

The humid, hot weather is upon us. The sun will be out more, which means your child will be outside a lot. Outdoor play is essential for physical activity and healthy development. Being outside gives you great moments for teaching. Add a learning activity to time spent outside. Make a game of counting the houses you walk past or sticks gathered. These moments can help your child grasp core math concepts while having fun.

There are days when it's too hot to be outside for long periods. Keep reading for fun indoor learning activities that can help your child learn math concepts such as organizing, measuring, colors, and more. You'll also find as you read:

- Tips for talking about safety with your child.
- An activity to help your child get ready for kindergarten.
- An online parenting class.
- <u>Tips</u> for sun safety.

These resources and activities will have your child <u>reaching for the stars</u> throughout the summer whether at home or on vacation. You'll create fun memories along the way, too, that will be incredibly special for both you and your child.

Until next time,

Keei Hisburn

Kelli Hilburn

BETTER BEGINNINGS PROGRAM ADMINISTRATOR OFFICE OF EARLY CHILDHOOD



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





The 2024 Arkansas Outstanding Early Childhood Professionals are **Dr. Physhuna Jones** and **April Middleton**! Congratulations on being recognized by your colleagues for your passion and dedication to the children and families of Arkansas.

Dr. Jones is the director of <u>Homer Adkins Pre-K</u> <u>Center</u> (4-Star) in Jacksonville. She has over 23 years of experience in education and is a strong advocate and cheerleader for the young children in her care.



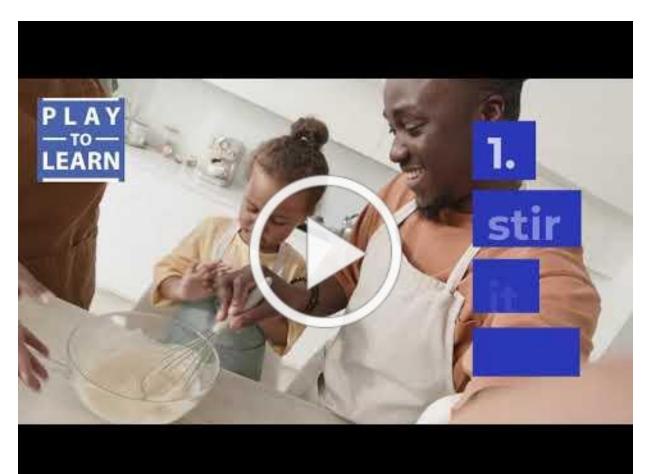


April is the owner and a teacher at ABC Academy (6-Star) of Valley Springs in Harrison. Her facility is accredited by the National Association for Family Child Care. April has 20 years of experience in education and serves as a model to other early care and education providers for creating high-quality learning environments.





Baking cookies together is a great way for your child to learn foundational math concepts and create special memories with you. Watch the video below for more.





LEARNING RESOURCES







Let's Make Music

Music is math and this resource shows you how. Have fun measuring and build instruments from the things you can find at home. Then, watch your child groove to their own beat.

View Resource



3 Paths To Math

Hands-on learning experiences are a great way to help your child grasp key math concepts. Book some time with your child to help them bake and build their way into math skills.

View Resource



Sorting Sacks & Similar Stuff

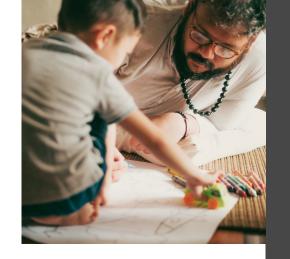
Being able to organize things by their similarities is an important foundation for developing future math skills. Check out this resource for sorting activities that can help your child learn their colors, shapes, sizes, and more.

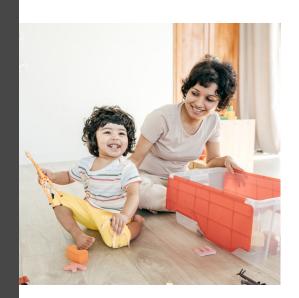
View Resource



Kindergarten Readiness

Help your child learn personal information about themselves and your family to get them ready for kindergarten. Write or draw a book together that's all about them and your family.





Rules for Safety

Summer is a great time to think about how to communicate safety and rules with your child. Our resource Family Rules for Safety can help guide you in that conversation as your child becomes more independent.

View Rules



Healthy Media for Very Young Children

Wednesday, June 19 at 12:30 p.m.

Want to learn how to use screen time to assist in your child's development? Our friends at Curricula Concepts can help. Join them over Zoom on for tips on identifying high-quality media experiences and guidelines for proper media use.

Register



Outdoor Play

Outdoor play is essential all year. It's important to take extra precautions in the summer to protect your child's skin from the sun. Here are a few rules to keep in mind:

- Keep babies younger than 6 months out of direct sunlight.
- Wear a hat with an all-around brim.
- Limit sun exposure between 10 a.m. and 4 p.m., when UV rays are strongest.
- Use sunscreen.

The American Academy of Pediatrics offers more tips, including how to choose the

best sunscreen. Go to their website to **learn more**.



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.

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Better Beginnings is Arkansas' tiered quality rating and 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 Education and Office of Early Childhood.



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