

better beginnings



for Families buzz

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

OCTOBER 2020



better beginnings

EVERY CHILD DESERVES OUR BEST

CELEBRATING OUR **10TH** ANNIVERSARY

A SPECIAL NOTE FROM DAWN JEFFREY



Parents and Families,

What an exciting month! We just celebrated our **10th anniversary**.

Ten years! A **DECADE** of improving quality child care in Arkansas. A **DECADE** of preparing more of our kiddos for kindergarten.

Better Beginnings wasn't born overnight. Our achievements come from **MANY** passionate Arkansas educators pouring their hearts and minds into the **MANY** moving parts of Better Beginnings over **MANY** years.

And why do we do it? Well that's simple. **We do it to give EVERY child in Arkansas a better start in life. And we'll keep doing it, because every child deserves our best.**

We might be wrapping up our anniversary month, but I encourage you to follow along as we **celebrate** over the next year.

Why celebrate so long? Well, we've done A LOT. Throughout this newsletter you'll see highlights of some of our **proudest achievements** and we'll share **10 of our favorite resources**.

If that's not enough to convince you, scroll down to the bottom to see what **Governor Hutchinson** says about it! That should do the trick.

Dawn Jeffrey

Dawn Jeffrey M.S.E.

Division of Early Child Care and Early Childhood Education
Program Manager for Better Beginnings

10 RESOURCES FOR 10 YEARS

10 Family Rules for Safety

The best way to keep your child safe is to help her develop good judgment. Here are some family rules for raising confident children that know how to be safe.

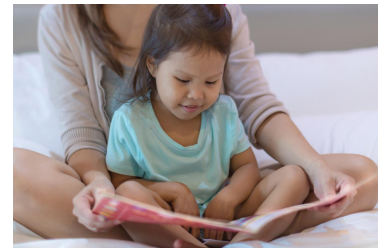


9 Ways to Boost Language Development

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.

8 Tips for Enjoying Books With Your Child

Talk and sing your way through books with your child. These experiences are the building blocks for reading and writing. Here are some simple ways you and your child can enjoy books together.



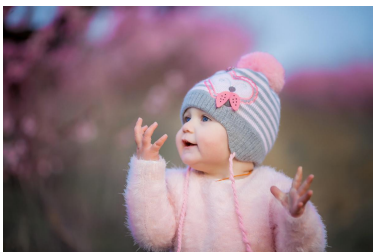
7 Tips for a Good Night's Sleep

Bedtime may be the hardest time of the day for parents and their toddlers. Toddlers need about 10 hours of sleep each night. They also need an afternoon nap. A good night's sleep helps your child be alert and at his physical best the next day.

6 Tips for Choosing the Right Toys

A rule of thumb: Less is more. The less a toy does, the more opportunity a child has to create and learn from it. Simple toys are easier for children to use, need less supervision and can last longer.





5 Activities for a Wonderful Winter

Children need to play outside every day, even in winter. Going outside is a good way for children to work their muscles and burn off energy. Getting fresh air is healthy for children.

4 Years Old - Kindergarten Prep

Talk. Have conversations. Ask questions about your child's day and take time to listen. "Why?" is her new favorite word. Discuss it. Sometimes the real question is, "How?" Investigate together. Show her the answer in a book or on a device.

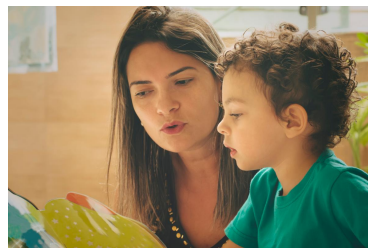


3 Paths to Math

Build it. Bake it. Book it. Check out these tips to help you incorporate math into your daily routine.

2 Stories to Bring to Life With Your Child

Families bring books to life when they talk about the book before, during and after reading. Read the story with funny voices or gestures. Play by acting out the story or making something together.



1 FUN Way to Learn

You play a valuable role in your child's playtime. It helps your child intellectually, socially and emotionally. Here are some ideas for getting involved.

FIND MORE IN OUR FAMILY RESOURCE LIBRARY HERE.

10 MILESTONES IN 10 YEARS

1. The number of licensed child care providers in Arkansas has increased **from 700 to 1,989.**
2. Our Family Resource Library holds **over 40** hands-on learning and behavior development resources for families.
3. There are multiple tools like a child care checklist, to **help parents choose child care.**
4. There are **11 behavior and development resources** for children up to the age



- of five.
5. Each math, science and literacy resource is available in [Spanish](#).
 6. **1,346 of the 1,989 licensed** Arkansas providers are Better Beginnings participants.
 7. **690+** providers have achieved the 3-star quality rating from Better Beginnings—that's OVER HALF of Better Beginnings providers performing at the **highest level**.
 8. We supported Arkansas providers through the past 6 months of the COVID-19 pandemic, **helping over half of Better Beginnings providers to remain open**.
 9. Redefined quality child care and educated Arkansas families on its importance by encouraging a **"Learning through Play"** approach.
 10. Made it possible for Arkansas parents and families to search for child care **based on quality ranking**.



GOVERNOR HUTCHINSON PRAISES BETTER BEGINNINGS AS WE CELEBRATE OUR 10TH ANNIVERSARY



This year, **we celebrate our 10th anniversary**. Though it's our birthday, it is a celebration for **all Arkansas families**. We are celebrating a **DECADE of improving the quality of early childcare in Arkansas**. It is a reminder that EVERY Arkansas child deserves the very best early education experience.

For the past decade, that has been our focus, and the decades to come won't be any different. **This is about shaping our future.**

We won't stop, *because every child deserves our best.*

Check out this special video message from Governor Asa Hutchinson.

WHAT IS BETTER BEGINNINGS?

Visit our website to find out.

OR, check us out on social media.



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.

