



Literacy



Math



Science

Family Buzz | March 2024



Spring will be here soon, bringing warmer weather and brighter colors. Put those things together and you get perfect days to get outside and explore.

**Exploration** is a great way to encourage your child's curiosity and to **reach for the stars**. Along the way, they can learn new math skills. Take a walk this month at a local park and count all the flowers you see as spring approaches. Don't forget to point out the color of their petals! Your backyard is also an excellent place to explore. Maybe there you can count the number of birds flying around.

Learning these key math skills can help better prepare your child for kindergarten. That's why we included play-based **math resources** in this edition of *The Buzz* that you can use as a guide to create fun learning opportunities for your child at home. They'll learn how to count and identify shapes while playing. You'll also find tips for keeping your child safe when visiting playgrounds, and ways you can help your child **sleep** better after we spring forward an hour on Sunday, March 10.

I hope this spring is rejuvenating and full of wonder as you take your child on great adventures to learn more about the world around them.

Until next time,

**Kelli Hilburn**  
BETTER BEGINNINGS PROGRAM ADMINISTRATOR  
OFFICE OF EARLY CHILDHOOD



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



**VIDEO  
CORNER**

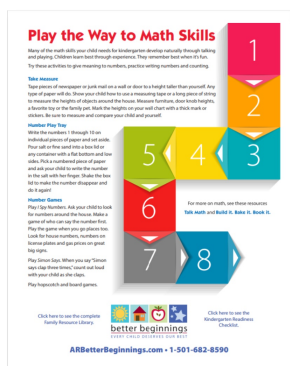
**WATCH NOW**

Playdough is a great learning tool and can be used in countless ways. Watch the video below for an example of how playdough can help your child learn math concepts that, once mastered, become part of a solid foundation for future educational success.



**PLAY,  
LEARN,  
EXPLORE**

# LEARNING RESOURCES



## Play the Way to Math Skills

When your child is having fun, they're more likely to



## Make It Math

Help your child recognize numbers, shapes, colors, and patterns using playdough! These hands-



## Simon Says Roll

Invite the whole family to join in the fun with this activity. Your youngest child will learn important



remember what they learn. The activities in this resource can help them learn to count and write their numbers.

[View Resource](#)

on activities will help your toddler learn key math concepts in no time.

[View Resource](#)

math skills while your whole family bonds through play.

[View Resource](#)



LEARNING IS FUN!

## ADDITIONAL RESOURCES



### Kindergarten Readiness

Recognizing that objects are shorter or longer helps set your child up for success in school. You can help them learn this skill by stacking blocks in different size piles and ask them to identify the taller or the shorter stack. While learning an important math concept, you're creating a stronger bond as a family.

See the March math activities in the[Getting Ready for Kindergarten Calendar](#) for more ways you can help your child learn the important math concepts they need for a successful year.

[Learn More](#)



### Tips for a Good Night's Sleep

Bedtime can be a real challenge. Start preparing well in advance for the time change on March 10, 2024. Check out this resource for tips to make bedtime easier for you and your child.

[Learn More](#)



# HEALTH AND SAFETY



## Playground Safety

Playgrounds are great places to visit on warmer days. They offer young children a chance to exercise their bodies, brains, and social skills through unstructured, free play that's crucial for healthy development. Here are three ways you can help ensure your child is safe in this environment:

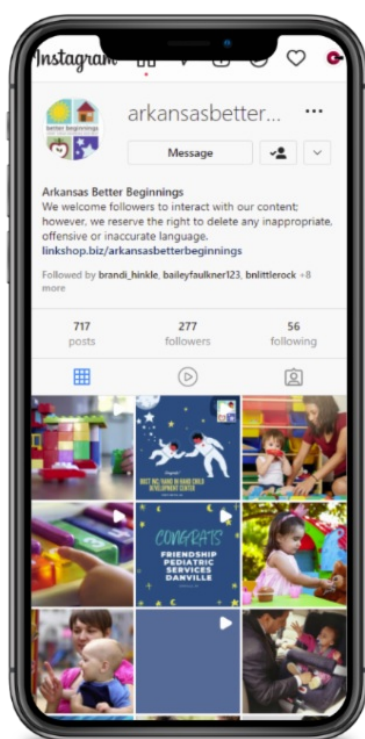
1. **Actively supervise your child:** Adult guidance and supervision is the best way to prevent injuries.
2. **Make sure your child is dressed appropriately:** Don't let them wear anything that can get caught on equipment and cause injuries.
3. **Teach your child to play on equipment the safest way:** For example, going down slides feet first can prevent head injuries.

## 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.

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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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