



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 until September 16th, 2019

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/4hafterschool.

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.

INSPIRING GRATITUDE IN CHILDREN

Grateful children is something we all want, but are not sure how to create. How do we teach this important character trait? The following are some ideas on how to inspire gratitude in children.

Show appreciation to children: Take time to observe your children. When you see things you appreciate, tell them! Appreciation can be an even more powerful motivator than praise. When we share our appreciation with children, it helps us feel more connected to each other.

Show appreciation to others: Children are always paying attention to us. Set an example by modeling kindness and gratefulness in the way you treat other adults.

Use the word "grateful": Help children learning the meaning of this new word. Explain that being grateful is noticing things that make you happy. "I'm grateful that the weather is nice today." Make gratefulness part of your everyday vocabulary with your children.



Make a Grateful Tree: Cut a tree trunk from cardboard or construction paper. Tape it to a wall and cut out leaf shapes. Ask your children to think of something they are grateful for, then write it on the leaves. Throughout the year, you could add flowers or different color leaves to match the season as you find more things to be grateful for.

Share stories about gratefulness: There are many great books about the power of gratefulness and generosity that you can read with your children. You can also share experiences from your own life as well.

The more we incorporate and share ideas of gratefulness with the children we care for, the more we will see our children become grateful themselves.

Picture and summary from www.zerotothree.org.

RECIPE

CINCO DE MAYO POPSICLES

Ingredients:

Lime stripe

- juice of 4 limes, ~ 1/3 c lime juice
- 2-3 tsp sugar, to taste
- a drop of green food coloring

Coconut stripe

- 1 c coconut milk
- 1-2 tsp sugar, to taste

Strawberry stripe

- 10 large strawberries
- 1-2 tsp sugar, to taste

Recipe and pictures from theviewfromgreatisland.com

Directions:

1. To make the green layer, place the lime juice in a glass measuring cup. Stir in the sugar to dissolve, and then add enough water to make 1 cup. Taste it to make sure you have got a good balance of sweet and sour, and adjust if necessary.
2. Pour the lime juice about 1/3 of the way up into each of 10 popsicle molds. Freeze the molds until the layer is almost frozen solid, then remove and place a stick into each mold, anchoring it into the lime layer. Return the mold to the freezer and... [Click here for the complete recipe!](#)



CRAFT CORNER

ARMED FORCES DAY

May 18th is Armed Forces Day! Encourage your children to thank the brave men and women who are currently in the military defending our country.

Materials:

- coloring page
- colored pencils
- markers
- crayons
- envelope (optional)

Coloring page links:

[Thank You Flag](#)
[Defending Freedom Thank you](#)

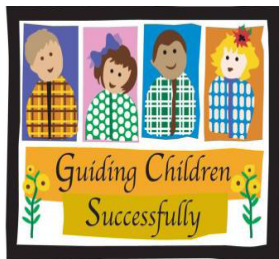
Directions:

1. Print out one or both of the coloring pages found on the links below.
2. Provide a variety of coloring utensils for children to use. Allow them to color to their hearts content!
3. While they're coloring, take time to explain the purpose of this craft and how important it is to show gratitude to our active military personnel.
4. When finished, seal the page in an envelope and mail it to an active duty personnel you know. Or, give it to them in person!
* Don't know anyone? Stop by your local recruiting office and give your pages to them! Or, post them on social media to thank all who see it.



GUIDING CHILDREN SUCCESSFULLY

Self Guided Training for Arkansas Childcare Providers



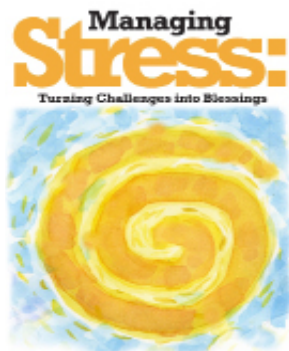
Guiding Children Successfully is a research-based child care training program that offers 38 hours of professional development. This training is offered through The University of Arkansas, Division of Agriculture, in partnership with the Division of Child Care and Early Childhood Education. This self-guided training will help you apply child development principles to appropriately teach and manage the children in your care. GCS hours are available year around.

HOW DO I GET STARTED?

- You have options! Visit your local County Cooperative Extension Service to pick up GCS program materials. Click [here](#) to contact your county agent.
- Or, complete your hours online at courses.uaex.edu. Training is free and verified through the Professional Development Registry.

NEW Topics:

- Baby Sign Language
- Caring for Children with Special Needs
- Caring for Foster Children
- Child Abuse and Neglect
- Cultural Diversity in the Classroom
- Yoga for Kids
- Safety First in Child Care



Topic Highlight:

Managing Stress - Turning Challenges into Blessings

All of us experience stress of one kind or another. It seems to be an inevitable part of life. Some stresses may be large and some may be small, but we all have stresses in our lives. Even happy events can be challenging. This program teaches you ways to turn your stresses into growth, your challenges into blessings.

There are some key principles that help manage stress. The Managing Stress: Turning Challenges into Blessings workbook was developed to help you deal with stress in general and invite you to apply these principles to the stressors you face.

What resources do you have?

Some people have a wealth of resources that help them deal with challenges as they arise. For example, when a person loses a loved one, having a network of caring friends can make a big difference. Another resource that



can play a major role in helping us deal with stress effectively is religious faith. Research shows that people who have a strong religious faith are better able to deal with challenges.

How do you make sense of challenges?

Another factor that determines whether or not difficulties lead to stress is the meaning we assign to our experiences. For example, when we face unexpected challenges, it is common to panic. We may think that we will not survive—that we are doomed to misery. Choosing to think differently about a situation can make a big difference.

For example, one man used to say, “We don’t have any problems around here, but we sure do have some interesting situations!”

Challenges help us grow!



The surprising conclusion about stress is that it always invites and often forces us to grow. We can choose to be better for it or bitter because of it. If we use our resources and think about stress in positive ways, we can turn challenges into blessings.

To get a copy of the The Managing Stress: Turning Challenges into Blessings workbook, visit your local county offices. You can find your local office, [here](#).

To take this course and receive professional development credit, visit courses.uaex.edu.

PARENTING CONNECTION

Mother's Day is upon us!

Mother's Day is coming up and we know that kids love making handmade cards. These Button Art Flower cards are perfect for mom or grandma! You only need a few supplies and kids of all ages will love making them! Craft and photos from thebestideasforkids.com.

Supplies:

- Buttons
- Colorful Cardstock
- Glue
- Green foam sheet
- Scissors



Directions:

1. Begin by folding an 8.5 x 11 piece of card stock in half.



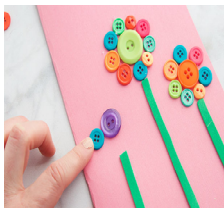
2. Cut some small strips of green foam and glue it to the card stock.



3. Glue some large buttons above the green stems, leaving a little bit of space for the petals. Please allow time for drying.



4. Glue smaller buttons around the large centers for the petals.



5. Glue green buttons next to the foam strips for leaves.



6. Your card is finished! Allow the glue to fully dry. Be sure to write a special message inside!

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/4hafterschool

Personal and Family Life Resources:

www.arfamilies.org

Childcare Resources page:

www.uaex.edu/childcareresources

The Child Care Extension Newsletter is provided by the University of Arkansas Cooperative Extension Service Family Life Team:

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