



THE CHILD CARE EXTENSION

AVAILABLE TRAININGS

Guiding Children Successfully

Available Online and/or In Paper
Form

Guiding Children Successfully offers 30 hours of PDR verified trainings online or in paper form. For more information go to uaex.edu/guiding-children

Best Care Connected

Available Online until September
25th, 2020

Best Care Connected offers five hours of PDR verified trainings online. For more information go to uaex.edu/bestcareconnected.

Best Care: Out of School Time Now Online

Best Care: Out of school time offers five hours of online PDR verified trainings to participants working with after school youth. For more information go to uaex.edu/bestcareschool

Best Care

Available upon request when face to face gathering is allowed by state and local regulations.

Best Care offers ten hours of face to face PDR verified trainings across the state. For more information go to uaex.edu/bestcare.

STAYING HEALTHY TOGETHER

What a strange year it has been. Many of you have experienced job insecurity (or even loss), decreased enrollment, temporary closure, or even complete shutdown. If your program closed when the schools closed, you likely went from seeing your kiddos each day to hasty see-you-laters with the knowledge that you may never see them again at all. If your program stayed open, hours or staff may have been cut due to decreased enrollment or increased overhead. And if your program closed, it may not have reopened, or it may have reopened with a smaller staff and more to do. Whatever situation you find yourself in as a result of the Coronavirus pandemic, it has affected everyone.

If you are feeling anxious or stressed, you are not alone. Current social distancing with no end in sight has caused many people to feel nervous about daily interactions and concerned about the future. When working with children and families, these concerns take on another dimension. Your choices all have impacts beyond your own health and safety; they affect your children and their families too. Here are a few things you can do to support your kids and families as well as yourself.

1. Don't come to work if you are sick or have been around someone who is sick. This is always good practice, but it is especially important right now.
2. Follow all safety and sanitation guidelines set by your facility, even if they seem like overkill.
3. Practice open communication with your families. They should be screened and disclose if they have been in contact with someone who is sick.
4. If you are feeling stressed, take some time to breathe deeply and focus on what you can control.
5. Work with your kids to help them manage their anxieties and stress. They may not know what is going on, but they can feel the anxiety and fear of the adults around them.
6. Follow social distancing guidelines and limit your interactions with others outside your family. If you are working, you are already coming into contact with all of those families, so limiting other interactions will limit your risk of getting sick.

Check with your facility and [DHS minimum licensing](#) for more details.

RECIPE

FRUIT SPARKLERS

Ingredients:

- 1 whole watermelon
- 16 ounces fresh blueberries
- Bamboo skewers

Instructions:

1. Cut watermelon vertically into 1 inch thick slices.
2. Use a small star cookie cutter to cut out star shapes from the flesh of each watermelon round.
3. Thread 7-10 blueberries into the center of each bamboo skewer, leaving enough space at the end for someone to be able to comfortably hold it, and a space at the top for the watermelon star.
4. Place the watermelon star on top and set the fruit sparklers on a serving tray. Cover and refrigerate until ready to enjoy.

Kids can make these fun "Fruit Sparklers" for the Fourth of July or any other day of summer! Not only are shapes involved, so are the patriotic colors and "sparkler" feel, in this sweet treat.



Adapted from: <https://tastesbetterfromscratch.com/fruit-sparklers/?crlt.pid=camp.Psx944T5lJfl>

CRAFT CORNER

POM POM PAINTED WATERMELON

Supplies:

- Black Washable Kids Paints
- Red and green Construction Paper
- Glue
- Scissors
- Bowl for the paint
- Black Pom Poms
- Clothes pin



Instructions:

- After gather your supplies, use the scissors cut out a large semi oval out of the green construction paper.
- Then cut a slightly smaller semi oval out of the red construction paper.
- Using the glue attached the red semi oval to the top of the green semi oval so that the top parts of the two semi ovals lineup, leaving a bit of the green showing on the bottom
- Attach a clothes pin to a



COURSES AVAILABLE

BEST CARE CONNECTED

Best Care Connected is an online professional development course that provides five hours of verified training through the Professional Development Registry (PDR). The online course format includes interactive elements and audio recording.

GUIDING CHILDREN SUCCESSFULLY

Guiding Children Successfully (GCS) is a research-based child care training program that strives to meet the foundation level training needs of early childhood professionals across the state. We offer up to 30 mail-in hours and 38 online hours of PDR verified training. Also, its free of charge. This self-guided training will help early childhood professionals apply child development principles to appropriately teach and manage the children in their care. Providers are welcome to request any of the publications featured in our training and distribute them to the parents of the children in their care.

BEST CARE-OUT-OF-SCHOOL-TIME

Earn up to 5 hours of PDR and ADE verified online training with new topics annually. These topics are geared toward providers who work with school age children in afterschool, summer, camp, or other out of school time programs. (Formerly 4-H Afterschool)

HOW DO I GET STARTED?

To access the courses, go to the courses.uaex.edu website. Once you log in, please "click" on the desired course link under the course category titled Child Care Courses-PDR Eligible.

To enroll in the course, click the link titled with the desired course name.

As you work through the course, please be sure to complete the registration form, pass the quiz with an 80% or above, complete the evaluation form, and print or save as PDF the certificate for each lesson.

PARENTING CONNECTION

Activities You and Your Child Can Enjoy this Summer

Summer is upon us, which welcomes warm weather and fun outdoor exploring ideas. Check out some easy, yet fun ideas to take outside.

Toilet-Paper Roll Binoculars



Found on: <https://www.redtedart.com/tp-roll-binoculars-poppy-cat/>

What you'll need

- 2 TP Rolls or a Kitchen Towel Roll cut in half
- paint (or plain coloured paper)
- PVA glue
- ribbon
- decorative bits and pieces (stickers, pretty tape, poppy cat cut outs)
- clothes pegs (to help it dry)

Balloon Tennis

What you'll need

- Paper plates
- Plastic spoons or wooden paint stirrer/ruler
- Balloons
- Masking tape

Found on: <https://happymom-hacks.com/rainy-day-activities-family-game-nights/>

Outdoor Scavenger Hunt



Found on: <https://craftivitydesigns.com/nature-scavenger-hunt-kids/>

What you'll need

- Grab the FREE Printable (available at the end of this post)
- White Cardstock
- Printer and Ink
- Pen/Pencil

ADDITIONAL RESOURCES

Best Care: www.uaex.edu/bestcare

Best Care Connected: www.uaex.edu/bestcareconnected

Guiding Children Successfully: www.uaex.edu/guidingchildren

Best Care Out of School Time: www.uaex.edu/bestcareschool

Personal and Family Life Resources: www.arfamilies.org

Childcare Resources page: www.uaex.edu/childcareresources

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Cooperative Extension Service
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