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ARKANSAS BETTER BEGINNINGS OFFERS GUIDE TO MAXIMIZING LONGER, WARMER DAYS



Better Beginnings offers resources encouraging families to play outside during these longer daylight hours this spring and summer.

LITTLE ROCK, Ark. (March 23, 2022) – [Better Beginnings](#), a program of the Arkansas Department of Human Services Division of Child Care and Early Childhood Education focusing on giving children the best quality care, is encouraging parents to spend time with their children outdoors during the longer daylight hours.

Children learn through play and play uses up leftover energy to make bedtime easier on families, especially when a child’s sleep schedule is interrupted by changes such as daylight saving time. Activities and [resources](#) found in the [science section](#) of the new [Better Beginnings website](#) show children how to explore nature and create a solid foundation for future scientific learning.

“Fresh air and play are important for the development of young children and their future learning,” said Kelli Hilburn, Better Beginnings program administrator. “Young children benefit even more from seeing their parents and caregivers having fun, so make play a regular family

activity when you can.”

Families can find a variety of activities to plan outdoor play and learning with the [Play, Explore, Learn Outdoors](#) and [Inspire Discovery](#) resources to help children learn from and about the great outdoors. Rain provides another opportunity for play using the [Get Muddy With Your Buddy](#) resource. These activities help spark creativity and imagination for children. The [Sticks & Stones Creativity](#) resource is great for nature walks around the neighborhood or at a favorite park to develop a love of nature in children from an early age.

When playing together, Hilburn suggests keeping a few things in mind:

“Let children guide the play to grow their confidence,” Hilburn said. “Forget the rules and think like a child. Where you see a stick, a child may see something totally different. As long as they’re safe and happy, let them play without any adult direction.”

For additional outdoor play activities or to learn more, follow Better Beginnings on [Facebook](#), [Instagram](#), and [Twitter](#), or visit arbetterbeginnings.com.

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About Arkansas Better Beginnings:

[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](#). Better Beginnings connects Arkansas families with the information and care that helps children experience a safe, happy and healthy childhood.