



Literacy



Math



Science

Family Buzz | January 2023



better beginnings

EVERY CHILD DESERVES OUR BEST



**A NOTE FROM
KELLI HILBURN**

PROGRAM ADMINISTRATOR

Happy New Year!

It may be a new year, but that isn't stopping us as we **reach for the stars!** I hope you've seen your child thrive in child care and at home as they meet new development milestones and make new discoveries. It's exciting to watch young children figure out the

world around them and how they fit into it. These experiences, especially when achieved through play, build a solid foundation which children will grow to have educational and life-long success.

You can help your child discover more about the world through the engaging, play-based [science](#) activities included in this edition of the *Buzz*. These activities bring new concepts for your child to learn and allow them to develop additional skills and further their learning. As you keep reading, you'll find [resources](#) for choosing high-quality child care and [tips](#) for dropping your child off at child care if their routine got disrupted by the holiday season.

These resources and activities will continue to help your child reach for the stars as they discover and explore. Don't forget to join in the fun. When you do, special memories are created for you and your children. Those special memories will last a lifetime.

Until next time,



Kelli Hilburn

BETTER BEGINNINGS PROGRAM ADMINISTRATOR

DIVISION OF CHILD CARE AND EARLY CHILDHOOD EDUCATION



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



**VIDEO
CORNER**

WATCH NOW 

Watch this video to see how you can bring magic into your home through science and make a rainbow in a jar.



LEARNING RESOURCES

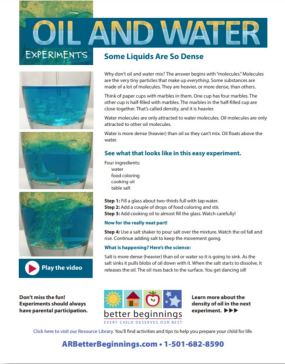
PLAY,
LEARN,
EXPLORE



Sensory Play

This is a great resource for infants and toddlers who are beginning to play with their food. Through sensory play, children develop new skills and explore different textures of the world around them in a safe way.

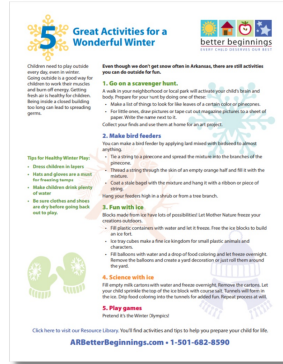
[View Resource](#)



Oil & Water Experiments

Oil and water don't mix. Well, to be more accurate, their molecules don't. It's a scientific principle, but it's magic to a young mind. Bring this fun activity to your home to awe and inspire.

[View Resource](#)



Activities for a Wonderful Winter

Don't let the cold weather stop the fun. Winter has much to offer, so bundle up the kids and take them outside for winter wonder-fun.

[View Resource](#)



LEARNING IS FUN!

ADDITIONAL RESOURCES



How to Choose Child Care

Better Beginnings offers resources to help families

identify high-quality child care and what type of child care is best for their family. Check out these resources on our website, and find the child care that best suits your needs.

[Learn More](#)



[Saying Goodbye at Child Care](#)

The time children spend at home over the holiday season can make going back to child care difficult. Check out the [Tips for Saying Goodbye at Child Care](#) resource to help ease you and your child back into the drop-off routine.

[Get Tips](#)



[New Child Care Assistance Program](#)

The City of Fayetteville [launched](#) a child care assistance program for residents to help low to moderate-income families pay for child care. We appreciate the city recognizing the value of ensuring children have access to high-quality child care!

[Learn More](#)





**SANDRA
WITHERS**

FROM THE EXPERT



Sandra Withers, APRN and Outreach Program Administrator at **Kids First** from UAMS, has some great tips to keep children safe this winter:

Healthy Child Care Arkansas are big fans of outdoor play year-round. With warm layers of clothing, children get the benefits of fresh air, exercise to strengthen their bodies, and stress relief that benefits their mental health, behavior, and attention. **Be Active Kids** and **Go NAPSACC** have lots of ideas for active play. Other winter health habits we encourage are:

- **Immunizations:** In addition to the required childhood vaccines, we recommend that children receive protection from influenza (flu) and Covid-19. Immunizations have worked for many years to reduce childhood morbidity and mortality rates. They shorten the duration and severity of vaccine-preventable diseases.
- **Water intake:** Children often aren't as aware of thirst when the weather turns cold. Kids need plenty of water to drink, along with a healthy diet.
- **Handwashing:** Can you think of a new handwashing song or activity? Many of the winter bugs spread on hands and surfaces. Make it fun, and have a healthy winter season!

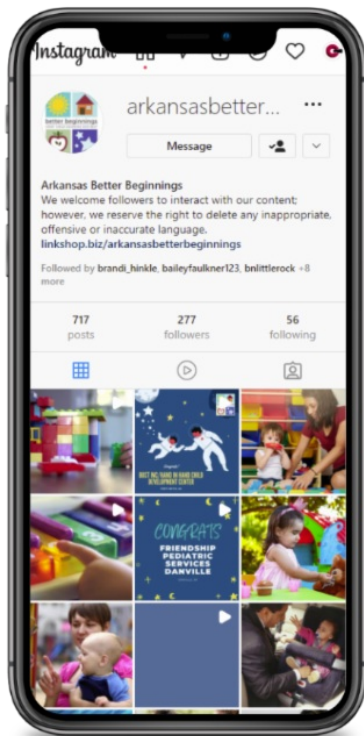
[Get More Winter Tips Here](#)

WHAT IS BETTER BEGINNINGS?



Better Beginnings means better opportunities. Investing in quality child care 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 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.



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

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