



THE CHILD CARE EXTENSION

TRAINING OPPORTUNITIES

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/guidingchildren

Best Care Connected Available Online until Sep- tember 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 Face to Face

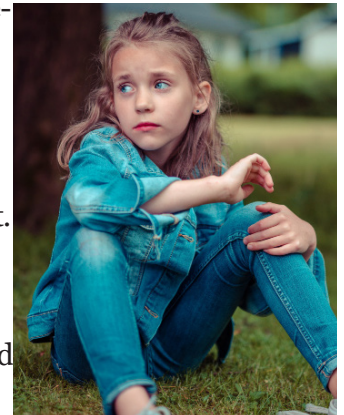
Best Care offers ten hours of face to face PDR verified trainings across the state. For more information go to uaex.edu/bestcare.

IS IT DEFIANCE OR ANXIETY?

Our brains are wired to protect us from threats by changing how our bodies react when we think we're in danger. **Fight, flight, and freeze** responses are necessary tools our brains have developed to help us stay safe. But what happens when we ARE safe but our brains think we aren't?

Anxiety is simply the brain's way of responding to a situation that seems threatening. Our heart rate and breathing increase, we sweat, our pupils dilate so we can see better, and we may feel very tense. Usually, when we figure out that we are safe, we calm down and move on. It is the same for most children. However, some children have difficulty reading a situation correctly, causing them to feel threatened even though they are safe. This can cause reactions that are out of the child's control and that seem inappropriate or even defiant to an adult.

For some, it looks like a deer in headlights "**freeze**" response and may lead to clinging or silence or lack of participation. For others, they may **flee** from the threat. A neutral action, like putting your hand on their shoulder to guide them from the door to the carpet for circle time, may feel threatening and cause them to run or hide. For others, an accidental bump from another child may be interpreted as aggressive and met with aggression or a "**fighter's**" push or outburst.



Anxiety shows up in young children in a variety of ways, and it often shows up at a young age. A common symptom of a lot of other mental health issues, anxiety can also co-occur with many other disorders like panic attacks, separation anxiety, or conduct disorder. Children who experience early intervention with anxiety and improve coping can improve their overall long-term mental health outcomes. **Simple tools like helping a child practice deep breathing, distracting them from something causing their anxiety, or offering a special transition into the classroom or between activities** can have significant impact on a child's ability to handle anxiety and your ability to manage your classroom.

RECIPE

CHICK CRACKERS

Ingredients:

- 8 cracker crackers, whole-wheat
- 8 ounce cheddar cheese
- 1 cup carrots, baby
- 8 jumbo black olives, canned
- 1 cup spinach

Instructions:

- Lay out crackers on a plate or platter.
- Cut cheese into circles that will fit in top of crackers. The best fit will be about 1/4 inch smaller. Place cheese on crackers.
- Cut carrots into small sticks to resemble the chicks feathers on top of his head. Cut another carrot into 24 thin rounds. 16 will be used for the feet and 8 will be cut into triangles for the beaks.
- Cut tiny pieces from an olive to make little eyes for each chick and then place some spinach leaves under each chick for a cozy spot to rest.

The kids can layer their own chicks to make them unique, or to reinforce learning skills such as:

- Patterns – The kids can learn and remember, crackers on bottom, then the cheese, then the carrots. These types of pattern learning can help kids build critical reasoning skills, as well as mathematical skills.

- Fine motor skills- Picking up each small piece for building the chick takes time to learn!

- Counting (two eyes, one nose, etc.) The kids can make FOUR chicks, with EIGHT feet, FOUR noses, EIGHT eyes, and TWENTY feathers.

- Shapes- Circles, rectangles, squares... these chicks have it all!



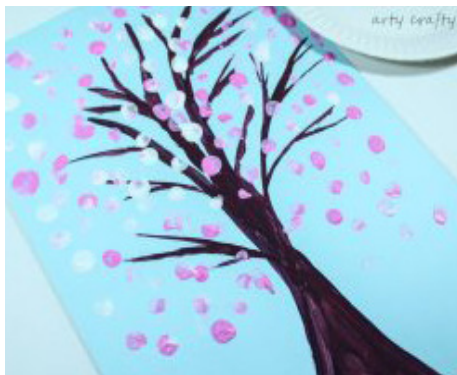
Adapted from: <https://www.superhealthykids.com/recipes/spring-food-craft-snack-chick-crackers/>

CRAFT CORNER

FINGER PRINT SPRING BLOSSOM TREE

Supplies:

- Kid friendly paint
- Good quality firm paper or card stock
- A pair of hands!



Instructions:

-Simply paint a tree onto the paper or card. Or, to add a personal touch, draw around your child's hand and arm to create a 'handprint tree'.

-Using a mixture of pink and white paint, encourage your child to dip their fingers into the paint and create prints all over the tree. The blossom could be on the floor, over the bark or floating in mid-air.

-There's no right or wrong, and the kids can have free-reign to interpret a blossom tree however they envision it. Simply take a step back and let them create and have fun!



Craft found at artycraftykids.com/art/finger-print-spring-blossom-tree/

BEST CARE OUT OF SCHOOL TIME

Best Care Out of School Time (BCOOST) is a dynamic, online professional development program that is geared toward anyone that works with school aged children. The online professional development lessons were developed with you in mind; they are informational, eye catching, as well as interactive. The focus of Best Care Out of School Time is to target those professionals who work with kids during the hours they are not in school – this could be a pick-up program after school and before parents/guardians get off work or even a summer program that keeps kids during the day.



HOW DO I GET STARTED?

To access the course, go to the courses.uaex.edu website. Once you log in, please “click” on the Best Care Out of School Time link under the course category titled Child Care Courses-PDR Eligible.

To enroll in the course, click the link titled “Best Care Out of School Time”.

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.

TRAINING OPPORTUNITIES IN 2020

- Experiential Learning
- Importance of Play
- Youth Engagement

In addition to great online professional development, providers will have access to quick activity lessons that they could use with their youth – some of the activity lessons available for 2020 are Voting with Your Feet, Healthy Snacking, Clean Hands, Engineering + Snack, and the Red Cup Challenge.

If you are interested in enrolling in Best Care Out of School Time, visit: www.uaex.edu/childcare or email bcoost@uaex.edu.

PARENTING CONNECTION

An Activity You and Your Child Can Enjoy this Spring

With the weather warming up, it's a great time to be outside with children. Sidewalk chalk paint gives kids a chance to express their creative side while enjoying the outdoors.

Sidewalk Chalk paint



What you'll need:

- Corn Starch
- Paintbrushes
- Muffin Tin/cups
- Food Coloring
- Water

Directions:

To start, you'll want to make sure you have all of the materials listed. We used a larger muffin tin because it's easier to mix your paint in. Take your tin and mix equal parts of corn starch and hot water, then stir until the corn starch is completely dissolved. This will be the base for your paint.

Next you'll want to pick the colors for your sidewalk chalk paint. Add a few drops of each color into your tin. I used neon food coloring and added about 2-3 drops per spot.

When everything's mixed up, you can start your painting! Make sure you use the thicker paint brushes to paint with or even the foam brushes work well.



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
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University of Arkansas
Cooperative Extension Service
Family Life Team:

Dr. Brittney Schrick, Rebecca Simon, Ashley Foster,
Ashley Dingman, Ashley Henderson, & Sophie Spann

Newsletter Designed by:
Julie Thompson & Sophie Spann

UofA **DIVISION OF AGRICULTURE**
RESEARCH & EXTENSION
University of Arkansas System

2301 SOUTH UNIVERSITY AVENUE
LITTLE ROCK, ARKANSAS 72204