

CHILD CARE

EXTENSION

Summer 2024

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and Resource Destination

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**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

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Check out the Early Childhood Socials here!
[https://linktr.ee/early.childhood.socials?
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Mexican *Limonada*

Serving: *1 cup* | Calories:
115kcal | Carbohydrates: *28g* |
Sodium: *7mg* | Potassium: *39mg*
| Sugar: *26g*

INGREDIENTS

1 cup fresh lemon or lime juice
1 cup simple syrup
4 cups of cold water
Ice for serving

DIRECTIONS

- Using a lemon or lime squeezer, juice the lemons/lime until you reach one cup.
- In a large pitcher, add the lemon/lime juice, the simple syrup & water.
- Mix well and enjoy over a glass filled with ice

Summer

As the sun rises higher in the sky and the days grow longer, we're thrilled to welcome you to the latest edition of our summer newsletter! With the scent of blooming flowers in the air and the promise of adventure on the horizon, this season brings a wealth of opportunities for connection, growth, and exploration. From exciting events and community initiatives to valuable insights and tips for making the most of the summer months, our newsletter is your guide to embracing the spirit of summer in all its warmth and wonder. So kick off your sandals, grab a cool drink, and join us as we embark on this journey of summer vibes and sun-kissed adventures together. Welcome to our summer newsletter - let's make it a season to remember!

Your go to InfoHub

Summer of Health

Summer is a time of adventure and exploration for children, but it's also important to ensure their health and safety during the warmer months. Here are some tips and tricks to help children thrive while enjoying summer

New and Exciting updates!

The Early Childhood Team Logo!

In collaboration with the UADA Communication department, we are proud to reveal our new logo! Be on the lookout for this logo to start appearing on merch, publications, and on our UADA website.

FCS Admin III Position is Open!

FCS is in a transition period as the search for a new Admin III goes underway. The position is now live but in the mean time, for agents who have any questions regarding FCS, our Admin II's (Savannah Lindsey and Makenna Meziere) will be glad to help. Genean Butler in the Administration suite is also available

First and foremost, protecting children from the sun's harmful UV rays is crucial for their health and well-being during these hot summer months. First and foremost, protecting children from the sun's harmful UV rays is crucial for their health and well-being during the

summer months. Encourage parents to apply sunscreen with a broad-spectrum SPF of 30 or higher to their children's exposed skin before heading outdoors. Remember to reapply sunscreen every two hours, especially after swimming or sweating. Additionally, dressing children in lightweight, breathable clothing that covers their skin and providing hats and sunglasses for added protection can help minimize sun exposure and reduce the risk of sunburn. Now, that we are sure that sun safety is covered, let's make sure that we are providing the right nutrition and hydration levels for that summer sun. Staying hydrated and well-nourished is essential for children to maintain their energy levels and support their overall health during the warmer months. Encourage parents to pack plenty of water and hydrating snacks, such as fruits and vegetables, for outdoor adventures and day camps. By prioritizing hydration and nutrition, childcare providers and parents can help children stay healthy and fueled for

summer fun. Summer also provides ample opportunities for children to engage in outdoor activities and physical fitness, but it's important to ensure their safety while exploring the great outdoors. Teach children about safety rules and guidelines for outdoor play, such as staying away from busy streets and wearing helmets while biking or scootering. Summer is supposed to be the best time of the year, but let's not forget that it's also important to prioritize children's mental wellness and recognize that summer can also be a time of isolation since school is no longer in session. Encourage parents to establish healthy screen time limits and provide alternative activities that promote creativity, imagination, and social interaction. By prioritizing sun safety, hydration, nutrition, outdoor safety, physical activity, and mental wellness, childcare providers and parents can ensure that children have a safe, healthy, and enjoyable summer. Let's work together to support the health and well-being of kids this summer and beyond.



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NEW!



NEAFCS AWARDS

Our Early Childhood team just won two NEAFCS awards, and we're over the moon! We snagged the Early Childhood Childcare Training Award for our efforts in childcare education, and we also brought home the Human Development/Family Relationships Award for our work in strengthening family bonds. These wins really highlight how committed we are to improving early childhood education and supporting families with our programs.

[PROGRAM HIGHLIGHTS] Achievement Corner

"Welcome to our Achievement Corner, where we celebrate the successes and milestones of our program."



BEST CARE

We're thrilled to share the latest updates from our Best Care training sessions! With an impressive total reaching well over 900 participants, our commitment to providing top-notch training and professional development is stronger than ever. The feedback has been overwhelmingly positive, with 726 evaluations submitted, reflecting the high level of engagement and satisfaction among our dedicated trainees.

high level of engagement and satisfaction among our trainees. If any agent needs help locating their training feedback, reach out to Kayla Machen at kmachen@uada.edu.

CHILDCARE RESOURCES

Attention, agents! Get ready for an exciting update coming your way on **July 1st, 2024**. Mark your calendars and be prepared for the launch of our revamped Childcare Provider Resource page, this page

will be packed with exciting new resources, activities, and will have access to all previous newsletters. We're committed to providing you with the tools and information you need to excel in childcare, and this update is designed to streamline your access to all our valuable content. Stay tuned for July 1st, when the enhanced childcare provider resource page will be ready to empower you on your journey to childcare excellence and more!

EXPLORATION

Our early childhood team embarked on an exciting adventure with some of our agents and visited the ESSE Purse Museum back in March to explore the traveling exhibit on the history of "Home Ec." This exhibit offered a fascinating journey through time, delving into the evolution and significance of home economics throughout history. Big thank you to Nina Roofe for offering us this fun opportunity and planning it all!



A vibrant picnic scene set outdoors. A large, peach-colored blanket is spread over a white cloth. In the upper right, a wicker basket is filled with white daisies. A straw hat with a patterned ribbon lies on the white cloth. Several white bowls containing fresh fruit—cherries, blueberries, and strawberries—are arranged on the cloth. A woven basket in the bottom right corner holds more strawberries and a small bowl of white cheese. The background shows tall green grass.

SUMMER

Your parenting connection

Spending time outdoors and enjoying a picnic with kids offers a multitude of benefits for their physical, mental, and emotional well-being. Not only does it provide an opportunity for them to connect with nature, but it also encourages active play, social interaction, and family bonding. Outdoor picnics encourage children to engage in physical activity as they run, jump, and explore their surroundings. Whether it's playing catch, going for a nature walk, or participating in a game of tag, outdoor play helps children develop gross motor skills, coordination, and strength. Nature can also provides a rich sensory experience for children, stimulating their senses of sight, smell, touch, and sound. From feeling the grass beneath their feet to listening to the chirping of birds and feeling the warmth of the sun on their skin, outdoor picnics engage children's senses and foster a deeper connection with the natural world. So grab a blanket, pack some snacks, and head outdoors for a fun-filled picnic adventure with your little ones!

THE PICNIC ESSENTIALS

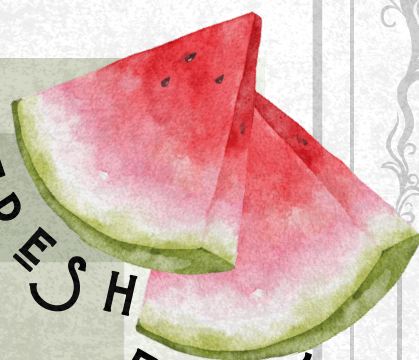
ETC. 2024



LEMONADE



PLATES



FRESH
FRUIT



UTENSILS



PRESERVES



SUN PROTECTION



BASKET



CRAFTS



SANDWICHES

RECIPE FOR: Rainbow fruit salad



DELICIOUS!

REVIEW:



INGREDIENTS:

Strawberries, mini Oranges
Pineapples, Kiwi, Blueberries
Red grapes
Lemon juice and pure
maple syrup

TOOLS:

Measuring cup, knife,
cutting board, peeler, fruit
juicer, glass bowl, whisk, and
mixing spoons

NOTES:

This Rainbow Fruit Salad Recipe is packed with tons of healthy fruits and tossed in a light citrus dressing!

DIRECTIONS:

1. Add the lemon juice and maple syrup to a large bowl and whisk together.
 2. Add all the fruit to the bowl and mix until combined and all the fruit is coated with the syrup
- *if desired you can mix in some extra sweetener or top with whipped cream!



KIDS LOVED IT!



INSECTS FROM ARKANSAS

HOW MANY CAN YOU FIND?



☐ Atlantis Fritillary
Butterfly



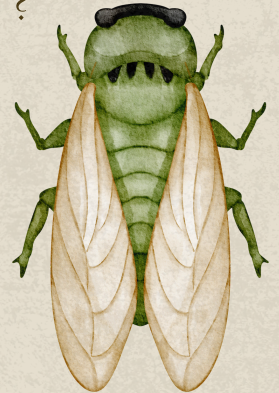
☐ Mosquito



☐ Fly



☐ LadyBug



☐ Cicada



☐ Grasshopper



☐ American Bumble Bee



☐ Caterpillar



☐ Dragonfly



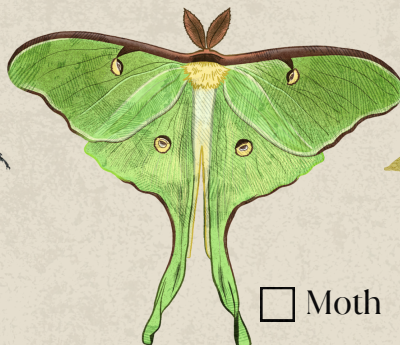
☐ Black Ant



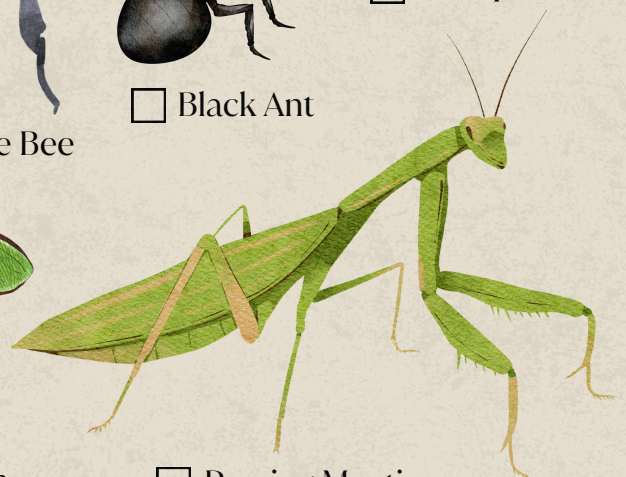
☐ June Bug



☐ Beetle



☐ Moth



☐ Praying Mantis

Take children on a Bug Collecting Adventure, where they can explore the fascinating world of insects! This activity not only provides an exciting hands-on experience but also offers valuable educational opportunities in biology, ecology, and environmental awareness. The Bug Collecting Adventure is a fun and educational way for children to connect with nature, fostering a love for the environment and a deeper understanding of the world around them. As you head out into nature, see how many of these Arkansas native insect you can spot!

CULTURAL CORNER

Welcome to the Cultural Corner. In this section of our newsletter, we invite you to broaden your horizons, deepen your understanding, and embrace the beauty of cultural exchange. Join us on a journey of discovery as we delve into art, cuisine, traditions, and more! In this edition, we are highlighting young local Arkansas artists.



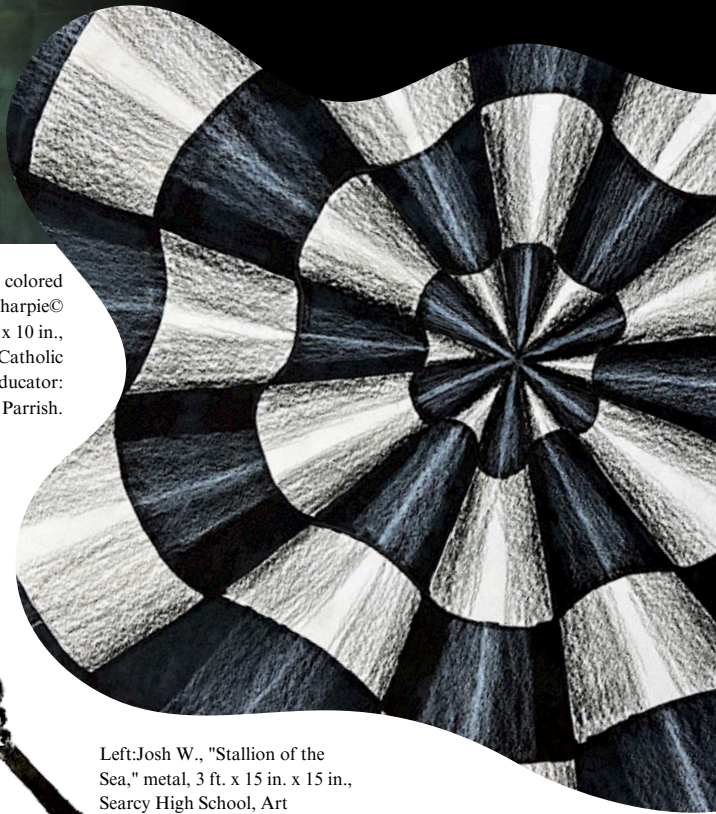
Behind: Jax N., "Untitled," mixed media, 9 x 6 in., North Little Rock High School, Art Educator: Reagan Wentzel.

ARKANSAS ART MUSEUM

MAY 18, 2024 – JULY 7, 2024

For over 60 years, the Arkansas Museum of Fine Arts has highlighted the remarkable talent, creativity, and perspective of Arkansas students through the Young Arkansas Artists exhibition.

Right: "Op Art," colored pencils and Sharpie® marker, 10 x 10 in., Christ the King Catholic School, Art Educator: Mimi Parrish.



Left: Josh W., "Stallion of the Sea," metal, 3 ft. x 15 in. x 15 in., Searcy High School, Art Educator: Terry Hester.



Left: Adelynn V., "Gnome of the Garden," ceramic, 3 x 2 in., Williams Traditional Magnet Elementary, Art Educator: Benita Robinson.



ART EXHIBITION



Behind: Maryn A., "Destiny," cyanotype, 10 x 8 in., Parkview Arts & Science Magnet High School, Art Educator: Matt TerAvest.

ADDITIONAL RESOURCES

The Professional Development Registry

<https://pdr.ade.arkansas.gov/>

PDR was designed by the Arkansas Department of Human Services: Division of Child Care and Early Childhood Education (DCCECE).

Better Beginnings

<https://arbetterbeginnings.com/>

This website is for parents looking for information about child care in Arkansas or for details about what quality care looks like. It's also for providers and teachers who want to elevate the quality of care they provide or who need additional resources.

Arkansas Department of Human Services

<https://humanservices.arkansas.gov/>

Together we improve the quality of life of all Arkansans by protecting the vulnerable, fostering independence, and promoting better health.

Minimum Licensing Requirements

<https://dese.ade.arkansas.gov/Offices/office-of-early-childhood/child-care-licensing>

The Office of Early Childhood (OEC) recognizes and supports professionalism within early care and education. Use the links below to gain access to helpful resources and to learn more about how the Office ensures children have access to high-quality early care.

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

Newsletter Designed By:
Kayla Machen



Rebecca Simon
Instructor
501-671-2364
rsimon@uada.edu
BestCare



Ashley Foster
Program Associate
501-671-2103
afoster@udad.edu
Guiding Children
Successfully



Amy Cofer
Program Associate
501-671-2214
acofer@uada.edu
BCC/BCOOST



Lourdes Yanez
Program Technician
501-671-2025
lyanez@uada.edu
Guiding Children
Successfully



Kayla Machen
Program Technician
501-671-2218
kmachen@uada.edu
BestCare

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