



Literacy



Math



Science



better beginnings

EVERY CHILD DESERVES OUR BEST



**A NOTE FROM
KELLI HILBURN**

PROGRAM ADMINISTRATOR

Children are born learning. From the beginning, they're learning about the world around them and how they fit in it — every moment after brings more opportunities to learn and expand their knowledge. As your child's first teacher, you have the greatest impact on their lives. Better Beginnings is here to help you set your child up for success.

Children learn best through play so check out the [math](#) resources we've included below for fun activities to help your child learn the foundational skills to be ready for kindergarten. This month's kindergarten readiness [tip](#) is another great source of fun to help your child build their math skills. As you keep reading, you'll also find information about family assistance programs [Arkansas Career Pathways Institute](#) and [UAMS WOW](#) and an important [announcement](#) from the Arkansas Department of Education concerning the School Readiness Assistance program. Don't stop there, though. Check out the seven tips for helping your child (and you) get a good night's [sleep](#) and three tips to make your yard a [safe](#) place to play.

Children are naturally curious and want to know about everything. You can help them [reach for the stars](#) and gain the knowledge and skills needed for kindergarten in your own home.

Until next time,

Kelli Hilburn

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 

Teaching your child math skills can be done anywhere, including the kitchen! Baking is a great opportunity for your child to count and measure. Watch this video to learn more.

But who's counting?



PLAY,
LEARN,
EXPLORE

LEARNING RESOURCES



Sorting Sacks and Similar Stuff



Sorting shapes and colors helps children learn to separate by "color" and "shape." Organizing is a skill that is basic to learning math. It also helps children understand how objects in their own world relate to each other.

Sorting can be a fun activity to do together. Use socks, baskets or boxes with colorful shapes to introduce how to sort.

Her children must read cards to you to see how sorting the blue top in the sack with the blue sock. Using the words help your child learn while playing.

When you share sorting activities, your child learns:

- colors, numbers and shapes
- new words while you sort toys and talk about them
- hand eye coordination
- fine motor skills
- problem solving when deciding which container to use

By sharing activities with your child, you show how important he or she is to you. You share a conversation. You build your relationship.

All pages that we create are our own work. How many do you think we'll do?

Learn more about the importance of play.

better beginnings
 2020-2021 | 2022-2023 | 2024-2025

Get more tips and fun activities to encourage your child's growth and development.

Click here to visit our Resource Library. You'll find activities and tips to help you prepare your child for life.

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MAKE it MATH

Help your toddler learn math with these fun hands-on activities.

Use an object to understand how one number is bigger or smaller than another. Then you can try making paper, or using objects to make patterns. You can also try counting the number of items. Count how many items you have in each container.

These activities are fun about **counting** that you will also help your child learn to count.

The activities are fun with counting, shapes, colors and **math**. You can use objects to learn math. You can use objects to learn math. You can use objects to learn math.

Find out more about what is learned in the resource page.

- Counting skills
- Any and all math of your child's level
- Counting to numbers for your child's level
- Shapes
- Recognizing number forms
- Colors, shapes, counting games, counting and color
- Paper math
- Large counting sheets

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Paper Playground for Learning Fun
 Math • Creative Thinking • New Words

Many or not, we have shared these ideas to help you. You can use them to help you. You can use them to help you. You can use them to help you.

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Sorting Sacks & Similar Stuff

Sorting activities help your child learn colors and shapes while developing fine motor and problem-solving skills. See how you can bring these activities into your home with this resource. Available in [Español](#).

[View Resource](#)

Make it Math

Help your child learn numbers and develop their fine motor skills with the play-based activities in this resource. With this knowledge, they'll be better ready for kindergarten. Available in [Español](#).

[View Resource](#)

Paper Playground

Children learn through play. On days when being outside isn't possible, build an indoor playground! Check out this resource for instructions to turn your home into a haven of fun and learning. Available in [Español](#).

[View Resource](#)



LEARNING IS FUN!

ADDITIONAL RESOURCES



Due to increased participation and high demand for the School Readiness Assistance (SRA) program, a waitlist has been implemented for eligible families who apply after February 15, 2025. This does NOT affect families currently participating in the program if redetermination documentation is received on time. Learn more about this announcement on the Arkansas Department of Education website.

[Learn More](#)



[Arkansas Career Pathways Initiative](#)

Eligible parents of children under 21 years old looking to further their job training or education can find support from the Arkansas Career Pathways Initiative (CPI). Participants receive monetary assistance for tuition and other expenses incurred when pursuing higher education. Eighty-one percent of those who complete the program find employment within six months. Learn more about eligibility requirements and services available on the CPI website.

[Learn More](#)



[Make Math Learning a Hands-on Activity](#)

You can help children learn important **math** skills using things found in your home! Help them learn what big and small mean using shoes or toys you've already purchased. The simplest activities can lay a strong foundation for future learning. Find more activities on the Get Ready for Kindergarten Calendar on the Better Beginnings website.

[Learn More](#)



[UAMS - Working Towards Optimal Wellness \(WOW\)](#)



Taking care of yourself is key to taking care of your family. UAMS' WOW program is here to help. It offers free care management to help you find mental health support or basic needs so you can focus on what matters most. You can request help through the website linked below or by calling 800-482-9921.

[Learn More](#)

[Tips for a Good Night's Sleep](#)

Clocks are springing forward Sunday, March 9. Your child may not adjust to this change in their sleep schedule well. Check out this resource for seven tips to make bedtime easier on you and your child during this period.

[Learn More](#)



Family Café: For the Love of Reading

Thursday, March 6, Zoom

Enjoy lunch with our friends at Curricula Concepts for an online training focused on helping you understand relationships' role in language and literacy development. You'll walk away with strategies for incorporating language through reading and conversation into everyday routines. Register today!

[Register Here](#)

Blue at the Zoo

Thursday, April 3, Little Rock

You're invited to "Blue at the Zoo" event at the Little Rock Zoo on Thursday, April 3 from 5:30-7:30 p.m. This FREE event is hosted by the Arkansas Division of Children and Family Services and focuses on strengthening families and preventing child abuse.

You'll get to see the animals and ride the train and carousel while learning about the local services available to you. It's a great opportunity to learn, explore, and create lasting memories together. We can't wait to see you there!

Space is limited. Please, RSVP by Monday, March 24

[Register Here](#)



HEALTH AND SAFETY



Health and Safety Tips

The weather is warming up, which means children will play outside more. Outdoor play is **important** to your child's healthy development. Here are three things you can do to help ensure your yard is a safe place for your child to play.

- **Actively supervise your child.**

By actively supervising your child – or better yet joining in the play – you can keep your child from touching or tasting things they shouldn't or going into the street. Active supervision can also help reduce the chance of injuries.

- **Cover pools and hot tubs.**

Children are naturally curious but can be unsteady on their feet. You can help prevent accidental drownings by covering a pool or placing a barrier around it. Don't forget to remind your child that it's unsafe to play around pools or hot tubs, covered or not.

- **Anchor home playground equipment.**

Playground equipment allows your child to exercise muscles by encouraging repeated climbing and free play. Anchor any equipment you get deep in the ground so it doesn't tip over, causing injuries.

Find more tips for making your yard a safe place for adventure and learning from the [American Academy of Pediatrics](#).



WHAT IS BETTER BEGINNINGS?

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.

Visit Our
Website





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RESOURCES**



Better Beginnings is Arkansas's tiered quality rating and improvement system for child care, early education, and school-aged programs that have gone above and beyond the state minimum requirements. Better Beginnings is administered by the Arkansas Department of Education Office of Early Childhood.



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