Early Childhood Commission in 1/2017

www.ARBetterBeginnings.com • 1-800-445-3316

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

KINDERGARTEN READINESS INDICATOR CHECKLIST

FIND MORE CHILDHOOD DEVELOPMENT RESOURCES HERE

WHAT IS BETTER BEGINNINGS?



VISIT OUR WEBSITE TO FIND OUT

OR, check us out on **social media.**



Better Beginnings | DCCECE, Attn: Better Beginnings, PO Box 1437, Slot S150,
Little Rock, AR 72203-1437

[Unsubscribe {recipient's email}](#)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by arbetterbeginnings@gmail.com powered by