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The Child Care EXTENSION

Training Opportunities:

Guiding Children Successfully

Available Online and/or in Paper Form

Guiding Children Successfully offers 38 hours of PDR verified trainings online or in paper form. For more information go to uaex.edu/guidingchildren.

Best Care Connected

Available Online October 16th, 2018

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

Available Face to Face in Select Counties

Best Care Out of School Time offers five hours of face to face PDR verified trainings to participants working with after school youth. For more information go to uaex.edu/outofschooltime.

Best Care

Available Face to Face

Best Care offers ten hours of face to face PDR verified trainings across the state. For more information

CELEBRATING BLACK HISTORY

February is Black History Month. Highlighting change-makers, educators, and heroes is a great way to introduce your kids to important people who might otherwise be overlooked. Although discussing Harriet Tubman, Martin Luther King, Jr., and Barack Obama is important, introducing students to a broader range of historical figures can offer them new and exciting ways to relate to the people who shaped, and continue to shape, our nation. Consider including Arkansas history with Daisy Gatson Bates, Maya Angelou, or the Little Rock Nine. Discuss the importance of education with pioneers Anna Julia Cooper, Mary Jane Patterson, or Booker T. Washington. Or show how children can make a difference like Ruby Bridges or Simone Biles.

Be creative when planning curriculum ideas. Rather than simply reading a book about the people you are introducing, consider creating art experiences using materials and color palettes favored by a specific artist or playing music by African American performers. Send information home to parents such as the names of the people you introduce in class so that they can know who their child is learning about (and interpret the 3-year-old version of "Maya Angelou").



Regardless of the racial composition of your classroom, celebrating diversity and centering African American history is an incredibly valuable experience. Make sure that children see diverse role models, including ones who look like them.

RECIPE

MARSHMALLOW POPS

Recipe from [sugarspiceandglitter](#)

"I'm a huge fan of recipes that allow children to take complete creative control, require little to no adult assistance, and turn out cute no matter what your child's skill level is - keeping it simple is key!"

Ingredients:

- 1 bag of regular marshmallows
- White melting chocolate
- Sticks or straws
- Assorted sprinkles

Directions:

1. Push the end of the stick or straw about 3/4 the way through the bottom of your marshmallow.
2. Pour assorted sprinkles into a small dish.
3. Put melting chocolate in a microwave safe bowl. Add a teaspoon of shortening for every 1/2 cup of candy melts.
4. Melt chocolate and shortening in burst of 20 seconds, stirring in between each heating until completely smooth.
5. Dip marshmallow in the chocolate and allow any excess coating to drip off.
6. Roll the coated marshmallow in your bowl of sprinkles.
7. Set on parchment paper lined plate till set.



CRAFT CORNER

CARDBOARD HEART STAMP

Craft from [Housing A Forest](#)

Nothing says valentines day like hearts and you'll love how these crisp hearts stand out on the colorful paper! Have your child sign the back and give it to a friend. It's so easy!

Materials:

- 1 recycled cardboard tube (paper towel or toilet paper roll)
- Red Tempera Paint
- Paper plate
- Previously painted or scrapbook heavy weight paper

Directions:

1. Shape the cardboard tube into a simple heart stamp. Simply crease the cardboard roll in 2 places and manipulate it into the shape of a heart.
2. Set out your scrapbook paper or previously painted piece.
3. Squeeze some paint on to your paper plate.
4. Dip one end of the heart shaped cardboard roll into the paint. Make sure paint covers the whole end.
5. Gently "stamp" the shape on your paper.
6. Repeat steps 4 and 5 until you have all the hearts you need, refilling the paint as needed.
7. Set aside until paint completely dries.
8. Sign your masterpiece and give to a friend!



BEST CARE OUT OF SCHOOL TIME

(Formerly known as 4-H Afterschool)

Face-to-Face Training for Arkansas' School Age Child Care Providers



Best Care Out of School Time provides 5 hours of free PDR verified professional development training. The face-to-face format offers the child care providers an engaged, hands-on experience that will enhance how they care for school-aged children in the out of school hours. New training topics are available each year as a combination of both professional development topics for the after school workers as well as activity lessons for them to use with the youth.

How do I get started?

- Contact your county agent ([click here](#)) to set up plans or find out details about a training in your area
- You can also contact Ashley Dingman at Extension's State Office (adingman@uaex.edu, 501-671-2270) to find out more information and be forwarded to your county agent for training details

NEW Topics:

- Experiential Learning in Afterschool
- Importance of Play
- Youth Engagement in the Out of School Setting
- 12 Activity Lessons in the areas of Citizenship, STEM, and Healthy Living
(Examples: Voting with your Feet, Healthy Living; Outdoor games, Egg Drop with a Twist, and many more!)



Topic Highlight: Cultural Diversity

We live in a country that is a melting pot of different cultures and races. Showing children that we see and value all aspects of them -

including attributes related to race and culture is a critical step in helping them feel welcome and connected to their teachers and peers.

Due to an increasingly multicultural society, teaching children cultural diversity is an asset. Children may speak different languages, celebrate different holidays, and enjoy different kinds of food. Even some children may share similar ethnicity, race, and or language(s), but variations in background experiences and family expectations exist.

Children see race, and so should we.

- Ideas about their own race and others' races are formed in early childhood.
- Children as young as 3 months are aware of racial differences.
- In the absence of intentional teaching, children are left to come to their own conclusions about how to think about their own race and others' races.

Reading Your Way to a Culturally Responsive Classroom



Books can be mirrors in which children see and savor images and representations similar to their own lives and experiences. They can also be windows that enable young readers to gain new cultural perspectives by peering

into others' worlds. Teachers and other caring adults can make the most of these mirrors and windows by selecting literature that represents the diverse experiences of children and using it effectively to develop culturally responsive classrooms that promote color awareness and social.

Tips for Selecting Diverse Children's Literature

- Base your selection on quality. Books should not just teach a lesson but should have a good story, high quality text, and engaging illustrations.
- Choose books that help children see themselves. Include books that mirror different aspects of identity (e.g., race, setting, beliefs) of children in the class, so that they can imagine themselves in the story.
- Choose books that help children expand their understanding of others. Include books that introduce children to new people, places, and concepts that they may not yet have encountered.
- Look widely for texts. Be alert to new titles related to diversity. In addition, the library can be a great source for out of print titles that appeal to children and relate to urban issues and diversity.
- Use text sets. Expose children to different perspectives. These book collections may be organized by theme or may feature the work of a highly accomplished author or illustrator of color.

Topic Highlight Resources:

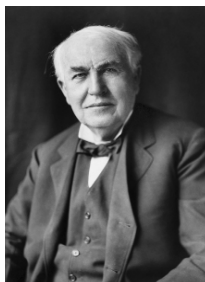
- [The National Association for the Education of Young People](#)
- [Public Broadcasting Service](#)
- [Hatch Early Learning](#)
- [The Southern Early Childhood Association](#)
- [The Early Childhood Research Institute on Culturally and Linguistically Appropriate](#)
- [The National Association for Bilingual Education](#)
- [The National Association for Multicultural Education](#)
- [The National Task Force on Early Childhood for Hispanics](#)
- [The National Black Child Development Institute](#)

PARENTING CONNECTION

Inspire your kids to invent!

February 11th is a very special day. Do you know why? Well, about 172 years ago American inventor Thomas Edison was born. Throughout his lifetime he acquired over 1,200 patents including the incandescent light bulb, phonograph and movie camera.

February 11th is also National Inventors' Day and we should celebrate! Without our inventors, where would we be? Humanity's inventiveness is what sets us apart from every other species on this planet, and it's through our inventions that we can see our progress as a species.



Inventions can sprout from the unique imagination and thought process of children. Take this opportunity to create something with them! Help them come up with a creation only they could think of. Use anything and everything that's already around your house. Not sure where to start? Here are a few tips to get your creative juices flowing.

Tips for Creating Your Own Invention:

- Think of a problem you or someone in your home has on a regular basis and come up with a new solution.
- Take a look at major problems facing your community, country, or people in another part of the world and imagine a product or process that could help.
- Re-imagine a more efficient way to use a current product or process.
- Enter kid inventor contests such as the Spark!Lab Dr. InBae Yoo Invent it Challenge to find resources, inspiration, and a network of friends and mentors.
- Head to a maker fair or maker space in your area to see what others are creating.
- Keep a journal or list of invention ideas with you at all times to be ready when inspiration strikes.
- Set aside a bin or organized space in your bedroom or home where you can collect random supplies.
- Watch shows about inventions and ideas like Shark Tank to learn what to do with your inventions.



We've come a long way since the invention of the light bulb, and that's worth celebrating. Here's to National Inventors' Day and remember, if at first you don't succeed, try try again!

ADDITIONAL RESOURCES

Best Care: www.uaex.edu/bestcare

Best Care Connected:

www.uaex.edu/bestcareconnected

Guiding Children Successfully:

www.uaex.edu/guidingchildren

4-H Afterschool:

www.uaex.edu/4hafterschool

Personal and Family Life Resources:

www.arfamilies.org

Childcare Resources page:

www.uaex.edu/childcareresources

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