



# 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](#)

## The Importance of Inviting "Grown-Ups" to School

Professionals who have worked in early childhood education for any length of time have certainly worked with children with different family structures. Some kids live with mom and dad. Some kids live with mom and siblings or dad and stepmom. Some kids live with two moms or two dads. Some kids live with grandparents or aunts and uncles. Some kids live in foster homes or another type of family situation that may not be permanent.

Annual events like "Muffins with Mom" or "Donuts with Dad" are often held before Mother's and Father's Days. Maybe your center has events for Grandparents' Day or some other special "invite an adult" day. In the past few years, however, more and more schools have moved to inclusive events such as "Donuts with Grown-Ups" or "Muffins in the Morning" to include and celebrate the diverse caregivers in children's lives.

Why does this simple change matter? Changing just one word can signal to families that your school sees and acknowledges that the grown-ups in kids' lives are important even if they don't fit a "typical" structure. Even in situations where kids live with mom and dad, having events that invite only one of them implies that the other isn't welcome. For example, my husband travels a lot during the summer and is typically not home for the pre-Father's Day breakfast. As a mom, I never was sure whether to go or not. Should I leave my child with no grown-up at all, or risk being the only mom? And when I have gone, I've felt the need to explain "Her dad is out of town."



Inclusive language like "grown-up" allows kids and families to send who is available and offers an opportunity for family engagement with whomever takes care of the child without a need for seeking permission ("I know it says Donuts with Dad, but she doesn't have a dad. Can grandma come instead?") or for apologizing ("I'm sorry, honey, Pawpaw lives too far away to make it to grandparents' day. Is it OK with you if Aunt Mollie comes instead?"). Ultimately, inclusive language doesn't change anything about the events, it simply allows all kids and families to feel welcome, included, and special.

*Written by Dr. Brittney Schrick*

# RECIPE

## HEALTHY FUNFETTI POPSICLES



### Ingredients

- 2 cups plain greek yogurt
- 1/4 cup honey or maple syrup
- 3 Tbsp milk
- 1/4 tsp vanilla extract
- 1/3 cup dye-free sprinkles (divided)

### Steps:

1. In a medium bowl, mix together the yogurt, honey and vanilla extract
2. Add in sprinkles & stir
3. Pour into popsicle molds
4. Add in more sprinkles
5. Freeze for at least 4 hours then enjoy!

Recipe and photos from: [www.babyfoode.com](http://www.babyfoode.com)

# CRAFT

## TIE-DYE BEACH TOWEL



### Supplies Needed:

- Spray tie dye kit
- Duct tape
- White beach or bath towels
- Warm water

### Steps:

1. Cover your work surface with the disposable table cloth.
2. With duct tape, add your desired name to the white beach towel.
3. Put on your gloves and start spraying the fabric dye colors onto the towel.
4. If you have a thick cotton towel, the colors may not bleed through the towel. In that case, turn the towel over and repeat spraying the colors on the back in the same pattern.
5. Let the towel air dry. Once both sides are dry, remove the tape and rinse the towel in cold water. Then wash in the washer and dry.

Craft and photos from: [www.KidsActivitiesBlog.com](http://www.KidsActivitiesBlog.com)



# GUIDING CHILDREN SUCCESSFULLY

## Self-Guided Training for Arkansas Childcare Providers

Guiding Children Successfully (GCS) is a research-based child care training program that strives to meet the foundation level training needs of early childhood professionals across the state. We offer up to 30 mail-in hours and 38 online hours of PDR verified training. Also, its free of charge. This self-guided training will help early childhood professionals apply child development principles to appropriately teach and manage the children in their care. Providers are welcome to request any of the publications featured in our training and distribute them to the parents of the children in their care.



### How do I get started?

You have options! Visit your local County Cooperative Extension Service to pick up GCS program materials or complete your hours online at [courses.uada.edu](https://courses.uada.edu). Training is free and verified through the Professional Development Registry. GCS hours are available year around.

### Training Consists Of:

- *Guiding Children Successfully Video Series*
  - (worth 12 total hours)
- *See The World Through My Eyes*
  - (worth 8 total hours)
- *Managing Stress: Turning Challenges Into Blessings*
  - (worth 2 hours total)
- *Getting Our Hearts Right: 3 Keys to Better Relationships*
  - (worth 5 hours total)
- *Your Blueprint for Happiness*
  - (worth 3 hours total)



### Additional 2022 Topics

- Baby Sign Language
- Caring for Children with Special Needs
- Caring for Children in Foster Care
- Child Abuse & Neglect
- Celebrating Cultural Diversity in the Classroom
- Yoga for Kids
- Safety First in Child Care

## PARENTING CONNECTION

### Orange Bird Feeder

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

#### Materials Needed:

- Orange
- Knife and spoon
- Bird Seed
- Scissors
- Twine/ String



#### Directions:

1. Teacher/Parent, using a knife slice an orange in half in the opposite direction that you would slice it if you were eating it.
2. Using a spoon, hollow out the center or "flesh" of the orange to create a bowl.
3. Create string holes in all four edges with scissors and run string through to create a hanging basket.
4. Allow your toddler to fill the orange with bird seed.
5. Hang your new bird feeder outside on a tree limb and wait for the birds!

## Summer Book Ideas



Llama Llama  
Sand & Sun  
By **Anna Dewdney**

What Can You  
See in Summer?  
By **Sian Smith**



The Night Before  
Summer Vacation  
by **Natasha Win**

## 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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