

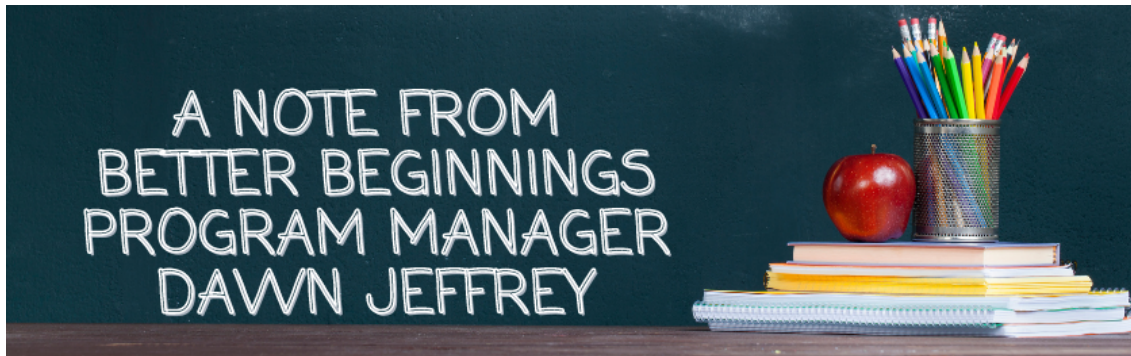
better beginnings



for Families buzz

Department of Human Services Division of Child Care and Early Childhood Education

JUNE 2021



We think it's **clear**
That every **year**
We love it most
When **summer's here!**

Isn't summer the best? This is the season for **FUN**--learning fun!

Though it's a little more laid back, we want to remind you that Better Beginnings providers are always committed to **providing quality care for your children.**

We also want to remind you of a few basic **summer safety tips**. Arkansas is a beautiful place to experience summer, with camping, lakes, barbecues and more to keep us entertained. But, remember, **heat**, **yucky insects** and **dangerous water** can quickly ruin summer fun.

Here are a few things to be mindful of over the next few months, keeping your home safe AND fun this summer.

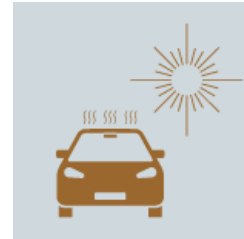
WEAR SUNSCREEN

Remember to apply and send sunscreen for outside trips and activities. It must have **UVA & UVB protection and at least 15 SPF**



CHECK THE BACKSEAT

A parked car will warm up 20 degrees from the outside temperature in just ten minutes. **Never leave children in a car, van or bus.**



USE BUG SPRAY

Remember to check your child for **ticks** after outdoor activities and trips. Encourage them to apply and/or send an **EPA-registered insect repellent**.



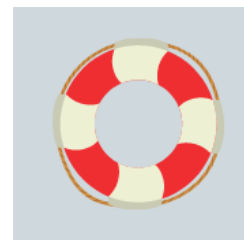
STAY HYDRATED

Always provide **plenty of water breaks during and after outdoor play.**



PRACTICE WATER SAFETY

Never let your children swim **without an on-duty life-guard or an adult around.**



And of course, don't forget to wash those hands!

Stay safe, stay healthy and have fun!

All the best,

A handwritten signature in black ink that reads "Dawn Jeffrey".

Dawn Jeffrey M.S.E.

Division of Child Care and Early Childhood Education
Program Manager for Better Beginnings



Science is Magical!

Especially for children. They experience science when they **sweat outside, eat lunch, wash their hands and during many more normal daily activities!**



Check out a couple of our favorite science resources below.

SUNFLOWER JAR

The Sunflower Jar

The most important element of any experiment is a caring adult. This activity is appropriate for a child who has exchanged asking "why" for asking "how." "How do plants grow?" "How do plants in the woods get started? How do the stores get all that food?"

Place wet paper towels in a glass jar. Paper towels should be placed loosely, not packed down.
Position 4 seeds against the inside of the jar so they can be seen. The number of seeds depends on the size of your jar. The sprouts will need room for roots.
Place your sunflower jar in a window for light.
Water daily with a spray bottle or sprinkle water lightly with your hands. Keep the towels a moist place for the seeds.
In a few days sprouts from the seeds will appear. Then come roots. When the sprouts have two leaves and are two inches tall, you can plant them in a pot.

What do children learn from the activity?

- How materials absorb water
- What plants need to grow
- Plants are delicate when they are young
- Measurement

Materials:
Glass jar or smooth plastic container
Paper towels
Water
Packet of seeds

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This is a great activity for answering those **"why"** and **"how"** questions. Ask your child to guess what plants need to **grow**. Talk about why plants need **water** and **sunlight**. Explain how plants start as seeds and grow big and tall like them!

SENSORY PLAY

SENSORY PLAY

All of the SENSORY SAND in these photos is non-toxic and made from whole wheat flour and vegetable oil.

Double your baby's pleasure with a burpy ball and taste safe sand.
Sensory sand looks and plays much like sand. It can be molded, but crumbles easily.
Finding buried shells on Shell Island is a great activity for 3- and 4-year olds. They can also use the shells to decorate the "beach."

Play is a child's work. It is critical to their development. Play helps them develop new skills and explore their imagination.
Sensory play is often called messy play – for a good reason. There is so much to discover. One needs to spread out sometimes.
What parent hasn't seen their baby play with their food? It's squishy and fun to spread all over the high chair table. Give a toddler a big bowl of spaghetti and the freedom to play. The pasta becomes an experiment in touch, texture and gravity. Touch is a fundamental sense, right up there with taste.
Taste is a major factor for babies and young toddlers. It's true that at this stage, almost everything goes into a child's mouth.
Choose play things carefully. Make sure anything you put in front of your baby is taste safe. Be aware of choking hazards. Always check the recommended age on purchased toys. Safety first!

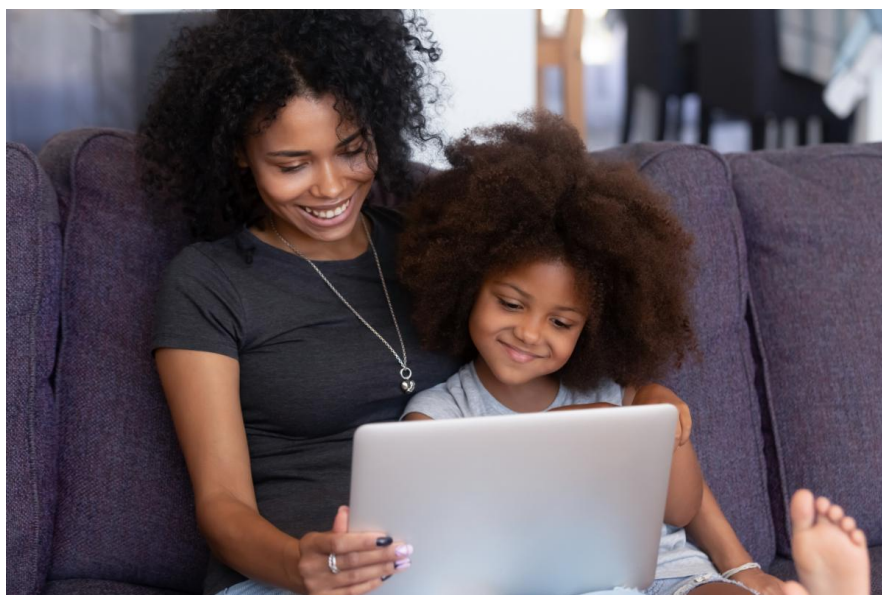
Shell Island is an activity for children over 3 years of age.
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Get the recipe for sensory sand and more ideas for sensory play on the next page.

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Sensory play can be a little messy, but oh is it worth it. Sensory play inspires a child's imagination. The **textures, tastes, sounds and smells** give them so much to **discover!** Check out this resource and make your own sensory bin!

FIND MORE SCIENCE RESOURCES HERE

VISIT OUR WEBSITE



Don't forget to check out our website for **fun learning resources**, the **latest updates and news from Better Beginnings** and more helpful information. **Assure your child's early learning experience is the absolute best by staying connected to your provider and Better Beginnings community.**



SCIENCE RESOURCES



MATH RESOURCES



LITERACY RESOURCES

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OR, check us out on **social media.**



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