



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 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 [page 3 of this newsletter](#).

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.



TEACHERS, WE SEE YOU

It's difficult to express the importance of teachers. During Teacher Appreciation Week, you will probably see inspiring quotes on coffee mugs or cute puns on Pinterest crafts as we parents attempt to show you how much your hard work means to us and the impact it has on the lives of our children. We see your hard work, care, and sacrifice as you love and guide our littlest Arkansans. We see your tears of frustration and joy and sadness as you invest so much of yourself into the children in your care. We see your laughter and sweat and persistence. We see your preparation and excitement. We

see your fatigue and perseverance. We see you. We watch as you love on our children and do far more than teach. Teachers of any age group are priceless superheroes, but those who choose to teach in early childhood have a special opportunity to set the stage for life in ways that teachers of older children don't get to experience. You see milestones that parents miss. You offer an extra hug for a sad toddler at drop off, an extra high five for a 4-year-old who put their shoes on the right feet, an extra cuddle for the child who woke from nap too early, an extra tissue for a preschooler who is the last to be picked up, an extra two minutes to finish that tower, an extra snack because lunch feels too far away. These extras teach kids trust and curiosity and a love of learning. Parents, administrators, and, indeed, everyone who will ever interact with the children you care for each day, owe you a debt of gratitude for your investment in early childhood. Teachers, we see you. We see your love for your children and the importance of your work. Thank you so much for your dedication to our most precious citizens. May you feel the love you show every day.



RECIPE

MEMORIAL DAY POPSICLES

"Kids and adults will love these all natural, fruit and yogurt popsicles at all of your summer parties."

Recipe from [Home.Made.Interest](#)

Yield: 6 servings

Supplies:

- Food Processor
- Popsicle Molds

Ingredients:

- 2 pints Raspberries
- 1 cup Blueberries
- 2 cup Vanilla Yogurt
- 2 Tbsp Agave Nectar or sweetner of your choice

Directions:

1. Puree raspberries with sweetener.
2. Pour raspberry puree into popsicle molds.
3. Next, layer yogurt in the popsicle molds.
4. Last, mix blueberries with yogurt and add them to the popsicle molds.
5. Freeze until completely solid.

Option: Try using strawberries instead of raspberries!



CRAFT CORNER

MOTHER'S DAY CARD

Looking for a simple kid-made Mother's Day card? Then look no further! Kids can make several of these in no time. Help them make one for mom, grandma, or any other mother you know!

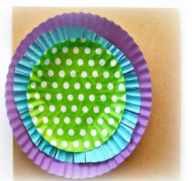
Craft from [I Heart Crafty Things](#)

Supplies:

- Regular size and mini cupcake liners
- Buttons
- 5 x 7 in. blank cards
- Green crayon
- Tacky glue
- Glue stick
- Happy Mother's Day stamp
- Stamp pad

Instructions:

1. Start by stamping your Happy Mother's Day stamp onto the bottom right corner of your blank card.
2. Next glue a regular size cupcake liner onto the card with your glue stick. I left the edges unglued so they popped off the card some.
3. Take another regular sized cupcake liner, fold it in half and trim it down a bit. Then glue it down on top of your other cupcake liner.
4. Layer your flower one more time by gluing a mini cupcake liner on top.
5. Glue a few brightly colored buttons in the center of your flower.
6. Finish your flower card by drawing a stem on your flower with your green crayon.



4-H AFTERSCHOOL

Face-to-Face Training for Arkansas Afterschool Care Providers

4-H Afterschool is a research-based curriculum training for providers of after school care for students ages 5 and up. The program provides 5 hours of professional development to these providers. The mission of the Arkansas 4-H Afterschool program is to partner with other youth serving organizations and provide them with research-based curriculum as well as, hands-on training to help improve the quality of their afterschool care program. Trainings delivered by county agents empower afterschool program providers with research-based, "learn by doing" curricula that enhances their ability to offer high quality care, education and developmental experiences for youth.

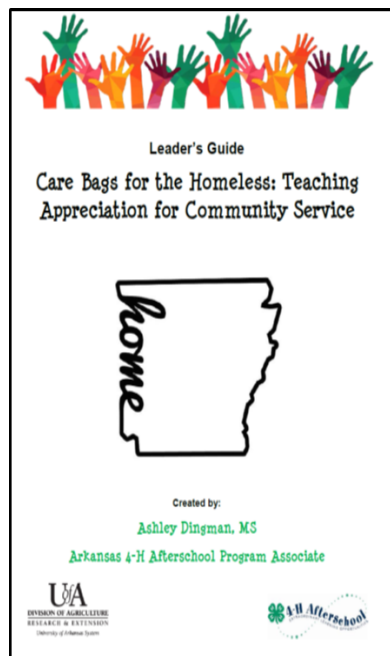


HOW DO I GET STARTED?

Contact your local County Extension Office to find out where and when an Afterschool training will be held in your area. You can find your county office information at www.uaex.edu/counties by clicking on your county name. Typically, trainings are held in late Spring, Summer, and early Fall. The new curriculum for trainings is released to county agents each November.

2017-18 TOPICS

- Care Bags for the Homeless
- Manners & Social Graces
- Maze Engineering
- Your Body & You



Topic Highlight:

CARE BAGS FOR THE HOMELESS

Most people who live in the United States have a home and live just like we do, in houses or apartments. They have food and a warm bed; however, not ...

Continues on pg 4

PARENTING CONNECTION

Fun, Freedom, and Fresh Air!

There's a special bond between kids and bikes that can never be broken. Riding a bike is a rite of passage, a passport to worlds beyond the front lawn. Bikes represent fun, freedom, and fresh air -- everything that's good about being a kid. Moreover, biking is a healthy pastime that kids will never outgrow.

Here are some of the other benefits of cycling:



- Developing strength, balance, and overall fitness
- Burning up calories
- Strengthening the heart, lungs, and lower-body muscles and bones
- Developing and strengthening the muscles surrounding the knees without impact

Biking boasts other benefits as well. Children of all shapes, sizes, and abilities can ride a bike. Most important, bicycling is a healthy outdoor activity that the entire family can enjoy together.



Here are five ways to make your family cycling trips enjoyable:

1. Find bike paths in your area. Call your town or county parks department or visit TrailLink.com, a Web site that lists hundreds of bike trails throughout the United States and categorizes them by region, surface, and distance.
2. Make sure your family is comfortably dressed and prepared for the elements. In warm weather, for instance, wear lightweight fabrics that wick away moisture and sweat; in cold weather, dress in layers.
3. Don't forget your gear. Take water bottles, sunglasses, sunscreen, hats, bike locks, a tire pump, sandwiches, healthy snacks, and a disposable camera. Be sure that kids aren't overloaded with heavy items that could affect their balance.
4. Make frequent stops during your ride. Take breaks -- especially on hot, humid days -- for drinks, snacks, and picture taking.
5. Chronicle your family's excursion with photographs. Taking pictures is fun for the kids and a great way to preserve pleasant memories. Make sure to let everyone snap a couple of shots, capturing everything from scenic landscapes to family portraits.

everybody is like us, some people do not have homes. These people are homeless. Over the past several decades, many new groups of people have found themselves homeless or without adequate shelter. Families that are unable to work, persons not on a fixed income, poor women escaping domestic violence, runaway teens, and many others can fall in to the category of “homeless.” Homeless describes not only people without homes or those who stay in emergency shelters, but those who are doubled or even tripled up in houses or apartments, living in cars, living on the streets, or living in houses without heat, running water, electricity, or insulation. They do not have a place to put all of their belongings; therefore, they must carry everything with them in big bags or in a suitcase. Many homeless individuals do not have enough money for food or new clothes so they are often cold and hungry. This is a valuable topic to study because it can:

- o help children make sense of economic injustices in the world and form thoughtful opinions for themselves

- o provide an opportunity to interact with the homeless community and establish community-service based learning
- o identify stereotypes and dispels myths about people without homes
- o reinforce the value of education in fulfilling one’s own career goals
- o sensitize students to those in their school or friend groups who might be without a home
- o prepare students to deal with important social problems instead of “sheltering” them from the issues in our society

This topic really aims to teach students real-life ways to help this community of people and how one small action can go a long way in affecting someone else’s life.

For more information on 4-H Afterschool, contact Ashley Dingman (adingman@uaex.edu), your local county agent, or visit our 4-H Afterschool Website.

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

UofA DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System

CHECK OUT OUR ONLINE CHILD CARE COURSES AT:

COURSES.UAEX.EDU

Guiding Children Successfully

Best Care Connected

TAPP/PDR CERTIFIED

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