

better
beginnings



for Families
buzz

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

March 2021



A NOTE FROM BETTER BEGINNINGS PROGRAM MANAGER DAWN JEFFREY



Parents and Families,

Springtime is here! I don't know about you, but I get a burst of energy around this time of the year. Longer days, warmer weather and spring flowers always recharge my batteries.

I know many of you share my springtime joy, which is exactly what you need as we head into a month of **SCIENCE** fun! Time to put some pep in your step, soak up the extra Vitamin D and get your kiddos **OUTSIDE** to learn more about the big and beautiful world around them.

We all know outdoor play is a great way for our children to let some of their endless energy loose. So, if they can do that AND learn at the same time, wouldn't you call that a WIN?!

There are so many science lessons outside. Start by talking about the weather. Talk about different seasons and when they come and go. Talk about why the rain doesn't turn into snow during warmer months.

And for a **REAL** rainy day, use our favorite [Rainstorm in a Jar](#) resource to kick your weather lesson up a notch!

What about the plants and flowers around you? Count how many plants are turning green. Are the leaves on the ground or on the trees? See if the kiddos can find new flowers blooming.

Here's another great resource for a rainy day. Plant your own sunflowers with our [Sunflower Jar](#) resource.

So, even though we know we will have some rainy spring days ahead, let's just celebrate **SPRING**! It's warm, bright and beautiful outside. Time for a recharge!

Happy Spring to all of our scientists out there, big and small! Grab your shades, because you've got some bright discoveries ahead!

A handwritten signature in black ink that reads "Dawn Jeffrey". The script is fluid and cursive, with a long, sweeping underline that extends to the right.

Dawn Jeffrey M.S.E.

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

INSPIRE DISCOVERY



Let your child explore! By allowing her to discover the world around her, she is learning problem-solving skills, observation skills, new vocabulary and so much more!

Let her sit in the grass and feel the earth's texture. See what she thinks when she drops her favorite toy and you pick it up. Read a new book. Make a sensory bin.

There are so many ways to spark your child's curiosity and explore.

SCIENCE RESOURCES



Play, Explore & Learn Outdoors

Have a picnic. Explore the plants. Fly a kite. Just get outside! Outdoor play is full of science lessons, and it is sure to help your kiddos burn some energy. They will even get some exercise in too! Outdoor play is the best. Check out our [Play, Explore and Learn Outdoors](#) resource for some fun ideas for learning outside!

[Learn More](#)



States of Matter

Solids and liquids and gases, OH MY! Our [States of Matter](#) resource is so fun, and it will make your child feel like he is in his very own science lab! Make crazy cornstarch goop or simple slime. Or, make both! Watch as he pokes, stretches and molds her way through different textures. It's a science lesson and sensory play all wrapped up in one!

[Learn More](#)

Sunflower Jar

Time to stop and smell the flowers! Spring is a great time to teach your child about the plants and flowers around him. Talk to him about how flowers start as a tiny seed and sprout into big, beautiful blooms, just like he starts as a baby and grows into a smart, strong grown-up! Teach him that just like we need food and water to grow, plants do too. Get started with our [Sunflower Jar](#) and plant your own flowers!

[Learn More](#)

DID YOU KNOW?



You can still find [COVID-19 advice and resources](#) under the [Trending tab](#) on our [website](#).

Go ahead and save it to your favorites.

It will help you keep up with child care facilities' changing policies and procedures.

Earth Day & Arbor Day Fun

As you know, next month is all about science, and what perfect timing! Both Earth Day and Arbor Day are in April. These are perfect for science play and outdoor play. A double win!



EARTH DAY

April 22, 2021

Explore Mother Nature and teach your child the importance of doing her part to keep the earth clean. Talk about how the plants and animals around us depend on a clean Earth to survive!

ARBOR DAY

April 30, 2021

Arbor Day is a day to get outside and learn about your surroundings. Plant a tree with your child and talk about what it takes for it to grow. What kind of tree is it? Will it have leaves, berries or flowers?



[Find Fun Science and Outdoor Resources Here](#)

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.



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