



WHAT'S INSIDE:

Crafts &
Recipes

Parenting
Connection

Program
Highlights



The Child Care EXTENSION

MANAGING HOLIDAY STRESS

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.

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.

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.

The fall and winter holidays bring with them high expectations. Your own, your family's, and your employer's expectations about how things should go during the holidays can place additional demands on you during a time that is already stressful. For child care professionals, the expectations of your children's families can also cause you to feel overwhelmed. Parents may expect special projects for each holiday, gifts from their children, or a holiday performance. Between your own personal holiday stresses and those at work, you may find yourself frazzled. Going into the holiday season with a plan to manage stress can help you keep your cool.

- **Plan ahead:** If you know you will be doing special activities for holidays, plan ahead as much as possible. Order/purchase materials in advance and schedule enough time for activities.
- **Ask for help when needed:** Don't hesitate to ask parents or other staff for help if you need it. Parents may be more than willing to help with gathering materials, wrapping family gifts, or putting together performance costumes, and coworkers may welcome a multi-class project or outing.
- **Don't overextend:** While some parents may expect a frame-worthy project for each holiday, most parents will be happy with whatever their child creates, and some may wish to avoid clutter. Choose your projects based on your class needs and your personal preferences. Especially when scheduling parties and events, keep things simple and keep the parents informed and their schedules in mind. Many will only be able to attend something planned far in advance.
- **Set boundaries:** It is easy to get drawn into extras around the holidays. Set and maintain boundaries to protect your time and mental health by saying "No" to things that aren't necessary or wouldn't enrich your job or personal life. Sometimes getting that extra pat on the back or compliment is not worth the stress it took to get it.
- **Engage in self-care:** Find something you do just for yourself. Read a book, take a walk, do breathing exercises, eat a healthy snack, or write in a journal. Make sure you take time for yourself each day. Even if it is only a few minutes, the health benefits are wonderful.



Balancing expectations, managing time, taking care of yourself can help you make it through the holiday season with less stress. Happy holidays!

RECIPE

PUMPKIN LOAF

Recipe from chopchopmag.org

Yield: 12 servings

Ingredients:

- 1 c whole-wheat flour
- 1/2 c all-purpose white flour
- 1.5 tsp baking powder
- 1/4 tsp ground cloves and salt
- 1/2 tsp ground all spice, cinnamon and nutmeg
- 3/4 c pumpkin puree
- 6 Tbsp canola oil
- 1/2 c of honey
- 3 Tbsp dark brown sugar
- 2 large eggs

Directions:

1. Set oven to 350 degrees. Spray a 8x4 loaf pan with cooking spray.
2. Put the flours, seeds, baking powder, allspice, cinnamon, nutmeg, cloves and salt in a small bowl and use the whisk to mix well. Set aside.
3. Put the pumpkin, oil, honey, brown sugar and eggs in the large bowl and use the mixer or a spoon to combine until well blended.
4. Pour in the dry ingredients and mix well.
5. Add the dried fruits and mix well.
6. Pour the batter into the prepared pan. Bake until toothpick comes out clean, 50-55 minutes.
7. Set aside to cool in the pan. Turn the loaf out onto the cooling rack and let cool completely. Enjoy!

Option: Add 2 Tbsp each of sesame seeds, raisins, and dried cherries!



CRAFT CORNER

MONSTER TREAT BAGS

Want to spice up your little ones candy tote? Together, you and your child can create Monster Bags to collect goodies on Halloween night! It's so easy!

*Craft from Pat Catan's Craft Center
and Make it Yourself*

Materials:

- Cardstock: white and black
- Marker
- Tacky glue
- 8x10 gift bag
- Monster pattern - [Click Here](#)
- Anything else (googly eyes, markers, stickers, extra paper, washi tape)

Using the pattern

1. Start by printing it on cardstock and cutting out each piece.
2. Next, place each pattern piece on the paper color you want the facial feature to be, and trace around it with a marker.
3. Cut out the drawn lines and assemble on the bag starting from the bottom up.
4. Glue them in place and let dry.



Not using the pattern

1. Draw a mouth shape in the middle of the bag.
2. Cut out two triangle from cardstock for pointy teeth and glue them below the mouth shape using a glue stick.
3. Attach googly eyes with tacky glue.

** For either bag, finish with embellishments like washi tape, extra stickers, marker drawn hair, etc.



BEST CARE CONNECTED

Online Training for Arkansas Child Care Providers

Best Care Connected provides 5 hours of free PDR verified professional development training. The online course format includes interactive elements and audio recordings.

Best Care Connected is available from October 16th, 2018 to September 16th, 2019. Each lesson equals 1 hour of PDR verified credit.



HOW DO I GET STARTED?

- To access the course, go to the courses.uaex.edu website. Once you log in, please “click” on the Best Care Connected under the course category titled Child Care Courses - PDR Eligible.
- To enroll in the course, scroll to the bottom of the Best Care Connected Course Home page and click the link titled “Best Care Connected 2018-19”.
- Please make sure to complete the lessons requirement in order to receive credit in PDR.

2018-19 TOPICS

- Building Parent-Teacher Partnerships through Effective Communication
- Allergies and Asthma
- Farm to Classroom
- Your Best Money Moves
- Child Transitioning: Getting Children Ready for the Next Classroom



Topic Highlight: Building Parent-Teacher Partnerships through Effective Communication

Studies show that children benefit most when the adults in their lives are working together to support their overall well-being. Children are aware of how their teachers and parents get along, and they can tell when you are not communicating. Establishing good communication with parents will make it easier to work through any concerns that may arise as the child gets older.

According to Extension.org, the seven be's of effective communication between teacher and parents are:

- Be interested
- Be humble
- Be respectful
- Be inviting
- Be a good listener
- Be positive
- Be creative



In the event that you have concerns about a child in your classroom, below are some reminders to consider prior to the parent meeting.

- Talk with Director prior to communicating with Parent(s).
- Schedule a time and place where you can talk alone.
- Be prepared for strong emotions. These emotions make come out against you so try to not let your emotions cloud the reason for the meeting.
- Say positive things about the child.
- See if the parent has any concerns or questions about how the child is doing.
- Share your own observations and concerns.
- Choose your words carefully. (Rather than “I think” maybe use “I have noticed”)
- Avoid using labels or technical terms.
- Stress the importance of checking things out right away.
- Be ready to offer information and resources.
- Show that you want the best for their child and you support them.
- Be sure and confident in what you are saying.

It is equally important for parents to know how to communicate with teachers. Here are some [Tips for Talking with Teacher](#).

One of the simplest ways to start communication with your parents is by providing them with a daily/weekly report of how the child does in school. Children do not necessarily share a detailed report of what went on at school or when they do it could be a misinterpretation. These reports help parents feel more in the loop. If you are needing a report template, check out the ones that we have provided.

[Daily Report PDF](#) [Weekly Report PDF](#)

If the link does not work, the report are available on the [Child Care Resource](#) page (near the bottom).

For more helpful information, enroll in our Best Care Connected: Building Parent-Teacher Partnerships through Effective Communication lesson.

Topic Highlight Resources:

- Extension.org Article: [Provider-Parent Relationships: 7 Keys to Good Communication](#)
- Extension.org Article: [Tips for Child Care Providers to Communicate with Parents Their Concerns about a Child's Development](#)
- ZeroToThree.org article: [How to Communicate with Parents](#)

PARENTING CONNECTION

Helping books come off the page!

Finding ways to help books come off the page can increase children's love of reading. Here is a book and companion activity to do with your kids.

Read Bartholomew and the Oobleck by Dr. Suess:

Bartholomew and the Oobleck is about a young page boy who has to save the kingdom when his king makes a foolish mistake. When the Oobleck arrives Bartholomew must teach the king about the power of saying "I'm sorry." Look for it at your local library.



Make Oobleck yourself!

WHAT IS OOBLECK?

Oobleck is usually a mixture of cornstarch and water. Roughly a 2:1 ratio but you can tinker with the ratio to find a desired consistency that still maintains the properties of oobleck. What's the science of oobleck? Well, it's a solid. No wait it's a liquid! Wait again, it's both! Very fascinating to be exact. Pick up solid chunks, pack it into a ball and watch it ooze into a liquid. This is called a non-newtonian fluid, a substance that acts like both a liquid and a solid.

What you'll need:

- 1 cup of corn starch
- 1/2 cup to 1 cup of apple sauce
- 1 generous tablespoon cinnamon (optional)
- Large mixing bowl
- Whisk
- Smaller bowl or pie plate for experimenting



To make our apple oobleck, we measured roughly a cup of cornstarch and a 1/2 cup of applesauce into a bowl. Great practice for the kiddo too! Add a generous sprinkle of cinnamon and mix! If it's too thick you can add more apple sauce, if it's too runny you can add more corn starch. Water works just as well instead of apple sauce, but we wanted to give it a fall theme.



*** This activity can get messy, but oobleck cleans up easily with soap and water.**

Applesauce oobleck recipe from:
<https://littlebinsforlittlehands.com>

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

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

Dr. Brittney Schrick, Rebecca Simon,
Jewell Miller, Ashley Foster,
Ashley Henderson & Rachel Chaney

Newsletter Designed by:

Rachel Chaney, Julie Thompson
& Jewell Miller

FOLLOW US ON SOCIAL MEDIA

Facebook

@UAEXFamilyLife
@UAEXBestCare
@UAEXBCCConnected
@GCSUAEX
@Navigatinglife

Pinterest

@BestCareConnected
@UAEXFamilyLife

Youtube

@UAEXFamilyLife

U of A DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System

2301 SOUTH UNIVERSITY AVENUE
LITTLE ROCK, ARKANSAS 72204