

October 2019

FAMILIES | INSPIRE DISCOVERY

Better Beginnings has activities to help your child learn through play. Check out in our [Family Resource Library](#). [Find resources en Español here.](#)



Make it Rain

Experiment up a storm with three simple ingredients. Have fun with your child and share the science of how rain clouds work in nature.

Awaken Your Child's Senses

Fall is a great time for sensory exploration in nature and at home. Get free taste-safe recipes babies and toddlers can dig into.

THIS MONTH'S FEATURED RESOURCE | PLAY IS LEARNING

10 Things Every Parent Should Know about Play

- 1. Playing is learning.** Children are born learning. Every action and interaction is a lesson.
- 2. Play benefits your child's development.** Socially - helps children develop relationships, practice communication and negotiate trust. Emotionally - allows children to express their feelings and release stress. Intellectually - promotes curiosity and challenges them to develop problem solving skills.
- 3. Play comes in many types.** Solitary play: Babies spend a great deal of time in solitary play. Simple toys like balls or a mobile provide endless entertainment. Toddlers and preschoolers can time alone to create what only they can imagine. School-age children may use playtime alone to develop ideas and make up their own stories. Parallel play: Around age 2 1/2, toddlers begin to enjoy being around other children. They may play side by side and not actually interact with each other. Children at this age are usually not ready to share. Group play: Children are ready to share ideas and toys at about kindergarten age. Group play helps children develop self control, empathy and problem solving skills.
- 4. Children should be allowed to guide their own play.** By choosing their own method of play, children experience a sense of freedom. They develop decision-making skills and self confidence.
- 5. Parents need to set a special time every day to play with their children.** Playing with your child is a relationship building experience. It shows him he is important and his ideas matter to you.
- 6. Just have fun.** When you play with your child, give him your full attention.
- 7. Play promotes creativity.** Use simple toys like blocks to spark your child's imagination. A block can be a truck, but a truck will usually roll like a truck.
- 8. Play is healthy.** Play releases stress and the physical activity helps prevent obesity.
- 9. Play outdoors.** We all need fresh air and exercise. Outdoor play requires children to use their large muscles. It helps them develop muscle coordination, balance and energy.
- 10. Play teaches through experience.** Measuring and pouring sand helps children learn about weights and measurements. They discover what they learn through play.

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

10 Things Every Parent Should Know About Play

Play is a child's work. But you don't have to work hard. Visit our Play is Learning Library to get more than a dozen pages of fun learning activities.

Also en Español.

Find it on the Family Resource Library.

Try it out

THANK YOU | BETTER BEGINNINGS QUALITY COMMUNITY

Better Beginnings is focused on making quality child care more accessible to families of young children across Arkansas. More high quality access means more kids are better prepared for kindergarten.

The following programs are now **3-star** Better Beginnings providers:

- **DE QUEEN** - Little Bitty City Enrichment Center
- **ASHDOWN** - Little Bitty City Enrichment Center
- **NASHVILLE** - Little Bitty City Enrichment Center

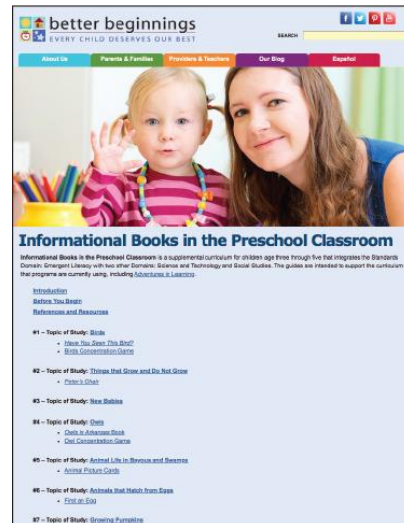
The following programs are now **2-star** Better Beginnings providers:

- **FORT SMITH** - Princeton Prep Academy
- **TEXARKANA** - Little Bitty City Enrichment Center
- **WYNNE** - Walker's Learning Academy
- **WEST MEMPHIS** - Lasting Impressions Child Care and Enrichment Center

If you are a Better Beginnings provider and are interested in moving up in star ranking, click [here](#).

PROVIDERS | WE HAVE RESOURCES FOR YOU TOO

[Informational Books in the Preschool Classroom](#) is a supplemental curriculum for children age three through five that integrates the Standards Domain: Emergent Literacy with two other Domains: Science and Technology and Social Studies. 23 topics include animals, how things grow and how things work. The guides are intended to support the curriculum that programs are currently using, including [Adventures in Learning](#).



[Find More Curriculum Resources Here](#)

CONGRATULATIONS AECA!
533 Early Childhood Educators
Attended More Than
71 Sessions.

Better Beginnings
Program Manager Dawn
Jeffrey said, "The
tremendous attendance at
this conference is a testament
to the dedication of early

IMPACT²⁰¹⁹



AECA BUILDING RESILIENCE

childhood educators to improve the futures of Arkansas's children."

Audrey Freshwater with the Division of Child Care and Early Childhood Education said, "We truly believe there will be a ripple from this conference that will make life better for our children and families."

To learn more about **Better Beginnings** and the resources available:

[Visit our website](#)

Stay in touch with **Better Beginnings**.



Share this edition of the Buzz with your family and friends.



Better Beginnings is Arkansas's 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.

