

better  
beginnings



for Providers  
buzz

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

March 2021



## A NOTE FROM BETTER BEGINNINGS PROGRAM MANAGER DAWN JEFFREY



**Providers,**

**Springtime is here!** I don't know about you, but I get a burst of energy around this time of the year. Longer days, warmer weather and spring flowers always recharge my batteries.

I know many of you share my springtime joy, which is exactly what you need as we head into a month of **SCIENCE** fun! Time to put some pep in your step, soak up the extra Vitamin D and get your kiddos **OUTSIDE** to learn more about the big and beautiful world around them.

We all know outdoor play is a great way for our children to let some of their endless energy loose. So, if they can do that AND learn at the same time, wouldn't you call that a WIN?!

There are so many science lessons outside. Start by talking about the weather. Talk about different seasons and when they come and go. Talk about why the rain doesn't turn into snow during warmer months.

And for a **REAL** rainy day, use our favorite [Rainstorm in a Jar](#) resource to kick your weather lesson up a notch!

What about the plants and flowers around you? Count how many plants are turning green. Are the leaves on the ground or on the trees? See if they can find new flowers blooming.

Here's another great resource for a rainy day. Plant your own sunflowers with our [Sunflower Jar](#) resource. These would make for a great Mother's Day gift in a couple of months.

So, even though we know we will have some rainy spring days ahead, let's just celebrate **SPRING**! It's warm, bright and beautiful outside. Time for a recharge!

**Happy Spring to all of our scientists out there, big and small!** Grab your shades, because you've got some bright discoveries ahead!

*Dawn Jeffrey*

**Dawn Jeffrey M.S.E.**

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

**SCIENCE  
RESOURCES**



## **Play, Explore & Learn Outdoors**

Have a picnic. Explore the plants. Fly a kite. Just get outside! Outdoor play is full of science lessons, and it is sure to help your kiddos burn some energy. They will even get some exercise in too! Outdoor play is the best. Check out our [Play, Explore and Learn Outdoors](#) resource for some fun ideas for learning outside!

[Learn More](#)





## States of Matter

Solids and liquids and gases, OH MY! Our **States of Matter** resource is so fun, and it will make your kids feel like they are in their very own science lab! Make crazy cornstarch goop or simple slime. Or, make both! Watch as they poke, stretch and mold their way through different textures. It's a science lesson and sensory play all wrapped up in one!

[Learn More](#)

## Sunflower Jar

Time to stop and smell the flowers! Spring is a great time to teach your class about the plants and flowers around them. Talk to them about how flowers start as a tiny seed and sprout into big, beautiful blooms, just like they start as a baby and grow into smart, strong grown-ups! Teach them that just like we need food and water to grow, plants do too. Get started with our **Sunflower Jar** and plant your own flowers!

[Learn More](#)



**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 towel should be placed loosely, not packed down.

Position 4-6 seeds against the insides 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

**better beginnings**  
EVERY CHILD DESERVES OUR BEST

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

**ARBetterBeginnings.com • 1-501-682-8590**

# THANK YOU PROVIDERS



We had several providers help us make our anniversary celebration extra magical by submitting countdown videos.

Check out this special message from **Christian Scholars Learning Academy!**

**STAY TUNED!** Over the next year, we will be featuring all of our provider countdown videos in our Provider Buzz Newsletters.



[SEE MORE PROVIDER COUNTDOWN VIDEOS HERE.](#)



# DID YOU KNOW?

We have tons of provider [curriculum and supplements](#) on our website! Just click the orange ["Providers and Teachers"](#) tab and then select your preferred age group.

Find [Adventures in Learning](#), [Books and Movement: A Magical Mix](#), [Story-A-Month](#) and many more learning series to help you with infant, toddler or preschool-aged children.



## WHAT IS BETTER BEGINNINGS?

OR, check us out on [social media](#).



Better Beginnings is Arkansas's 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.



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