

WHAT'S INSIDE:

Crafts &
recipes

Parenting
connection

Program
Highlights



The Child Care EXTENSION

Training

Opportunities:

Guiding Children Successfully

Available Online and/or In Paper Form

Guiding Children Successfully offers 30 hours of TAPP verified trainings online or in paper form. For more information go to [page 3 of this newsletter](#).

Best Care Connected

Available Online until September 15th, 2018

Best Care Connected offers five hours of TAPP 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 TAPP 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.

BABY, IT'S OK TO PLAY WHEN IT'S COLD OUTSIDE!



As temperatures get cooler, it becomes more difficult to get everyone ready to go outside. Kids need jackets and then hats, coats, and gloves. Some parents may be against sending kids outside to play when it is cold, and others may be upset if you don't go outside. It's important to communicate with parents about what your policies are, and to help them understand the importance of outdoor, active play regardless of temperature. AR Minimum Licensing states that at least one hour of outdoor play per day is required in "suitable weather"

Your center can make the cold weather call based on wind chill, whether there is snow or other precipitation, and whether the kids have appropriate clothing and coats. If you decide to keep kids inside, make sure they have space and time to run around in vigorous play every day. Remember: Kids need to move! Everyone's lives will be easier if kids are given the time and space to move their bodies.

• **Communicate with parents** that kids need warm clothing and a coat. Keep a few extra jackets or coats around if possible.

• **Send home notices about cold weather** activities like STEM experiments and art projects that you can only do when it's cold! Melt ice or snow, examine frost patterns, or watch your foggy breath!

• **If you are stuck inside**, get creative on vigorous play time. Have a parade, play follow the leader, or play jump or throwing games. If you don't have access to an open indoor play space, move furniture in your classroom for open space.

• **Resist the temptation** to replace play time with screen time.



RECIPE

CANDY CORN FRUIT PARFAIT

This is a fun breakfast or snack recipe you can use this fall. Children can help assemble it and will love the candy corn resemblance!



Yield: 2-4 parfaits, depending on glass size.

Ingredients:

- 1 can (11 oz) Mandarin Oranges
- 1 can (20 oz) Pineapple Chunks
- 2 containers (6 oz) Vanilla Yogurt
- 1 bag Candy Corn

Directions:

1. Drain the juice from both cans of fruit.
2. Layer 1/3 of each glass with pineapple chunks, followed by an equal layer of mandarin oranges.
3. Top each serving with a generous dollop of your favorite vanilla yogurt and a decorative piece of candy corn.



Alternative Ingredients:

- For the yellow layer, you use bananas, peaches, yellow apples, or pears.
- For the orange layer, use tangerines, apricots, mango, or cantalope.
- In place of yogurt, use whipped cream or vanilla pudding.

Recipe From: mrbreakfast.com

BEST CARE CONNECTED

Best Care Connected provides 5 hours of free TAPP/PDR verified professional development training. The online course format includes interactive elements and audio recordings. Best Care Connected is available from October 16th to September 15th. Each lesson equals 1 hour of TAPP/PDR verified credit.



How do I get started?

- o 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 2017 TAPP/PDR Online Child Care Courses.
- o 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 2017-2018".
- o 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.

2018 TOPICS

- Infant Development - Baby's First Year
- Importance of Sleep and Quiet Time in Early Childhood
- It's Potty Time
- Managing Aggressive Behavior in the Early Childhood Classroom through Positive Discipline
- The Effective Storyteller



Topic Highlight: THE EFFECTIVE STORY TELLER

Reading is one of the most important things you can do to set a child up for success in life. The Effective Storyteller lesson discusses the importance of reading aloud to children and provides tips on how you can become a more effective storyteller. The great thing about books is that they cover so many topics. You can find all the books from the lesson covered in Best Care Connected. Learn how to choose good books and add supplemental activities to enrich a child's experience today!

Quick tips for reading aloud:

- Read with animation and emotion.
- Allow the children to interact with the story.
- Read lots of books to children. Read stories that the children love and read them more than once.
- Bring the book to life during playtime and in other learning centers with book-themed activities.

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.

Finger Painting



What you'll need:

- Water-based finger paints
- Paper or Cloth
- Smocks

What to do:

1. Mix water-based finger paints.
2. Have children make handprints to represent leaf shapes on murals, cloth, paper and windows. Young children can be messy finger painters so make sure they have on smocks or old clothes.

Books Related to Best Care Connected Course Topics:

Infant Development: *Ten Little Finger and Ten Little Toes*
By Mem Fox

While reading the story, engage the baby by counting their finger and toes along with the story. For a supplemental activity, do some activities that use their fingers and toes. Try some sensory exploring by having the child touch and feel the texture.

Potty Time: *Everybody Potties*
By Cheri Vogel

A supplemental activity for this book is to show the different stuffed animals that are associated with the book going potty too. Huggies.com also has a variety of potty training activities that would be fun and educational for your classroom.

For more information on Best Care Connected go to
<https://www.uaex.edu/health-living/child-care-providers/>

CRAFT CORNER

PUMPKIN SENSORY BAG

Pumpkin carving is essential, but what do you do with the messy insides? Here's an idea, make a sensory bag! I love using this with children because it teaches them what's inside of a pumpkin and what pumpkin guts and seeds feel like. And there's no mess! Kids will love it and it's easy!



Supplies:

- Pumpkin guts
- Ziploc gallon size freezer bags
- Items to fill the bag for an I-spy activity (you can use Halloween erasers found in the Target dollar bins and plastic shapes found at the Dollar Store)

Instructions:



To prepare the sensory bags, scoop out the inside of a pumpkin and place it in a gallon-size Ziploc freezer bag.

You can make your bags with just pumpkin guts, or you can add other items for an I-spy activity.



After the bags are prepared, invite the children to explore them. Let them squish the bags and search for the items inside.

Craft from: [Pre-K Pages](#)

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



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