



THE CHILD CARE EXTENSION

TRAINING OPPORTUNITIES

Guiding Children Successfully

Available Online and/or In Paper Form

Guiding Children Successfully offers over 30 hours of PDR verified trainings online or in paper form. For more information click: [GCS](#)

Best Care Connected

Available Online

Best Care Connected offers five hours of PDR verified trainings online. For more information click: [BESTCARECONNECTED](#)

Best Care: Out of School Time Now Online

Best Care: Out of school time offers five hours of online PDR verified trainings to participants working with after school youth. For more information click: [BCOOST](#)

Best Care

Available Face to Face & Online

Best Care offers 10 hours of face to face PDR verified trainings across the state. For more information click: [BESTCARE](#)

HELPING CHILDREN DEAL WITH CONFLICT

"I want it!" "No! I want it!" Children fighting can quickly drive a parent caregiver crazy. It can be tricky to know how to judge these conflicts fairly and, at the same time, teach our children to negotiate their own problems and conflicts.

Here are six steps to mediate a conflict that may work for you.

Approach the conflict calmly. Keeping your emotions in control allows you to assess the situation without escalating the problem.

Acknowledge children's feelings. (Hold any object in question.) "Joey, I see that you are angry. Katie, you are upset, too. I will hold onto this [name toy or object] for a minute while we talk about the problem."

Gather information. Coming in from the outside, we may not see the problem clearly, even when we think we do. Ask each child what it is they want.

Restate the problem. "Joey wants to play with both trucks and Katie, you want the blue truck."

Ask for ideas for solutions and choose one together. Often the children will come up with better solutions than the caregivers do. Joey: "Maybe I can play with both trucks first and then Katie can have the blue truck." Caregiver: "Katie, Joey wants to play with both trucks first, then you can have a turn with the blue truck. What do you think?" Here, Katie might come up with a solution, and Joey might have another solution. You can help the children understand the various choices and together they choose one.

Give follow-up support. Give the children positive feedback as they carry out their plan.

Resolving a conflict or negotiating a problem to a solution is a learned skill. With your help as mediator, as the children go through the steps of negotiation and compromise, eventually, hopefully, your children will learn to resolve their conflicts themselves, whether it is with family and friends, or later with colleagues and spouses. Patience, with the kids and with yourself is key. Don't assume you will all get it right every time. Practice makes perfect!



Adapted from Navigating Life Blog - By Kathryn McEldery

RECIPE

Prep Time: 15 min
Freeze: 6 hrs
Total Time: 6 hrs 15min

BLUEBERRY LEMON PUDDING POPS



Blueberries are a super food and so good for you!

They are:

High in antioxidants that fight inflammation
High in Vitamin C to help kids build better immunity
A good source of Vitamin K
Shown to improve brain function!

Ingredients

- 1 cup heavy cream
- 1 cup milk
- 1 TBSP sugar
- 1/2 cup lemon juice
- 3 tsp lemon zest
- 3 cups blueberries



Instructions

1. Whisk together cream, sugar, lemon juice, and lemon zest.
2. Place as many blueberries into your popsicle mold as you can.
3. Pour lemon mixture over the top of the blueberries. Place popsicle mold in the freezer for 6+ hours until frozen through.

Recipe from: [Super Healthy Kids](#)

CRAFT CORNER

PAPER PLATE - BEE CRAFT



Supplies:

Paper plate white or yellow
Paint (yellow and black)
Pom poms
Wooden clothespins
Googly eyes
Glue

Step 1: Paint the paper plate yellow and let it dry. We used small paper plates but any size plate will work just fine.

Step 2: Use a pom pom with a clothespin as handle to paint black stripes on the paper plate. Start at the bottom and go about halfway up. Leave the paper plate yellow at the top as this is where we'll glue the googly eyes.

Step 3: Paint two wooden clothespins black and after they dried up, glue two black pom poms at the top. One pom pom for each clothespin. These will be the bee's antennae.

Craft and photo from:

<https://nontoygifts.com/paper-plate-bee-craft-kids/>

BEST CARE CONNECTED

Online Training for Arkansas Child Care



Best Care Connected is an online professional development course that provides five hours of verified training through the Professional Development Registry (PDR).

How Do I Get Started?

To access the courses, go to the courses.uada.edu website. Once you log in, please “click” on the desired course link under the course category titled Child Care Courses-PDR Eligible. To enroll in the course, click the link titled with the desired course name. 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 or save as PDF the certificate for each lesson.

BEST CARE CONNECTED TOPICS for 2021

Love Languages
Preschool Independence
Classroom Safety
Brainy Babies
Setting The Table For Healthy Habits

Topic Highlight: Love Languages

Love Languages are a way to determine and describe the unique way we (and the children in our care) feel loved. What are the five Love Languages?

- o **Words of Affirmation:** Truthful words spoken or written from one person to another that will uplift them and can make them feel encouraged or loved. Can you think of any words that you have heard that made you feel good or encouraged? Can you think of any words that you have said to a child in your care that would make them feel good or encouraged?
- o **Quality Time:** Quality time is intentional and deliberate time spend with a person to make them feel loved. Adults and children whose main love language is Quality Time need a lot of attention. You can usually identify them because they are the children constantly at your desk, chair, right under your feet, raising their hand to tell a story, and love being heard often.
- o **Receiving/Giving Gifts:** Gifts are more than just

PARENTING CONNECTION

Plant A Garden

Age: 2 years and up

Materials you will need:

- Planting tools (rake, hoe, shovel, etc)
- Vegetable and flower seeds

What to do:

1. Plant a garden or flower bed—children can rake, hoe, and dig with tools.
2. Plant vegetables and flowers that have large seeds for small fingers to handle—peas, and beans all have large seeds—and flowers such as zinnia and marigolds are sturdy growers.



Weather Calendar

Age: 4 years and up

Material you will need:

- Weekly calendar (commercial or handmade)
- Markers

What to do:

1. Encourage children to draw that day's weather on a calendar as part of circle time
2. White erasable boards are great for this activity.
3. Use grease pencils or odorless markers

This activity can promote weather awareness, patterns in nature, ordering numbers.

material items or things to someone whose love language is receiving/giving gifts. What most people with the love language of Gifts want others to know is that they value being known. They feel loved because someone took the time and effort to get them something.

o **Acts of Service:** People who prefer to receive acts of love to be shown, rather than told, they're cared for. When someone does a helpful chore, or takes care of a task they've been avoiding, that's proof that someone wants to make life easier for them.

o **Physical Touch:** Everyone at one time or another must have physical touch. Touch is important for health and survival. Our bodies are made up of trillions of nerve cells, and from the first day you were born you have a need for touch. The need for touch continues, but it also begins to adjust based on the needs of the child and the family's way of showing love. Each child, family, and provider have their own level of touch.



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

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