



THE CHILD CARE EXTENSION

WHY IS THIS CHILD THROWING A FIT?

Tantrums are exhausting. It may feel like a tantruming child is trying to annoy you, but it is likely they have lost control of big emotions. Difficult behavior can look like "throwing a fit," so you might feel angry thinking that the child will, and can, stop. Adults can wrongly assume that a child is able but unwilling to "get it together," but the stronger possibility is this: **They want to get it together, but they can't.** What can I do?

First, remember what NOT to do. Don't threaten or punish a child for strong emotions. In the short run, they will become more upset, and in the long run, it will teach them to suppress with their emotions instead of deal with them.

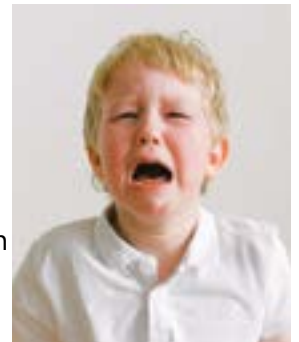
1. Make sure their basic needs are met: Sometimes, all a kid needs is a nap, or a snack, or a drink of water to become the sweet, loving child you know they are.

2. Stick to a gentle, stable routine and set predictable boundaries: Children do best when they know what to expect. This includes knowing what they can and cannot do. Set routines and boundaries that can be flexible when needed but are generally predictable.

3. Identify triggers: If a child has regular trouble controlling emotions, pay attention to what happens before the tantrum and be proactive dealing with the trigger. Maybe they always breakdown around the same time of day or around the same transition or person. If the transition from lunch to naptime is tough, make sure they have a lovey or give them a nap spot away from others.

4. Help the child feel in control: Kids may have a hard time telling you how they feel. One way to help is to give them words to tell you how they feel and help them regain control. Help them describe how the emotion feels physically or as a color or a "hot" emotion. Giving them ways to describe it can help them work through it and even feel it coming on.

5. Be calm, kind, and sensitive: Meeting a tantrum with a tantrum may feel good in the moment, but it won't help. Remaining calm and kind in the face of a screaming child can help them understand that they are safe and sound. Avoid telling them not to cry or not to feel how they feel. This can have unintended consequences as they get older, so naming and dealing in the moment teaches them that feelings are good and normal and can be handled.



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 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

Best Care offers 10 hours of face to face PDR verified trainings across the state. For more information click: [BESTCARE](#)

RECIPE

Makes: 8
Serving size: 1 slice



Recipe from: Color Me Healthy

FRENCH TOAST

Ingredients:

- 4 eggs, beaten
- 1 cup milk
- 1/2 teaspoon ground cinnamon or nutmeg
- 1/2 teaspoon vanilla extract
- 8 slices of wholewheat bread
- 1 Tbsp vegetable oil

Directions:

1. In a large bowl, beat eggs with fork, and add milk, cinnamon and vanilla. Beat together until mixed well.
2. Heat oil in a large skillet on medium-high heat.
3. Dip one slice of bread at a time in the egg mixture to coat both sides.
4. Place in hot skillet. Brown each side, about 2 minutes or more.
5. Serve the toast with pancake syrup, fruit sauce or applesauce.

CRAFT CORNER

INDIAN CORN PIPE CLEANER CRAFT

Step 1: Grab 12 inch pipe cleaner and line them up so that they are even on each end. Then, twist them together in the middle. Then do it again with the other two pipe cleaners. You should have 2 "X's". Combine the 2 "X's" to make a star shape. Make sure the pipe cleaners are tightly around each other to secure them together. Lastly, space pipe cleaners evenly by spreading them into the shape of a star. You will end up with eight "arms".

Step 2: Next, string a combination of pony beads on one pipe cleaner "arm". Make sure to leave a little over 1 inch of the pipe cleaner showing on the end so that you will have enough to twist your "husk" later on. Add pony tail beads to each "arm"...should be about 15 beads per arm.

Step 3: Once you have covered your star in beads, shape your corn into a cob! Carefully bend each end upward and gather the points together, bringing all the arms of the star to the center. Take the tops of your pipe cleaners and twist the loose ends a couple of time to secure the beads, forming corn "husks". (Tip: you can want to use a small pipe cleaner to tie them all together).



Supplies:

- Pony Beads (red, orange, yellow, white, beige, and/or brown)
- Pipe cleaners (yellow, orange or tan colors)

Craft from: [OneLittleProject](#)

BEST CARE HIGHLIGHT

Online Training for Arkansas Child Care



If you are an early childhood professional and want to learn more about caring for young children, you may be interested in the Best Care. The University of Arkansas, Division of Agriculture, in partnership with the Division of Child Care and Early Childhood Association, is offering training for early childhood professionals. Best Care offers up to ten hours of early childhood professional development during the months of January and May of each year.

BEST CARE TOPICS for 2022

Growing Young Gardeners
Healthy Habits: Nutrition and Fitness Practices
STEAM In Outdoor Learning
Infant Care and Self-Regulation
Music in Early Learning
Making a Clean Sweep
Child Care Prepared: Disaster Preparedness
Effective Communication
Playground Safety
When Accidents Happen: Basic First Aid

Changes to Best Care 2022

PLEASE NOTE: With the participants' safety in mind, Best Care 2022 may look different than in past years. COVID-19 is still a factor in planning and providing Best Care in-person trainings. The Best Care program follows policy and guidelines set by the University of Arkansas System Division of Agriculture, the Arkansas Department of Health, and the CDC with regard to in-person meetings, mask wearing, and social distancing.

Please contact your local County Cooperative Extension Service in early 2022 for more details about when, where and whether the trainings will be offered face-to-face, online or virtually. Best Care classes are free and are verified through the Arkansas Professional Development Registry (PDR) and supports the Better Beginnings Program.



PARENTING CONNECTION

"When Sophie Gets Angry" by Molly Bang

This book talks about why a young girl gets angry and ways she can help herself feel better.



BEFORE READING:

- Show the children the front of the book. Ask them to guess what the book is about.
- Ask them what color the girl's eyes are.
- Ask them to describe how the girl feels.

WHILE READING:

- Ask them questions so that they can connect what is happening in the book to things they already know about. Try some of these ideas:
 - » What makes you angry?
 - » What do you do when you feel angry?
 - » How do you feel better when you get angry?



AFTER READING:

- Spend some time talking about the story.
 - » Why did Sophie get angry?
 - » What did Sophie do when she got angry?
 - » What did Sophie do to make herself feel better?
 - » What was Sophie's family doing when she came back to the house?

Read this book several times to your child. Hearing the same story again and again helps them learn new words and understand the ideas they hear better. Each time, pick a different activity to do with the children after reading "When Sophie Gets Angry".

Activity Ideas:

1. **READING READINESS:** Make spaghetti letters using cooked spaghetti. Help the children form letters on a plate or cookie sheet with the noodles.
2. **THINKING SKILLS:** Ask the children to tell you about a time when they were angry. Ask them what they were angry about, and what they did to not be angry any more.
3. **PRETEND PLAY:** Make different faces for each other. Practice a happy face, a sad face, an angry face and a surprised face. Make faces for the children and have them try to guess how you are feelings by your facial expression.

From Michigan State University Extension

ADDITIONAL RESOURCES

CLICK BELOW TO GO TO EACH PAGE

[Best Care](#)

[Best Care Connected](#)

[Guiding Children Successfully](#)

[Best Care Out of School Time](#)

[Personal and Family Life Resources](#)

[Childcare Resources page](#)

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