



The Child Care EXTENSION

Training Opportunities:

Guiding Children Successfully

Available Online and/or In Paper Form

Guiding Children Successfully offers 30 hours of TAPP verified trainings online or in paper form. For more information go to [page 3 of this newsletter](#).

Best Care Connected

Available Online until September 15th, 2017

Best Care Connected offers five hours of TAPP 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 TAPP verified trainings to participants working with after school youth. For more information go to uaex.edu/4hafterschool.

Best Care

Available Face to Face

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

SUMMER SAFETY IN CHILD CARE



Hotter temperatures, longer days, water play, and extra kids are all wonderful things during summertime, but they can also add safety challenges for child care professionals.

Here are a few things to keep in mind this summer:

- **Stay hydrated!** Water should be available to the kids (and to you) at all times.
- **Wear sunscreen.** Regardless of skin tone, children and adults should always wear sunscreen or cover with clothing or a hat to protect against skin damage. Treat or cover often-overlooked places such as ears, parts in the hair, and the tops of feet in sandals.
- **Protect infants** from the heat of the day by going outside in the morning or evening. Cover them with clothing and hats or keep them in shaded areas, and avoid heavy blankets or covers that limit air flow.
- **Take extra care to check vans or buses** used to transport children to make sure all children are accounted for and no one is left in a hot vehicle (even if the windows are down).
- **Carefully supervise children during water play** to protect against aspiration or drowning. Water at any depth can be risky, especially to infants and toddlers. CPR trained staff should always be on hand.
- **Reduce risk of heat exhaustion** by avoiding extreme heat. Go outside in the morning or in shorter periods throughout the day. Watch for signs such as heavy sweating, weakness, cold, pale, or clammy skin, nausea or vomiting, fainting, or fast or weak pulse.
- **Monitor the play areas for bugs** such as fire ants, wasps, mosquitoes, and other pests that can cause injury, allergic reaction, or illness.



For more information, visit <https://www.cdc.gov/family/kids/summer/>.



RECIPE ROUNDUP

WATERMELON ICE

This simple recipe is a great way to cool down this summer!

Supplies:

- Blender
- Knife
- Cutting Board



Ingredients:

- 1 1/2 c pureed watermelon
- 1/2 c chopped ice (2-3 cubes)
- Optional: 1/2 tsp honey

Yield: 3 servings

Directions:

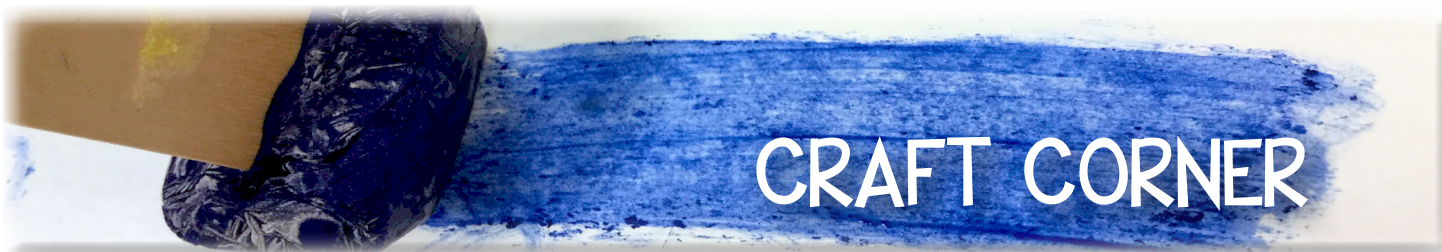


- Add watermelon to blender and blend until pureed. Transfer watermelon to a shallow, freezer-safe container.
- *Optional: Add honey to the watermelon.*
- Add ice cubes to blender and blend until ice has become shavings.
- Mix with watermelon.
- Serve immediately, but for best results put into freezer for twenty minutes.

Serving Suggestions: Try other Fruits in place of Watermelon or combine two or more fruits.

Caution: Do not give honey to children under the age of one.

Recipe From: <http://www.simpleplayideas.com/watermelon-ice>



CRAFT CORNER

ICE PAINTING

Painting with Ice is a great summer time activity! Kids will practice color recognition and counting skills while observing paint from a liquid to solid state and vice versa.



Supplies:

- Liquid tempera paint
- Ice cube tray
- Craft sticks
- Paper

Discussion Points:

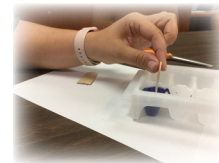
- What happened to the paint when it was put into the freezer?
- What's happening to the paint when it's exposed to the warm air and paper?
- What does the paint feel like when it is melting?

Instructions:



Help your child pour the paint into the ice cube tray. Let the child count out how many cubes of each color they want.

When the tray is full, have the child put a craft stick into the middle of each paint cube. Carefully place the ice cube tray in the freezer.



The paint cubes are ready once frozen. As the paint cubes melt, it will leave a lovely trail of paint on the paper.

Caution: This craft is very messy so prepare appropriately!

GUIDING CHILDREN SUCCESSFULLY

Self Guided Training for Arkansas Childcare Providers

Guiding Children Successfully is a research-based child care training program that offers 30 hours of professional development. This training is offered through The University of Arkansas, Division of Agriculture, in partnership with the Division of Child Care and Early Childhood Education. This self-guided training will help you apply child development principles to appropriately teach and manage the children in your care.



HOW DO I GET STARTED?

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

2017 TOPICS

- 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

See the World Through My Eyes



Topic Highlight: SEE 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 not 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 need. The things you do make sense to you. You understand why you do them. You have a good reason for doing them.

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

PARENTING CONNECTION

Water Play Activities to Keep Your Child Cool this Summer

As temperatures heat up, activities can help you cool down and create lots of fun for hot days! Here are two activities for outdoor play:

Sponge Toss

What to do:



1. On a warm day, allow children to use wet sponges to see how far they can toss them. A plastic container of some sort can be the target. Children can see how many sponges they can get into the container. Or, children can compare the distance they can toss different sizes of wet sponges.
2. Children can squeeze out most of the water and see how that affects how far the sponges go when tossed.

Water Play

What to do:

1. Fill buckets or containers with water and children can use measuring cups and other smaller containers to experiment and play with the water. This activity is a nice outdoor cool-down for hot days.
2. To prevent drowning accidents, young children must be supervised around water at all times. An adult needs to be no more than an arm's length away.



For more activities, visit the Hands-on Activities Database at <http://farpoint.fcs.uga.edu/moodle/LADB/>

- **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.** 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 my 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 child become a strong and caring person.

For more information on Guiding Children Successfully go to uaex.edu/guidingchildren.

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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COURSES.UAEX.EDU



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