



February 2022

A NOTE FROM BETTER BEGINNINGS PROGRAM ADMINISTRATOR KELLI HILBURN



Soon we'll be springing our clocks forward. I don't know about you but I am very excited because this is another sign that spring is on its way.

However, the transition to spring never starts easy. That lost hour of sleep is hard on everyone, especially children. We have a resource with tips for you to help your child get a good night's sleep.

The **[Tips for a Good Night's Sleep](#)** resource details seven ways to make bedtime easier on you and your children. Learn more about the tips below by visiting the resource in the **[Family](#)**

[Resource Library](#) on the Better Beginnings website:

1. Talk about the next thing.
2. Bring down the activity level.
3. Start early.
4. Be consistent.
5. Do not let your child sleep in the same bed with you.
6. Do not return to your child's room every time he calls out.
7. Be patient.

Remember, children need to sleep a certain amount of hours depending on their age. Check out the American Pediatrics Association **[website](#)** for that information.

It's math month so keep reading for math activities you can do at home to keep the learning going.

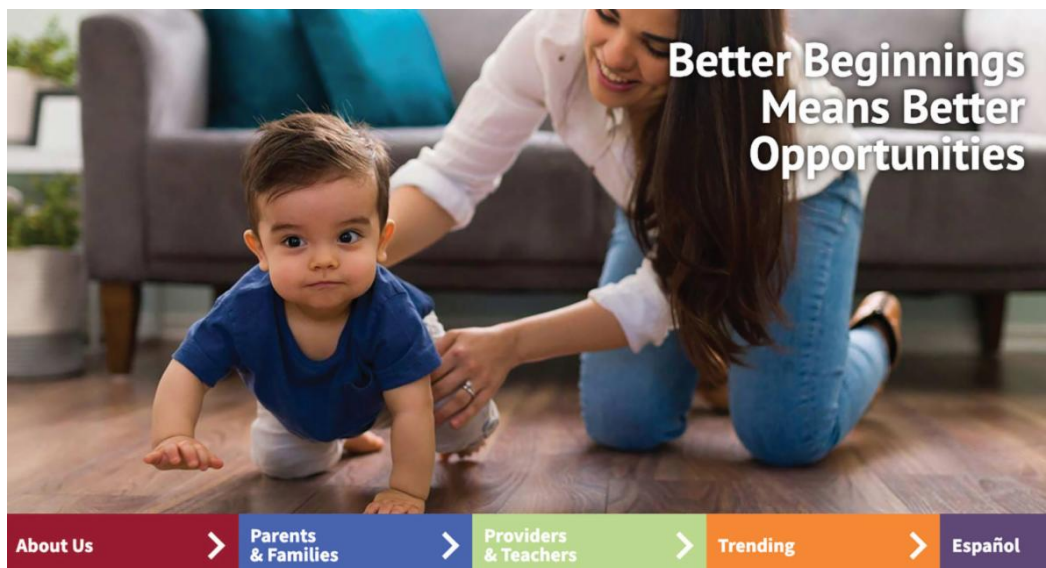
Kelli Hilburn

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BETTER BEGINNINGS PROGRAM ADMINISTRATOR
DIVISION OF CHILD CARE AND EARLY CHILDHOOD EDUCATION



Coming Soon



The updated Better Beginnings website will launch soon and we can't wait for you to see it! This site will be more user friendly but with all the things you've come to know and love including the **Family Resource Library**, tips for **choosing child care** and more.

Check out this **video** to get a sneak peek and a tour of the new site.

Watch the video for a sneak peek at the new website.




Here are great resources for **math** fun this month! You can find more low cost resources on a variety of topics in our **Family Resource Library**.





MAKE t MATH

Help your toddler learn math with these fun hands on activities.

Use recycled cardboard boxes, corks, or shipping materials, corks, and playdough to give meaning to math. Teach your child to make playful "home".





Use your free modeling shapes playing app or printing cards at a Home. Talk about the shapes and colors. Count at least 5 to discover the number.

The important thing to play and have fun. The more you play with math, the sooner your child will be doing the counting.

These activities help your child recognize and name geometric shapes, colors and patterns

Ready to get started?

Click here to visit our Resource Library. You'll find activities and tips to help your child learn math.

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[illegible][illegible]

Help your toddler learn math with these fun, hands-on activities using recycled food boxes, crayons and playdough. These activities help your child recognize and name numerals, shapes, colors and patterns.

Children love music and to build things. This resource combines those two things into a math lesson. They'll learn about measuring while creating instruments out of items found in their house.

Create an indoor golf course with materials found in your home! What does this have to do with math? It's a chance for you to help your kids learn about distance and angles while having fun.

Make it Math

Let's Make Music - Math is Music

Paper Playground for Learning Fun

ADDITIONAL RESOURCES



Arkansas Autism Partnership



Partners for Inclusive Communities offers a service for qualified autistic children and their families.

The **Arkansas Autism Partnership** program has consultants that work directly with eligible children and their families in that child's environments. These consultants come to the families they serve and give real time assistance. They work with children ages 18 months to eight years of age, though participants must've started the program before their fifth birthday.

Check out this **brochure** (available **here** in Spanish) or contact program director Karan Burnette at **kbburnet@uark.edu** for more information, including eligibility requirements.

Dolly Parton Imagination Library

Families in all of Arkansas's 75 counties can now get a book at no cost to them from the Dolly Parton Imagination Library!

Sign-up today to get age appropriate books sent to your home each month for the child in your life. Only children ages zero to five are eligible for the program.

Click **here** to register for your next book.



PANDEMIC GUIDELINES

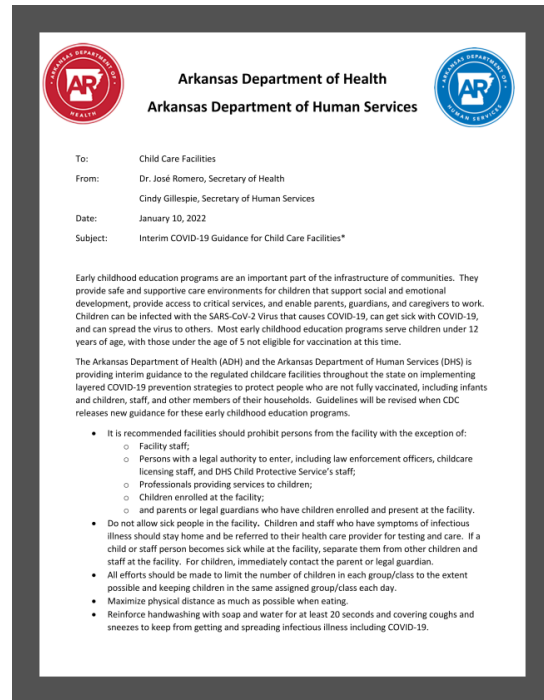


New **Pandemic Guidelines** have been released for child care providers. You can always find the most updated guidelines on our website.

Find the **Trending tab** and then click the **COVID Advice and Resources for Families** button.

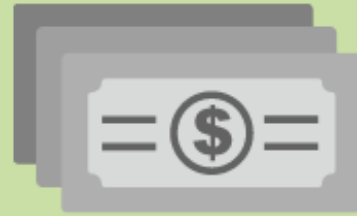
Or, **click here** to download the PDF or screenshot the document and save to your phone for quick access!

As COVID-19 circumstances change daily, Arkansas DHS and the Division of Child Care and Early Childhood Education will **monitor and adjust these guidelines as needed.**



ARKANSAS DHS PANDEMIC GUIDELINES FOR CHILD CARE PROVIDERS

ARPA FUNDING



How ARPA Benefits You

Child care centers in Arkansas that were licensed on or before March 11, 2021 are eligible for grants that are funded by the American Rescue Plan Act (ARPA). The impact of those grants will be felt by you and your child through:

- Improved playgrounds
- More classroom materials
- Centers reaching higher star levels
- Better quality care
- And much more!

Learn more about these grants on the Division of Child and Early Childhood Education [website](#).

American Rescue Plan Proposal Division of Child Care and Early Childhood Education

STABILIZATION - 286M*

*90% of funding must go to existing facilities and up to 10% can be used for new programs

Subgrant Payments - \$258M**

**Facility must have been open as of before March 11, 2021 to qualify

Quality Improvement

Funding to assist facilities in obtaining a higher level of quality. Eligible subgrant amounts were determined based on a cost analysis of the amount necessary to move up one level in quality.

Operational

Funding to assist facilities in paying operational expenses incurred during the pandemic.

Child Care Expansion of Existing Business

Funding to address out of school time and infant/toddler early childhood education gaps across the state of Arkansas. Existing facilities will be awarded a subgrant amount based on the type and amount of increased capacity. Funding will cover minor renovations of existing classrooms, classroom start-up, or partnerships with local businesses to support essential workers by expanding or opening an on-site campus.

Supply Building - \$25M

Funding contracted out through public/private partnerships to create new child care centers across Arkansas for the essential workforce including care for non-traditional hours.

SUPPLEMENTAL DISCRETIONARY - 178M

Essential Worker Child Care - \$130M

Funding to continue assisting Arkansas's Essential Workforce in paying for child care services. Essential Worker Child Care will be extended through September 2024 or until funding has been exhausted.

TEACH Scholarship Program - \$40M

Funding to cover scholarships for early childhood teachers to obtain a degree or credential in the field. Funding will be disseminated out by the Arkansas Early Childhood Association using the national TEACH model.

ADMINISTRATIVE - \$11M***

***Administrative budget is \$3M from Stabilization and \$8M from Supplemental Discretionary Funds.

Personnel - \$4M

Funding to cover 22 personnel to assist with the implementation of Stabilization and Supplemental Discretionary Funds.

IT Upgrades and Other - \$7M

Funding to cover IT upgrades for internally and externally facing systems.



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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