



Training Opportunities:

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 [page 3 of the newsletter](#).

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/guiding-children-successfully.

Best Care Connected

Available Online until September 15th, 2018

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

4-H Afterschool

Available Face to Face in Select Counties

Arkansas 4-H Afterschool offers five hours of face to face PDR verified trainings to participants working with after school youth. For more information go to uaex.edu/4hafterschool.

PRESIDENTS DAY FOR OUR FUTURE PRESIDENTS



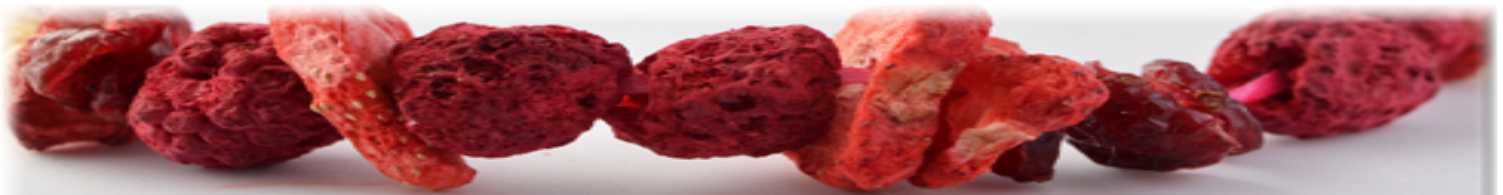
Celebrating Presidents Day can be a wonderful way to teach kids about the freedoms we enjoy in the United States and about their responsibilities as citizens. The usual crafts and children's books focus on George Washington and Abraham Lincoln. Their iconic hats and hair and beard (and February birthdays) make them easy examples for Presidents Day; however, this year, it could be fun to look at the day from a different angle and do some new things! Here are some ideas to make Presidents Day more exciting!

1. Talk to your students about the importance of voting for President and other offices. Books like "One Vote, Two Votes, I Vote, You Vote" (Worth/Ruiz/Mathieu) can help.
2. Read story books about presidential virtues or unrepresented groups such as "My Teacher for President" (Winters/Brunkus) or "Grace for President" (DiPucchio/Pham).
3. Help your students see themselves as potential Presidents by making silhouettes from profile photos and mounting them on paper plates painted like coins.
4. Put their photos in a Mount Rushmore - style collage.
5. Remember even the littlest kids with books like "This Little President: A Presidential Primer" (Holub/Roode). A board book about iconic American Presidents.



Although our February Presidents are important and should not be ignored, expanding our celebration of Presidents Day to include future voters and Presidents can help them put themselves in the story!





Valentines "Candy" Necklace

Recipe from: superhealthykids.com

With Valentines day right around the corner, it's the perfect time to try a healthier version of the candy necklace! For this recipe, we're going to be using some freeze dried fruits. These are especially great because they rarely come with added sugars. Your kids will love the tangy taste and enjoy creating their own edible necklace!



Ingredients:

- Freeze dried raspberries
- Freeze dried strawberries
- Juice sweetened dried cranberries
- Toasted "O" cereal
- Ribbon
- Yarn needle

Directions:

1. First, gather all ingredients together where children can reach easily.
2. Next, tie the cereal to one end to keep the food from falling off. Used a yarn needle (because it's bigger and easier to thread), and threaded an "O" shaped cereal through. Then tied the end of the ribbon around it.
3. Let children thread the raspberries, strawberries, cranberries and cereal in random order to fill up their necklace.
4. Tie the end of the ribbon to the beginning, take a picture, and enjoy!



Alternative Ingredients:

- Freeze dried apples, pears, tangerines, bananas, mangos, or pineapple.

CRAFT CORNER

DIY MARDI GRAS MASK

Get all dressed up for Mardi Gras and get ready to party with your own DIY Printable Mardi Gras Mask Craft. The kids can color and customize their own mask for Mardi Gras with this free printable activity. Color, cut it out and put it together however you'd like. All you need is a little creative fun and you'll be ready for the celebration in no time!



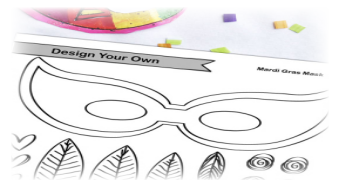
Craft from Jen Goode: [Kids Activities Blog](http://KidsActivitiesBlog.com)

Materials:

- Crayons
- Scissors
- Glue
- Hole punch
- String
- [Printable Mask](#)

Extras:

- Glitter glue
- Gems
- Flowers
- Feathers



Download and print the mask craft and then color all the pieces. Cut out each piece and decorate the mask with all the fun pieces you've colored. Use the extra materials to really make your mask sparkle!

Once you are finished decorating your mask, use the hole punch to create a hole on each side of the mask. Tie some string through each hole and then you can tie the mask on to wear it.



BEST CARE

Trainings for Arkansas Child Care Providers here!

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. Your local County Cooperative Extension Service offers Best Care classes for early childhood professionals and others interested in learning more about young children. Classes are free and are verified through the Arkansas Professional Development Registry (PDR) and supports the Better Beginnings Program.



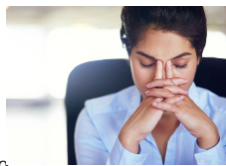
2018 TOPICS

- Setting the Table for Healthy Habits
- Supporting Breastfeeding Families
- Is it Candy or is it Poison?
- Saying No to Time Wasters
- Child Abuse, Neglect and the Impact of Trauma
- Classroom Management
- Money on the Bookshelf
- Don't Quit! Avoiding Burnout
- Sensory Play
- Love Languages for Kids

Topic Highlight:

Top 5 Ways to Avoid Burnout

Do something you enjoy. Make time for a favorite activity or hobby to help you relax and recharge.



Get support from other teachers. Connect, share ideas, solve problems, and benefit from the experience of others.

Exercise regularly. This can improve your mood, prevent disease, boost your energy level, help you manage your weight, and promote better sleep.

Eat healthy. Nutritious food that are low in sugar, salt and fat, like fresh fruits, vegetables, whole grains, beans and nonfat yogurt and cheese will give you the energy you need throughout the day. Be sure to stay hydrated by drinking water throughout the day.

Get enough sleep. A good night's sleep helps support physical and emotional health.

For more information on Best Care go to

<https://www.uaex.edu/health-living/child-care-providers/best-care.aspx>

PARENTING CONNECTION

Activities You and Your Child Can Do for Groundhog Day!

February 2nd is Ground hog day! Take some time this month to do some fun groundhog day crafts and activities. Teach your child about how some animals hibernate in the winter, come out in the spring, and the legend of Groundhog Day. Don't forget to explain how shadows work! Have fun!

Groundhog Hand & Foot Print Craft



What you'll need:

- Construction paper
- Brown and green paint
- Permanent marker
- 1 foot
- 1 hand

What to do:

1. Print (or write) the following poem on a piece of construction paper: "Here's a little groundhog furry and brown. He is coming up to look around. If he sees his shadow, then down he'll go. Then six more weeks of winter - OH NO!"
2. Point your child's foot brown and have him or her stamp it on the construction paper.
3. Clean up your child's foot and paint one of his or her hands green and have them stamp 2 or 3 prints along the bottom of the footprint (at the toes.). Now the groundhog is in grass!
4. Once the paint is dry, use a permanent marker to draw the face and body details.

Shadow Tag

What you'll need:

- Two or more players
- Enough sun outside to cast a shadow



What to do:

1. Decide who is it.
2. Once you have decided who is "it", they run around and try to tag (touch) other players shadows any way they can.
3. Once someone has been tagged, they become "it" and have to try and tag the other players shadows.

Groundhog craft from: [Mary, Mother of Light Academy](#)

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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