



# 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 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

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

## COMPLETE THE STRESS CYCLE

Working with young children can be a very stressful job. Even though you love the kids you work with, it can be hard on the body and mind. In the book *Burnout: The Secret to Unlocking Your Stress Cycle*, the authors, Emily and Amelia Nagoski, explain that your brain and body respond to stress by pumping stress hormones into your system to help you escape danger. Those hormones can cause damage when you have high levels of them for a long time. Basically, your body is hardwired to respond to threats by helping you run away, hide, or otherwise stay safe. This becomes a problem when what you're responding to isn't really dangerous, but your brain tricks you into acting like it is.

Frustration can feel very stressful, and that stress leads your brain to produce hormones that make you want to fight back or cry or quit your job. To make it through those tough times you can **complete the cycle of stress** by going through the emotions instead of backing away. Your body is ready to fight, flee, or freeze, so here are a few ideas to help you complete your stress cycle:

- **Physical activity:** Find a time to move your body. If you are at work, have a dance party with your class! Stress is a physical experience, so physical activity can help bring you back down.
- **Social interaction:** Hang out with people you enjoy and who don't cause more stress.
- **Deep breathing:** Breathe through your stress and allow yourself to feel how you feel for a few minutes.
- **Cry:** Sometimes crying can be the best way through a stressful situation. It allows the emotions to run their course, and it is also a physical outlet for stress.
- **Laugh:** Watch cute videos, talk to a friend you know will make you laugh. Laughter releases endorphins!
- **Physical affection:** Get a big bear hug from a loved one or sit close to your partner or child. This type of contact releases oxytocin which helps relieve stress and increase happiness.
- **Creative expression:** Find a way to be creative. Journal, write a story, sing a song, create something new for your classroom, do your favorite crafting activity.

Next time you feel stressed, try to remember to complete the stress cycle. Work through the stressful response so you can keep being there for the kids who depend on you.



# RECIPE

## STRAWBERRY LADYBUGS



### Ingredients:

- Strawberries
- Blueberries
- Dark chocolate chips
- Candy decorating bags



### Directions:

1. Cut the strawberries in half. Then remove the top of the strawberry in a V-shape. This will give you a little pocket to place the blueberry.
2. Melt the chocolate in the candy decorating bag. Please note: if you use a different type of bag do not heat the chocolate in there. Place it in a micro-wave safe bowl and then scoop it into your bag.
3. Use the chocolate to create dots on your strawberry to create the spots. Then use a bit of chocolate to attach the head to the strawberry, then allow it to harden
4. You can then use the chocolate to create feet and antennae for the ladybugs on your serving plate.

Recipe and photos from: <https://thesoccermomblog.com/fruit-ladybugs/>

# CRAFT CORNER

## BIRD FEEDER CRAFT

### Supplies needed:

- Bird seed
- Toilet paper rolls
- Peanut butter
- Spreading tool

You will give each child a toilet paper roll and with a spreading tool they will cover it in peanut butter. Once they have covered the whole outside of the roll in peanut butter you roll it in the Bird seeds. Then you can hang it on a branch and watch the birds enjoy their bird feeder!



Craft and photos found on: <https://www.growingajeweledrose.com/2014/05/kid-made-bird-feeders.html>

# BEST CARE OUT OF SCHOOL TIME HIGHLIGHT

## Online Training for Arkansas Child Care Providers

Best Care Out of School Time (BCOOST) is a dynamic, online professional development program that is geared toward anyone that works with school aged children. The online professional development lessons were developed with you in mind; they are informational, eye catching, as well as interactive. The focus of Best Care Out of School Time is to target those professionals who work with kids during the hours they are not in school – this could be a pick-up program after school and before parents/guardians get off work or even a summer program that keep kids during the day.



### Exciting update!

Exciting update for Best Care Out of School Time! BCOOST 2022-2023 (which opens in late spring) will be eligible for Arkansas Department of Education (ADE) training hours! Be sure to share this training opportunity with any other educators who could benefit.

### How do I get started?

To access the course, go to the courses.uada.edu website. Once you log in, please “click” on the Best Care Out of School Time link under the course category titled Child Care Courses-PDR Eligible. To enroll in the course, click the link titled “Best Care Out of School Time”. 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.

#### April 2021-April 2022 Topics

Vaping  
Personal Hygiene For Students  
Cyberbullying  
Screen Time  
Self-Care: Teachers & Students

## PARENTING CONNECTION

### Eggheads with cress hair

Have fun with this easy, inexpensive, and minimal-supply activity!

#### SUPPLIES NEEDED:

- Empty egg shells (try to just break off the top to empty them, so you have a good size shell left to use)
- Markers
- Stick-on wobbly eyes (optional)
- Cotton ball
- Cress seeds
- Empty egg carton



#### HOW TO MAKE THEM:

1. Wash out the egg shells and sit them in the egg box to keep them steady (on a cotton wool cushion to raise them up a bit if you need to).
2. Draw on some crazy faces, using the goggly eyes if you've got some. You could do self-portraits or funny faces (or maybe that's one and the same thing?)
3. Put some cotton wool inside the shells and dampen them with some water.
4. Sprinkle cress seeds all over the cotton wool – good coverage will give you a full head of hair.

Activity & pictures from: [TheNurtureStore](https://www.thenurturestore.com/)

### 3D Watercolor Flowers

Have fun with this easy, inexpensive, and minimal-supply activity!

#### SUPPLIES NEEDED:

- Watercolor palette
- White paper plates
- Paint brush
- Water
- Stapler or glue



#### HOW TO MAKE THEM:

1. **Cut out flower petal shapes.** Begin by cutting multiple flower shapes from paper plates in decreasing sizes.
2. **Staple or glue petals together.** Next, staple or glue them together in the center.
3. **Paint with watercolors.** Now paint the flower petals & stems with watercolor paint.
4. **Add additional decorations!** Finally, if you like, embellish your flowers with additional drawings before or after painting them. We used chalk markers over the dried paint, which created a lovely effect.

Craft & pictures from [TheArtfulParent](https://www.theartfulparent.com/)



## ADDITIONAL RESOURCES

CLICK BELOW TO GO TO EACH PAGE

[Best Care](#)

[Best Care Connected](#)

[Guiding Children Successfully](#)

[Best Care Out of School Time](#)

[Personal and Family Life Resources](#)

[Childcare Resources page](#)

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