

THE CHILD CARE EXTENSION

Crafts &
Recipes

Parenting
Connection

Program
Highlights



LET'S GO OUTSIDE

TRAINING OPPORTUNITIES

Guiding Children Successfully

Available Online and/or In Paper Form

Guiding Children Successfully offers over 30 hours of PDR verified trainings online or in paper form. For more information click: [GCS](#)

Best Care Connected

Available Online

Best Care Connected offers five hours of PDR verified trainings online. For more information click: [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 click: [BCOOST](#)

Best Care

Available Face to Face & Online

Best Care offers ten hours of face to face PDR verified trainings across the state. For more information click: [BESTCARE](#)

As the weather warms up and the days get longer, it's a great time to start planning more outdoor activities. Outdoor time should be part of any preschooler's day whenever possible, and Arkansas minimum licensing requires at least one hour outdoors each day in suitable weather. There are so many reasons to play outside that go beyond "getting the wiggles out." Even teachers and other adults benefit from being outside.

•**Real world science:** Watch the leaves turn, feel the wind blow, see the shadows move, listen to the birds chirp, and watch the butterfly fly. Opportunities to experience nature are all around—even if you live in the city!

•**Fresh air and vitamin D:** Getting out in the sun and breathing fresh air is great for everyone. Be sure to use sunscreen!

•**Build those muscles:** Kids and adults need gross motor movement, and outdoor play is a great way to get it! Climbing, running, jumping, digging, and any other type of body movement that uses big muscles helps improve posture and promotes healthy bone and muscle growth.

•**Talk to your friends:** Playing outdoors gives kids opportunities to cooperate and interact socially with their peers. Turn-taking, building empathy, helping one another, and having conversations about the world around them are life-long skills.

•**Get better sleep:** Playing outdoors has been linked to better sleep for kids and adults. Being in nature helps relieve stress, exposes people to natural light, and promotes physical activity, and all of these promote better sleep.

•**Take appropriate risks:** Kids who play outside learn to take risks with their movement. They learn to climb higher, jump farther, and shout louder, and they can do these things in a supervised but riskier environment than indoors. Kids learn more about their body's position in space, and they can gain better control over their movement as they try new things.

So try some new ways to play outside this year! Free, unstructured play is very important, but adults can also lead outdoor activities like science experiments, shadow play, sidewalk chalk, or bubbles. Play chase with the kids and get your exercise in too! Also, look for ways to rotate outdoor centers like you might in your classroom. Offering kids different toys to play with outside is an exciting way to encourage creativity and independence.



RECIPE

POND THEME SNACK ACTIVITY

Sweet Version

Graham crackers
Yogurt
1/2 drops of blue food coloring
Fish-shaped crackers
Celery
Knife
Plate



Salty Version

Club crackers
Cream cheese
1-2 drops of blue food coloring
Fish-shaped crackers
Celery
Knife
Plate

Instructions

Mix 1-2 drops blue food coloring with cream cheese. Spread the blue cream cheese onto the club cracker. Add thin strips of celery on the bottom of the cracker, arranging them to look like seaweed. Put fish-shaped crackers on top of the club cracker. Enjoy!

Instructions

Mix 1-2 drops blue food coloring with yogurt. Spread the blue yogurt onto the graham cracker. Add thin strips of celery on the bottom of the cracker, arranging them to look like seaweed. Put fish-shaped crackers on top of the graham cracker. Enjoy!



Adaptation and photos from: <https://www.pre-kpages.com/pond-theme-snack-activity/>

CRAFT CORNER

FORK TULIP

Supplies:

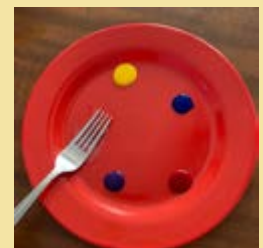
- White paper
- Assorted paint colors
- Paint brush
- Fork
- Wet wipes or paper towels
- Paper plate

Instructions:

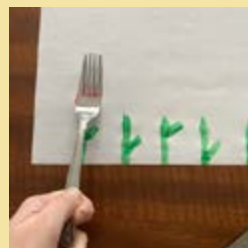
1. Paint green flower stems onto paper.
2. Place small amounts of various paint colors on paper plate.
3. Dip back of fork into one paint color.
4. Press fork onto the paper above a stem
5. Wipe off excess paint off the fork between colors.
6. Repeat until all stems have a flower.



#1



#2



#3



#4

GUIDING CHILDREN SUCCESSFULLY

Online Training for Arkansas Child Care Providers

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 of Arkansas. We offer up to 30 mail-in hours and 38 online hours of PDR verified training 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.

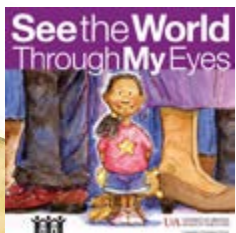


How Do I Get Started?

You have options! Call your local County Cooperative Extension Service to pick up GCS program materials or complete your house online at courses.UADA.edu. Training is free and verified through the Professional Development Registry. GCS hours are available all year!

GCS TOPICS for 2021

- Guiding Children Successfully Video Series
- See the World Through My Eyes
- Managing Stress: Turning Challenges into Blessings
- Getting Our Hearts Right: Three Keys to Better Relationships
- Your Blueprint for Happiness: Five Principles for Building a Better Life



Topic Highlight: Seeing The World Through My Eyes

My arrival has brought many challenges. At times, it may seem like I'm trying to make you crazy. That's now what I want to do. I'm just trying to figure out this world and how to grow up in it. Unfortunately, I can't always communicate with words the things I want or needs.

In some ways I'm similar to most children but in other ways I am different from any other child you know. I'm unique. Just because you understand other children, doesn't mean you have me figured out.

Here are a few things you can do that will help me grow up to be a person you will be proud of:

- **Live well.** Your life doesn't end just because mine

PARENTING CONNECTION

April Showers

Age: 2 years and up

Materials you will need:

- Blue paper
- Scissors
- Colored chalk
- Spray bottle (empty pump-type)



What to do:

1. Use large blue sheets of paper that children can cut into raindrop shapes.
2. Children can then use a spray bottle such as an empty, clean pump-type window cleaner bottle to spray water into the decorated raindrops. The chalk will run together to give a wet-day look to the art.

Craft from: https://ladb.uga.edu/templates/2012/08/April_Showers.pdf

Clap That Rhythm

Age: 2 years and up

No material needed

What to do:

1. Clap a simple rhythm for the children to repeat.
2. Ask children to take turns clapping their own rhythm for the others to copy.
3. Clap out rhythms for names, ticking clocks, or other neighborhood sounds.



Idea from: https://ladb.uga.edu/templates/2012/08/Clap_That_Rhythm.pdf

began. Keep learning, growing, and building strong relationships. When you are enjoying your life, we will have a better time together.

- **Love me.** Nothing matters as much to me as having good adults love me and enjoy my company. Pay attention to the way I like to be loved and love me in that way. The love you show me will teach me how to love others.
- **Try to understand my world as I see it.** When you understand what life is like for me, almost everything I do will make sense to you. When you feel compassion for the struggles in the world, I will feel safer and less lonely.
- **Teach me.** I won't learn the rules for being a good adult without your help. Rather than punishing me when I frustrate you, show me better ways. Show me how to be kind, loving, and responsible.

As you already know, having a child requires lots of time and patience. Yet there is nothing quite as rewarding as helping a baby become a strong and caring person!

For more information on Guiding Children Successfully visit: uada.edu.guidingchildren

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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The Child Care Extension Newsletter is provided by the
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Cooperative Extension Service
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