



Literacy



Math



Science

Family Buzz | December 2024



better beginnings

EVERY CHILD DESERVES OUR BEST



**A NOTE FROM
KELLI HILBURN**

PROGRAM ADMINISTRATOR

It's easy to feel rushed at the end of the year. All the baking, buying, and bundling of gifts can be chaotic, especially with a young child running around. However, that child can also help you slow down for a moment as you see this season through their eyes. Your child was born learning. Seeing snow for the first time, tasting a new cookie you baked together, or reading a new book is a moment they learn something about the world around

them.

As your child's first teacher, you have a unique opportunity to guide their learning and help them [reach for the stars](#). The [math](#) resources included in this edition of the *Buzz* can help you do that. As you keep reading, you'll see a resource for choosing the best [toy](#) for your child, this month's kindergarten readiness [tip](#), and winter safety [tips](#) so you can help your child enjoy playing outdoors all year round.

Children grow up fast. I hope you can find moments to slow down and experience the wonder of this season with your child. You won't regret it.

Until next time,

Kelli Hilburn

Kelli Hilburn
BETTER BEGINNINGS PROGRAM ADMINISTRATOR
OFFICE OF EARLY CHILDHOOD



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



**VIDEO
CORNER**

WATCH NOW 

Have you seen our latest Vlog? Catch episode 2 of our new vlog series, featuring Kelli Hilburn and Jennifer Douglas, Assistant Director at OEC, talking about the [Local Leads](#) program. Watch it now by clicking on the video below, and stay tuned for episode 3 dropping in January 2025. Subscribe to our YouTube [channel](#) so you don't miss it!

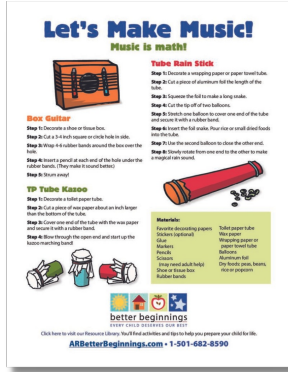


LEARNING RESOURCES



PLAY,
LEARN,
EXPLORE





3 Paths to Math

Check out this resource to see how you can help your child find their way to math by building structures, reading books, or helping you bake their favorite sweet treat!

[View Resource](#)

Let's Make Music

Creating musical instruments is a fun, inexpensive way to help your child learn important math concepts through play. Check out this resource for more details.

[View Resource](#)

Simon Says Roll

Being able to count is a key indicator of kindergarten readiness. Through play-based activities, like the one described in this resource, your child can build their knowledge while having fun.

[View Resource](#)



LEARNING IS FUN!

ADDITIONAL RESOURCES



[Choosing the Right Toys](#)

What's the best toy to get a child? A simple one that

helps cultivate their imagination and creativity. Check out this resource for a list of guidelines that can lead you to the best toy to get your child this holiday season!

[Learn More](#)



Kindergarten Readiness Tip

Spend this month introducing your child to numbers and counting! Help them count in order up to 20, recognize numbers 1-10, and more using the activities from the Getting Ready for Kindergarten Calendar on the Better Beginnings website.

[View Calendar](#)



UPCOMING EVENTS

Managing Screen Time in a Technology World

Sunday, December 15, Zoom

Our friends at Curricula Concepts have a great learning opportunity for families. Learn how you can support your child's development by reducing screen time. Various activities to replace screen time will be discussed using the four building blocks of HOPE – Healthy Outcomes from Positive Experiences. Register today!

[Register Now](#)



HEALTH AND SAFETY



Outdoor Play & Safety Tips

Winter doesn't have to stop your child from playing outside. Here are four things you can do to keep your child safe while playing in the cold. Watch our latest vlog [episode](#) to see these tips in action:

1. **Dress your child in multiple thin layers** A good rule of thumb is to dress children in one more layer than an adult would wear in the same temperature.
2. **Cover your child from head to toe** A hat, gloves or mittens, thick socks, and insulated or waterproof shoes can help ensure your child is better protected from the cold.
3. **Keep them hydrated:** Cold weather is drier and causes children to lose more water through their breath.
4. **Injury prevention:** Encourage children to avoid walking on ice.

Get more [outdoor safety tips](#) 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



**FOLLOW US
FOR MORE
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.



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

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



Try email marketing for free today!