



Literacy



Math



Science

Family Buzz | July 2022



better beginnings

EVERY CHILD DESERVES OUR BEST



**A NOTE FROM
KELLI HILBURN**

PROGRAM ADMINISTRATOR

In just a few weeks, we'll be entering a new school year! For some of us, this may be a new experience if we are first-time parents, while others may consider themselves seasoned veterans at this point. For all of us though, starting a new school year is always a time of transition and change as we prepare for and settle into our routines. As you've probably noticed by now, we've made a few changes ourselves. So, let me ask – ,what do you think about our fresh new design for the Buzz newsletter?! We are very excited about

it and hope you are too, because this snazzy new look is more than just a design; – it's a commitment to quality. We want to level up the quality of everything we do from our newsletter to our resources and everything in between because we believe true quality never stops "***Reaching for the Stars***," which just so happens to be our theme for this year.

Better Beginnings' mission is to ensure that all children in Arkansas have the best start possible and the opportunity to start kindergarten with a solid foundation from which to continue their education. Our star levels are indicators of quality. This year we're encouraging providers to level up their quality ratings so that your children receive the best possible care. This is important to your providers as much as it is to you. Visit our [**website**](#) to learn how you can support your provider's efforts in leveling up.

Now, as the veterans know and new parents are finding out, a new school year can bring disruptions with it. Young children are very sensitive to any changes in their routines, and when introducing or re-introducing them to child care, there can be some hard moments. To make this time easier on you and your child, Better Beginnings is offering [**Tips for Saying Goodbye at Child Care**](#). Use the tips listed below to make this transition smooth.

Other resources we're highlighting this month from our [**Family Resource Library**](#) focus on [**literacy**](#) and are full of activities to extend literacy learning at home.

Finally, though the summer break is gone, the heat and sun are far from taking a vacation yet. We have included new summer safety [**information**](#) to help keep you informed of how to best protect children's skin from being damaged by the sun. Keep reading this month's edition of *The Buzz* for more information on these resources and more.



Kelli Hilburn

BETTER BEGINNINGS PROGRAM ADMINISTRATOR

DIVISION OF CHILD CARE AND EARLY CHILDHOOD EDUCATION





Unprotected skin is vulnerable to sun damage. The following are **three things to know** about how the sun can damage children's skin and what to do about it:

- Turning Pink – In as little as 15 minutes, the sun's UV rays can damage unprotected skin. However, it can take up to 12 hours before that damage is seen. If you see your child's skin turning pink, get them out of the sun.
- Tanning – Any change in color on your child's skin is indicative of sun damage. That includes tanned skin. Therefore, if you see your child's skin tanning, get them out of the sun.
- Cloudy Days – Clouds don't prevent the sun's UV rays from hitting our skin. Clouds only slightly filter the rays. Therefore, it's just as important that children wear sunscreen and use other protective measures when outside no matter what the sky looks like.

LEARNING RESOURCES

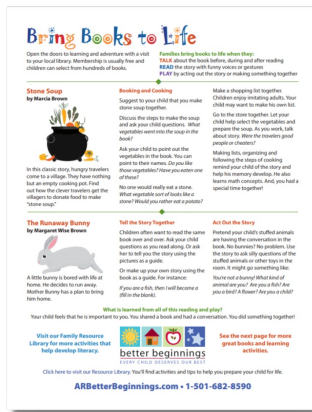
PLAY, LEARN, EXPLORE



What Do You See?

This classic children's book is ideal for having fun while teaching your child about colors and animals. The rhythmic text inspires a playful experience and the activities are great for children three and older. Have fun!

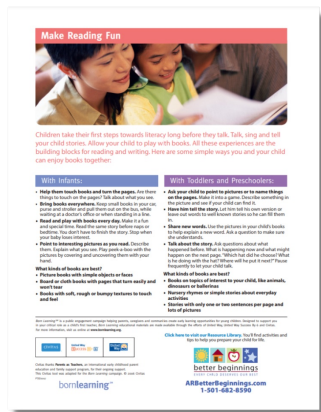
[View Resource](#)



Bring Books to Life

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

[View Resource](#)



Make Reading Fun

Children take their first steps towards literacy long before they talk. Talk, sing, and tell your child stories. Allow your child to play with books. All these experiences build blocks for future reading and writing.

[View Resource](#)



LEARNING IS FUN!

ADDITIONAL RESOURCES



[Tips for Saying Goodbye at Child Care](#)

These 10 tips can make drop off easier on you and your child, especially since they may not be used to going to child care or are going to a new provider. Remember, while the first few days may be hard, your child will adjust to this new routine. Be strong and patient.

Also, know that the teacher you're handing your child to is well equipped to help your child transition. It's a team effort.

[View Resource](#)



Child Care Finder Tool



Trusting your child care provider is important at drop off and throughout the day. When you trust your child care provider and know your child is loved while you're away from them, you're able to concentrate and be more productive at work.

Use the [Child Care Finder](#) tool to find a child care provider in your area. Find it at the orange banner at the top of our website.

[View Resource](#)

Dolly Parton's Imagination Library

Need books and have a child under five? Sign them up for *Dolly Parton's Imagination Library*. Each month, children under five who are enrolled in the program receive a FREE book in the mail. Children in all of Arkansas's 75 counties are eligible.

[Sign Up Today](#)





10 Minutes MATTER

Reading aloud to young children is the best way to prepare them socially, emotionally, and academically for kindergarten. Reading to your child at least 10 minutes a day can make the difference and it's never too early to start.

Learn more about how reading aloud benefits your child and you by checking out the 10 Minutes Matter campaign from the Arkansas Department of Human Services.

[Learn More](#)

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](#)



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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.



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