



THE CHILD CARE EXTENSION

Training Opportunities:

Guiding Children Successfully

Available Online and/or In Paper Form

Guiding Children Successfully offers 30 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 25th, 2020

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

Coming soon Online

Arkansas 4-H Out of School Time offers five hours of online 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 TAPP verified trainings across the state. For more information go to uaex.edu/bestcare.

PREVENTING THE SPREAD OF FLU AND OTHER ILLNESS THIS SEASON

After the terrible flu season we experienced in Arkansas and across the nation last year, parents and other caregivers are braced for the upcoming season. For early childhood professionals, preventing the spread of flu and other illness will protect you from missed work, those with whom you share your home from exposure, and limit the spread among children in your care.

- **Encourage families to vaccinate against flu:** Offering a flu clinic and/or sending home information about flu vaccination may help limit cases of flu and how much it spreads if someone comes to school with it. Especially for younger babies who are not fully immunized or for children who cannot be immunized due to immune deficiencies or chronic illness, the immunization of those around them protects them too!
- **WASH HANDS!** Washing hands is one of the best ways to prevent and limit the spread of illness in general, and this includes the flu. Sneeze or cough into the elbow, use tissues, dispose of used tissues, and wash hands thoroughly using soap and clean towels.
- **Sanitize surfaces including toys:** Remove soft toys that cannot be adequately sanitized, limit cross contamination or sharing of surfaces between children, sanitize throughout the day rather than all at the end of the day (especially surfaces that are touched often like door handles, changing tables, sinks, and toilets), and teach children appropriate illness prevention strategies to help keep germs at bay.
- **Inform parents of the dangers of sending a sick child to school:** Parents may be hesitant to keep their child home due to inflexible jobs or lack of alternate care; however, sending a sick child to school risks infecting other children, teachers, and staff and lengthening the time their child is ill by increasing likelihood of repeated exposure. State minimum licensing requires that children must be kept home until they are fever free for 24 hours and have not vomited or had diarrhea for 24 hours. Many illnesses are contagious before obvious symptoms begin, so when in doubt, keep them home if you can.
- **Teachers and Staff stay home when ill:** Your love for your kiddos and the possibility of losing the hours you need each week to make ends meet may make missing work stressful; however, coming to school while feeling sick causes more trouble than it is worth.

Extra precautions can limit the spread of illness in the child care setting. Healthy habits make healthy spaces!



Recipe

Prep time: 10 minutes
Yield: about 9-12 pops depending on the size of the bananas

Ingredients:

3 medium bananas
1/3 cup pumpkin pie filling
1/3 cup vanilla yogurt
1/2 cup graham cracker crumbs
3 Tbsp chopped pecans
2 Tbsp packed brown sugar
12 lollipop/cake pop sticks

Directions:

1. Peel bananas and cut into 2-inch pieces. Insert a lollipop or ice pop stick into each piece and arrange them on a parchment-lined tray. Freeze for one hour.

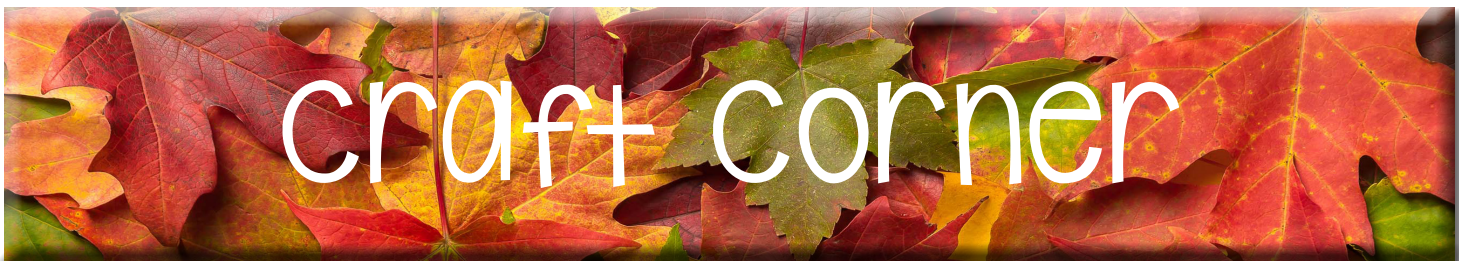
2. Meanwhile, mix together pumpkin pie filling and yogurt until blended. Do not overmix. Place mixture in fridge until chilled. In a food processor, pulse together graham cracker crumbs, pecans and brown sugar until a fine crumb forms. Set mixture aside in a bowl.

3. Dip frozen bananas halfway in yogurt mixture then sprinkle with crumb mixture. Return to freezer until set.

4. Store bananas in freezer. When ready to enjoy, let bananas stand at room temperature for 5 minutes before serving.



Recipe From: abcsandgardenpeas.com



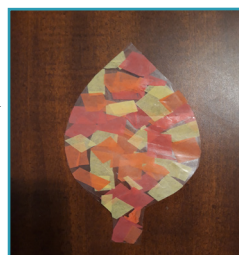
Supplies:

- Contact paper
- Fall colored tissue paper
- Scissors

Instructions:

Cut out two leaf shapes from contact paper

Cut or tear small strips of colored tissue paper



Peel back paper off of contact paper.

Allow child to stick tissue paper to contact paper.

Add second piece of contact paper.

Hang in window.

BEST CARE CONNECTED

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 November 1, 2019 to September 25, 2020. 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 link under the course category titled Child Care Courses-PDR Eligible.

To enroll in the course, scroll to the bottom of the Best Care Connect Course Home page and click the link titled “Best Care Connected 2019-2020”.

As you work through the course, please be sure to complete the registration form, pass the quiz with an 80% or above, complete the evaluation form, and print/save as PDF the certificate for each lesson.

2020 TOPICS

- Outdoor Learning Environments
- I Like to Move It, Move It!
- Don't Quit! Avoid Burnout
- Building Staff Relationships
- Alternatives and Substitutions

INSTRUCTOR HIGHLIGHT:

LAJOY MONTGOMERY



My name is LaJoy Montgomery and I am your new Best Care Connected Instructor. I have worked with children for over 13 years with a background in training, quality assurance and technical assistance.

I have been married for 7 years, my husband, Baron and I have three children, Zaria, 14, Zaire, 6 and Zorah, 2. Pretty awesome name choices, right? Well in case you are wondering, we chose these names because they correlate to a piece of land in Africa. I have worked on every local level of ECE from paraprofessional to a trainer and even served on the state level as a specialist. I have managed classrooms, mentored teachers, engaged families and understand first hand, that being a teacher is so much more than just being a teacher. It takes grit and gusto to handle children birth to 5 so I commend each of you on your efforts.

PARENTING CONNECTION

Activities You and Your Child Can Enjoy this Fall

Take time to notice the colorful leaves and play in the crisp autumn air while you can! The season will be gone before you know it!

Nature Walk



What to do:

1. Take a walk with the children and gather colored leaves.
2. Sort by color, shape and size.
3. Recycle the leaves by spreading them into flower beds or under bushes outside.

Leaf Window Hanging

What you'll need:

- Clear Contact paper
- leaves, grasses, flower petals

Directions:

Simply lay a piece of clear contact paper, sticky side up, on the table. You can tape the paper to the table to keep it from slipping. Have your toddler place the leaves, grasses and flower petals in their own design on the sticky paper. When they are finished place another piece of contact paper on top and trim the artwork into any shape you desire.

What Children will learn : Creative Expression



As your BCC instructor you can expect to see efforts to increase visibility, interesting content topics and opportunities to share dialogue about happenings in your local area. I fervently believe in the work of ECE and the effort of creating a solid foundation for early learners to build on. I enjoy working with teachers and providers to assist with creating content that is relevant to your work but also resonates with concerns that need to be highlighted and discussed. I look forward to working with each of you as we grow and learn in Best Care Connected.

For more information on Best Care Connected go to

<https://www.uaex.edu/bestcareconnected>

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/bestcareschool

Personal and Family Life Resources:

www.arfamilies.org

Childcare Resources page:

www.uaex.edu/childcareresources

Check out our online
child care courses at
COURSES.UAEX.EDU



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

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