

# THE CHILD CARE EXTENSION

August 2023

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## Hello Fall!

As the hot summer days gradually make way for the crisp, colorful charm of autumn. We are thrilled to welcome you to the Fall edition of The Child Care Extension. We are proud to offer you a wide variety of training opportunities, cool crafts & seasonal recipes, and program highlights that are sure to inspire. As we begin to make our way into the cooler months, there are a wide variety of exciting things going on with the Early Childhood team that we

are eager to share with you. In addition, we would also like to highlight some exceptional team members and agents who are making a difference in their field and leading the way to make a change in Early Childhood Education. Fall also brings us National Children's Vision & Learning Month (August), National Literacy Month (September), and Child Health Month (October), so we will be sharing valuable resources on promoting children's well-being.

## FIVE TIPS To Be a Successful Self Starter :

- Manage time
- Focus on objectives
- Self respect
- Don't give up easily
- Self-confident

UofA

**DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION**

*University of Arkansas System*







# InfoHub

## Unfolding Growth: Vision, Literacy, and Health in Focus By: Kayla Machen

August, designated as National Children's Vision & learning Month spotlights the vital role that vision plays in child's learning journey. 1 in every 4 children has a vision disorder. This month, we encourage proactive steps such as regular eye examinations, promoting outdoor play, and remaining alert for any signs of vision trouble. As we welcome September, we celebrate National Literacy Month. Literacy, the bedrock of education, bridges gaps and opens doors. A study by the National Bureau of Economic Research done in 2019 shows that cultivating a love for reading in early childhood education significantly improves educational outcomes. For this upcoming September, let's kindle a passion for books, encourage diverse reading materials, and make family and make family reading a regular event. Check out our Literacy in Early Childhood lesson to learn all about how reading is a vital part of a child's development. October, celebrated as Child Health Month, reminds us of the significance of nurturing our children's physical and mental well-being.

According to CDC (2020) a balanced diet, regular physical activity, sufficient sleep, and mental health check-in's are key to a child's health development. During October, let's make an extra effort to incorporate the teaching of healthier choices in daily routines, introduce various physical activities, and promote open conversations about children's emotions.



### Resources:

Find books recommended by age [here](#)

See Physical activity recommendations for children 3-5 [here](#)

See Physical activity recommendations for children 6-17 [here](#)

Read more about early intervention for vision [here](#)

## Training Opportunities:

### Best Care

Earn up to 10 hours of verified face-to-face training annually offered at many locations throughout the state.

### Best Care Connected

Earn up to 5 hours of verified online training with new topics annually. Self-paced courses can be completed throughout the year.

### Guiding Children Successfully

Earn up to 30 hours of verified self-guided or 38 hours online training in topics related to child development, safety, nutrition, and more.

### Best Care Out-of-School- Time

Earn up to 5 hours of PDR and ADE verified online training with new topics annually. These topics are geared toward providers who work with school age children in afterschool, summer, camp, or other out of school time programs.



Don't miss out on all the free training opportunities and resources

All child care training programs are offered free of charge by the University of Arkansas Cooperative Extension Service in partnership with the [Division of Child Care and Early Childhood Education](#) and the [Professional Development Registry \(PDR\)](#).





# Parenting Connection

## Activity Title: "Family Story Web"

This activity not only encourages sharing and active listening, but it also creates a sense of unity and understanding among family members. Regularly doing this exercise can open up communication channels and foster deeper connections.

### Materials needed

1. A ball of yarn or string.
2. Small pieces of paper and pens.

### Instructions

1. The entire family should sit in a circle. It could be during a family meeting, after dinner, or at any convenient time.
2. The parent who starts the game holds the ball of yarn. They share something about their day, week, or an event, memory, or feeling that is important to them.
3. After sharing, they hold onto the end of the yarn and toss the ball to another family member.
4. The person who catches the yarn must then share something about themselves. It could relate to what the previous person shared, or it could be something entirely different. Once they've shared, they hold onto a part of the yarn and toss the ball to someone else.
5. This continues until everyone has had a chance to share, and the yarn has crisscrossed to form a "web of stories". The web visually represents how each family member's experiences and feelings are interconnected, creating a shared family narrative.
6. For a lasting memory, each person can then write down what they shared on a piece of paper, and these can be put together in a "Family Story Jar" or a "Family Story Album."



## Best Care 2024

### What To Look Forward To

We are offering 30 minute, 1 hour, and 1.5 hour lessons

The 1.5 hour lessons will have more discussion and more activities that will facilitate learning to help participants learn more about the concepts being covered (list of lessons to follow soon)







# FALL HARVEST CHEX MIX

Getting your harvest Chex mix fix is easier than you think. Thanks to this quick and easy recipe, that sweet, peanut-buttery fall Chex mix is only a few minutes away!

## INSTRUCTIONS

1. Line 2 baking sheets with parchment paper; set aside.
2. Combine Chex cereal, Golden Grahams cereal, Reese's Pieces, and nuts in a large bowl; set aside.
3. Combine Karo® Syrup, sugar, and butter in a medium saucepan. Bring to a boil over medium-high heat; boil 2 minutes, stirring frequently. Remove from heat and let cool 2 minutes.
4. Pour syrup mixture over cereal mixture; gently toss until cereal mixture is evenly coated.
5. Spread mix on cookie sheets. Allow to cool 2 minutes and then sprinkle with chocolate chips. Don't touch the mixture until completely cool as the chocolate chips get a little soft because of the warm mix.
6. Once completely cool, store in an airtight container for up to 1 week.
7. NOTE: Not all the chocolate chips will stick to the mix but enough of them will to make it yummy.

**NUTRITION INFORMATION YIELD: 16 SERVING SIZE: ¾ cup**

**Amount Per Serving: CALORIES: 429 TOTAL FAT: 17g SATURATED FAT: 10g  
TRANS FAT: 0g UNSATURATED FAT: 3g CHOLESTEROL: 23mg SODIUM: 332mg  
CARBOHYDRATES: 66g FIBER: 2g SUGAR: 37g PROTEIN: 4g**

**GREAT FOR  
HALLOWEEN!**

**FOR AN EXTRA SCARE SERVE  
IN A SKULL CANDY DISH**

## INGREDIENTS

- 6 cups Rice Chex cereal
- 6 cups Golden Grahams cereal
- 1 (9.9-oz) bag Reese's Pieces (about 1 ½ cups)
- ½ to 1 cup nut topping (or finely chopped peanuts)
- ½ cup mini semisweet chocolate chips
- 1 cup Karo® Syrup
- 1 cup sugar
- ¾ cup salted butter

**A DELICIOUS FALL  
SNACK!**







## MATERIALS NEEDED:

- Dried leaves
- Craft paper or cardstock
- Glue
- Markers or colored pencils
- Safety scissors
- Newspaper

## A FUN OUTDOOR ACTIVITY!

# FALL LEAVES CRAFT FOR KIDS

## INSTRUCTIONS

### Step 1: Gather the Leaves

The first step is the most fun because it involves a nature walk! Go for a walk in your neighborhood or a nearby park, and collect various types of leaves. Look for different shapes, colors, and sizes. Make sure to only collect leaves that have fallen from trees, as we don't want to harm any living plants.

### Step 2: Dry the Leaves

Once you've collected the leaves, it's time to dry them. Place your leaves flat between two pieces of newspaper or wax paper. Place a heavy book on top to press the leaves. Leave them for a few days until they are fully dried.

### Step 3: Plan Your Design

While your leaves are drying, you can start planning your design. Use a piece of craft paper or cardstock as your canvas. You can draw a scene or shape where you want to place your leaves. This could be anything you like such as a tree, an animal, a landscape, or a geometric pattern.

### Step 4: Prepare the Leaves

Once the leaves are fully dried, use safety scissors to trim any stems or imperfections from the leaves. This step should be supervised if the children are young.


### Step 5: Glue the Leaves and Let Dry

Arrange your dried leaves on your design. Once you're happy with your design, start gluing your leaves onto the craft paper or cardstock. Apply a small amount of glue to the back of each leaf, then press it onto the paper.

### Step 6: Display Your Artwork

Now that your dried leaves fall activity is complete, find a place to display your artwork! You could hang it on your fridge, put it in a picture frame, or even give it as a gift to a loved one.

**MAKES GREAT DECOR FOR THANKSGIVING!**





# Program *Highlights*

## LESSON SNAPSHOT

We love to hear from you and your experience with our lessons

"I learned that some things I thought were true about going to Kindergarten was not true I will be sharing this information I learned with my families and co workers"

*-Kindergarten Readiness Lesson*

"The overall course was very educational."

*-BestCare 2023*

"This is so beneficial to me because I am the director of childcare center and have issues with parents/teachers and I find myself always having to intervene in between to resolve problem."

*-Challenging Conversations*

"Easy to follow and gave great examples especially for special needs children".

*-Physical Activity*



## Now Open!

**Best Care 2023**

**Dates: July 15, 2023-  
December 1, 2023**

The Best Care training meets the professional development needs of Arkansas' early childhood professionals by providing 10 hours of verified training annually through the Professional Development Registry (PDR). The areas of emphasis include child development, health, nutrition, and resource management.



**Best Care Out-Of-School Time**

**Dates: June 1, 2023-  
May 31, 2024**

An online professional development course that provides 5 hours of training. The course is offered free of charge by the University of Arkansas Cooperative Extension Service in partnership with the Arkansas Division of Child Care and Early Childhood Education.



# Additional Resources



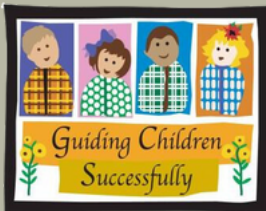
## Best Care - Face-to-face Training

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## Best Care Connected - Online Training

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## Guiding Children Successfully - Self-guided Training

Earn up to 30 hours of verified self-guided or 38 hours online training in topics related to child development, safety, nutrition, and more.



## Best Care Out-of-School-Time - Online Training

Earn up to 5 hours of PDR and ADE verified online training with new topics annually. These topics are geared toward providers who work with school age children in afterschool, summer, camp, or other out of school time programs.

(Formerly 4-H Afterschool)

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

Rebecca Simon, Amy Cofer, Ashley Foster, Lourdes Yanez, Kayla Machen

Newsletter Designed By:  
Kayla Machen

## SHOUT OUT!

We would like to take a moment to put a well-deserved spotlight on one of our most valued team members, Amy Cofer.

Amy has been with the Cooperative Extension Service for more than 6.5 years. Prior to that, she was an Infant/Toddler teacher. Her hobbies include reading, going to concerts, watching the Razorbacks, and Green Bay Packers football.

We are truly privileged to have Amy as part of our team. They continue to inspire us with their outstanding performance and positive outlook. Let's all take a moment to appreciate Amy's amazing contribution to our team. Your hard work, dedication, and positivity do not go unnoticed. Thank you, Amy, for everything you do.

If you know of someone who deserves a special shout-out for their great work email [kmachen@uada.edu](mailto:kmachen@uada.edu) and let us know!

