



Literacy



Math



Science

Family Buzz | February 2025



better beginnings

EVERY CHILD DESERVES OUR BEST



A NOTE FROM KELLI HILBURN

PROGRAM ADMINISTRATOR

Creating strong family bonds is critical to your child's healthy development. As they grow and find their place in your family, their social and emotional skills develop too! Those skills are necessary for a thriving future. Reading together is a great way to build these bonds and your child's vocabulary at the same time. Just **10 minutes** a day can make a difference.

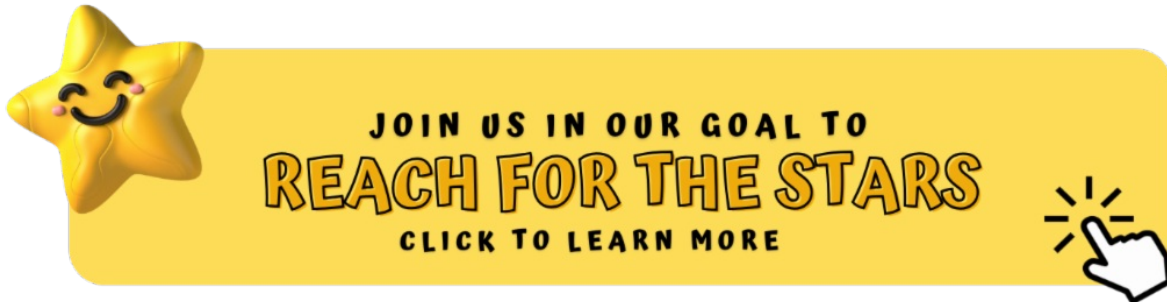
Want to do more? Start with the [literacy](#) resources included in this month's *Buzz*. As you keep reading, you'll also see this month's kindergarten readiness [tip](#), a resource for working with the [picky eater](#) in your life, a story about how the City of Little Rock is [helping](#) local providers improve their quality, and safety tips for your home.

I hope you can continue spending quality time with your family this month and create sweet memories with your little ones while helping them [reach for the stars](#). They don't stay little for long!

Until next time,

Kelli Hilburn

Kelli Hilburn
BETTER BEGINNINGS PROGRAM ADMINISTRATOR
OFFICE OF EARLY CHILDHOOD



WATCH NOW 

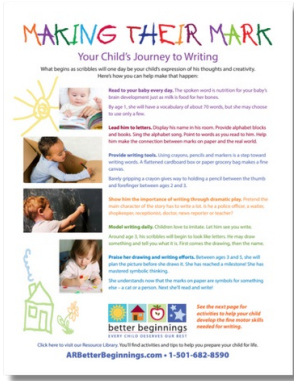
Why is kindergarten readiness important? Lori Bridges with the Arkansas Department of Education [Office of Early Childhood](#) tells us in the most recent episode of the Better Beginnings vlog. Check it out today! While you're there, be sure to subscribe to our YouTube channel so you don't miss an episode.



**LEARNING
RESOURCES**

PLAY,
LEARN,
EXPLORE

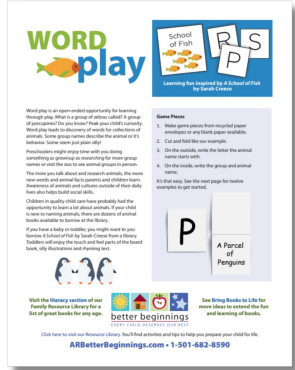
A large yellow banner features a circular image of a young child with curly hair reading a book. Below the main text, there are two smaller circular images: one showing two children playing with colorful blocks, and another showing a child playing with a toy.



Making Their Mark

Before children write, they scribble and need to be able to hold a pencil. You can help your child develop the fine motor skills they need to write with the activities in this resource. Also available in [Español](#).

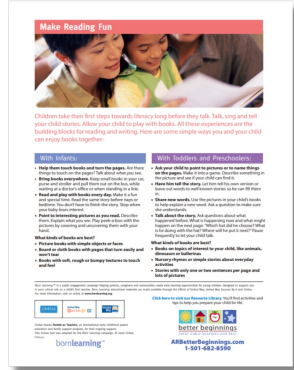
[View Resource](#)



Word Play

Before children write, they scribble and need to be able to hold a pencil. You can help your child develop the fine motor skills they need to write with the activities in this resource.

[View Resource](#)



Make Reading Fun

Children take their first steps toward literacy long before they talk. Every day experiences like playing with books and being read to are building blocks to strong literacy skills. Find simple ways to enjoy books with your child by checking out this resource.

[View Resource](#)



LEARNING IS FUN!

ADDITIONAL RESOURCES



[Kindergarten Readiness Tip](#)



Rhyming is fun and great way to help children understand new words. Use activities from the Getting Ready for Kindergarten Calendar to help build a solid foundation for your child's educational growth.

[View Calendar](#)

[Tips for the Picky Eater](#)

Ensuring your child gets the nutrients they need from food can be a struggle. Check out this resource from our website for more information on the eating habits of young children and how you can work with them.

[Learn More](#)



[Child Care Innovations by the City of Little Rock](#)

The City of Little Rock, a [Local Lead](#), launched a [program](#) in 2024 to help 12 providers improve their quality ratings. Their efforts are expected to enhance care for families in the city's high-need areas. Learn how you can support providers in your area on our website.

[Learn More](#)





UPCOMING EVENTS

Manging Screen Time in a Technolgy World

Tuesday, February 11, Zoom

Join our friends at Curricula Concepts as they help you find ways to support your child's development. You'll learn how to create a plan to make room for positive experiences that can help reduce screen time, including various fun activities you can do at home instead. Register today with the link below.

[Register Here](#)



HEALTH AND SAFETY



Health and SafetyTip

Children are going to be indoors during extreme cold temperatures. Here are three things to be mindful of in your home to keep your child safe through what remains of winter:

- **Keep candles out of reach:** Candles are great for making your home feel (and smell) inviting and may be needed for light in the event you lose power. However, the open flame is a risk to your child. Keep lit candles on high shelves where little hands can't easily touch them.
- **Limit access to your fireplace:** Most fireplaces are located in an area that is easily accessible to young children. Put a barrier between your child and the

fireplace, such as a gate, and encourage them not to play around it.

- **Use space heaters wisely:** Space heaters are a great tool for colder rooms in your home. However, don't leave young children in a room alone with a space heater, and keep space heaters at least three feet away.

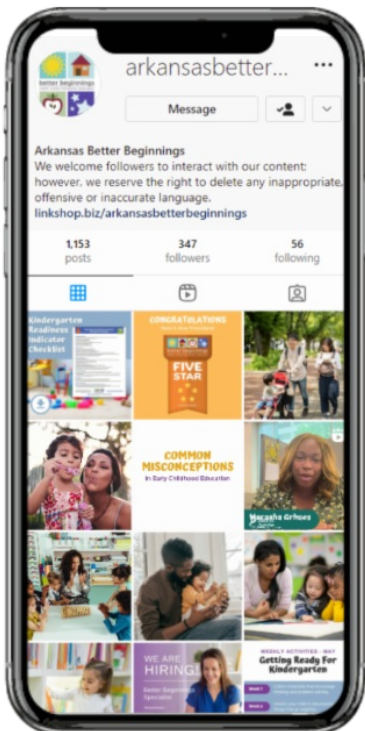
Homes are places where children feel safe and secure. You can help it remain that way by keeping these tips in mind.

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.



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