



MIX A LITTLE MATH FUN INTO YOUR HOLIDAY COOKING



Better Beginnings encourages families to spend time together this holiday season by cooking up some math lessons.

LITTLE ROCK, Ark. (TBD 2021) – [Better Beginnings](#), a program of the Department of Human Services Division of Child Care and Early Childhood Education, offers age appropriate activities and resources for families to guide the fun this holiday season. This year, they are encouraging families to include math in the fun.

Spending time with your child lets them know how important they are to you. It can be hard to find quality time with each other during the holidays. One of the ways to spend time with your child this holiday season and include math lessons is to bring them into the fun of the holiday cooking.

“Children learn best when having fun,” Better Beginnings Program Administrator Kelli Hilburn said. “Learning key math concepts, such as order and sequence, lays a strong foundation for future learning. Sometimes learning gets messy but it’s worth it.”

Adult supervision is important to keep children safe and to keep up the conversation.

“Talk with your child about what they are doing and why,” said Hilburn. “Ask them to count the ingredients or to call out the colors they see as you’re cooking and baking your holiday food.”

See the [Family Resource Library](#) on the Better Beginnings website to get recipes for fun learning like these:

- [Playdough Power](#): Playdough is a great way for you and your child to play together while they learn about cause and effect, different shapes and mixing of colors. Creativity is sparked and natural curiosity is fed.
- [Three Paths to Math](#): Bake some cookies with your child. Don’t forget to name the tools, explain measuring, use the kitchen timer to show the importance of keeping time and count out loud as you scoop the dough from the bowl onto a pan.
- [Sensory Play](#): If your child is too young to cook, let them play with their food. Children learn using their senses so let them crumble the cracker and play with the crumbs.

For more information on finding quality child care in Arkansas or to learn more about Better Beginnings, follow their social media channels on [Facebook](#), [Instagram](#) and [Twitter](#) or arbetterbeginnings.com.

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About Arkansas Better Beginnings:

[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 connects Arkansas families with the information and care that helps children experience a safe, happy and healthy childhood.