



THE ARKANSAS EARLY CHILDHOOD LETTER

 Arkansas Department
of Human Services

August 2007

GRANTS - SCHOLARSHIPS - TRAINING

Changes have been made to the following grant and scholarship applications. The following changes are effective July 1, 2007 with the exception of the Enhancement Grant. The changes to the Enhancement Grant will be effective October 1, 2007.

CPR

- Child Care Programs may apply for a maximum of two (2) employees to be trained per grant year, July - June.
- Only one application per license number per grant year will be accepted. (If you know you need two employees trained in a grant year, both employees must be applied for at the same time.)

CDA SCHOLARSHIP

- Head Start and ABC Programs are no longer eligible for the initial scholarship or the renewal scholarship.
- The 2nd semester application has been eliminated. (Both semesters must be applied for together.)
- The maximum amount for a renewal course is \$300.00.

CDA ASSESSMENT

- The student evaluation has been removed from the application. (This will be requested separately.)
- The request for the CDA Training Program and for the Instructor Certification are for the initial assessment only.

ENHANCEMENT GRANTS

- Registered homes are no longer eligible for the grant.
- Homes and centers must already be open.
- Priorities changed to: a) assisting with achieving and/or maintaining Quality Approval Status and/or b) assisting in the correction of licensing deficiencies.
- Maximum amounts requested changed to: Homes - \$1500; Small centers - \$3000; Large centers - \$5000.
- Each application must have a copy of the licensing 521 form noting the deficiencies, a copy of the QA certificate, **or** a copy of the Technical Assistance visit or QA initial visit.

Highlights of this Issue:

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After School**

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**Page 10 - 11 -- Reflections
from AR Children's Week**

If you have any questions, please call our office at 501-682-9699 or 1-800-445-3316.



Lights on Afterschool is coming October 18th!

Please join the **Arkansas Out of School Network** and the
Afterschool Alliance in a special **Technical Assistance call**
on **August 14, 2007 at 10:00 a.m. CST**



This technical assistance call is
a “must attend” opportunity
if you would
like the chance to:

- Learn more about what Lights On Afterschool is all about from a national perspective. Guest participants will include Ursula Helminski with the Afterschool Alliance and Janelle Cousino, after school consultant with FowlerHoffman, LLC.
- Learn tips and strategies from past Lights On Afterschool event sponsors throughout the state of Arkansas.
- Learn about resources that are available to you as you take the necessary steps to planning a successful Lights on Afterschool celebration!

To make your reservation to attend this call please contact Paul Kelly with Arkansas Advocates for Children and Families at (501) 371-9678 ext. 102 or via e-mail at PKelly@aradvocates.org

To learn more about the Arkansas Out of School Network visit www.aosn.org.

**THE ARKANSAS
EARLY CHILDHOOD LETTER**



**The Arkansas Early Childhood
Commission**

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The Arkansas Early Childhood Letter
is an information service of the
Division of Child Care and Early
Childhood Education,
Department of Human Services.



A Day Without Laughter Is A Day Wasted!

In early childhood we have developed very impressive yardsticks for quality. They outline key indicators such as group size, teacher qualifications, room design, scheduling, teacher focus, and curriculum coherence. But in none of these guidelines does the necessity of laughter appear. When we visit early childhood programs, an early warning sign that all is not well is the absence of laughter.

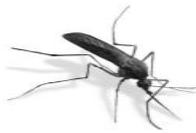
When you hear children laughing, you instinctively know that they enjoy being in that environment. Just as importantly, if the adults in the center engage in laughter, you know that they are happy to be there as well. Joy is an important element of a healthy childhood. And, joy is an important element for healthy adults. So the next time you step into your classrooms, keep your ears open for the laughter index.



**MARK YOUR CALENDARS
SEPTEMBER 29, 2007**

**10th Annual Northcentral Arkansas
Fall Child Care Conference**

We will celebrate the 10th anniversary of the conference on Saturday, September 29, 2007. Featured keynote speaker and early childhood educator will be Beth Butler "Boca Beth" from Tampa, Florida. Save the date, and come join us in a Fiesta celebration of early care and learning and the conference's 10th Anniversary! Registrations will be mailed in August. Contact CHILDREN of Northcentral Arkansas and White River Planning and Development District's Child Care Food Program at 800-737-2237 for additional information.



Summer Brings More Than Heat! Precautions for Mosquitoes and Ticks



Summer is here, and so is the heat! Don't forget that summer also brings mosquitoes and ticks. It appears that Arkansas will have a "bumper crop" of both this year. West Nile Virus (caught from infected mosquitoes) and tick-borne illnesses like Rocky Mountain spotted fever (from tick bites) are risks you can do something about. The Centers for Disease Control and Prevention (CDC) recommends a few simple steps to reduce risk.

- Limit exposure to ticks and mosquitoes! Many mosquitoes bite between dusk and dawn. Limit time outdoors during these hours. Try and avoid areas where ticks might be found. If outdoors, be sure to use repellent and clothes that protect you.
- Spray for mosquitoes and ticks! Spray insect repellent containing DEET (Look for N, N-diethyl-m-toluamide) on bare skin when you go outdoors. Spray clothing with repellents containing DEET. Products with a higher percentage of DEET (up to 50%) give longer protection. Don't spray repellent on skin under clothing.
- Use repellent carefully! Repellents containing DEET are safe for adults and children when used according to directions. Don't put repellent on kid's hands because it may get in their mouth or eyes.
- Drain standing water! Don't give mosquitoes a place to breed. A small amount of standing water can be enough for a mosquito to lay her eggs. Be sure to empty water from buckets, cans, flower pots, and other items that aren't being used. Clean pet water bowls weekly.
- Conduct a body check for ticks! Search your entire body after returning from a likely tick-infested area. Remove any tick you find on your body and disinfect the bite site. Be sure and wash your hands with soap and water. To remove attached ticks, use fine-tipped tweezers or cover your fingers with a tissue, paper towel, or rubber gloves. Avoid "folklore remedies" to remove ticks. This includes things like petroleum jelly or hot matches. They may make matters worse by irritating the tick, increasing the chances of transmitting disease.

You can reduce the chances of getting infected from mosquito or tick bites! Follow the few simple steps above and have a safe and happy summer! For more information, go to CDC's web site at www.cdc.gov/ncidod.

It's new, its affordable and its specifically



designed for Arkansas small businesses. ARHealthNet is a new insurance program designed to help qualified small businesses with low-income workers provide health benefits to

their employees. The program is a partnership between the federal government, the state government and private business to offer health benefits to uninsured workers. Premiums for low-income workers with annual earnings at or below 200 percent of the federal poverty level will be subsidized using tobacco settlement funds and existing Medicaid dollars.

Businesses can apply if they have not offered a group health plan in the past 12 months or longer and have two to 500 employees. Only qualified employers can participate. This plan is not available as an individual plan. Spouses of participating employees may also be eligible. For more information, visit the NovaSysHealth web site at www.novasyshealth.com or call 1-800-294-3557.

ATTENTION!! ATTENTION!!

Effective immediately, the following procedures will be followed for keying child care initial rates and child care rate changes:

Initial Entry of Child Care Rates (All Providers)

The Licensing Specialists will key all rates into the system for newly licensed providers and will also key the initial rates if a provider decides to add a license type.

Child Care Rate Changes (Voucher Participants)

Providers who participate in the Voucher Program and who wish to update their rates must complete a rate change form and send this form to Tonji Mackey, with the Family Support Unit. (Tonji's phone number is (501) 682-0489.) An updated rate change form is being placed on our web site and the Family Support unit web site. The Family Support Unit does not accept verbal requests for rate changes.

Child Care Rate Changes (Non-Voucher Participants)

The Licensing Specialists will key any rate changes for providers who do not participate in the Voucher Program.

If you have any questions, please call 501-682-8590 (licensing) or 501-682-8947 (family support).

KidsHealth---Hunger and Malnutrition What Causes Hunger and Malnutrition?

People who don't get enough food often experience hunger, and hunger can lead to malnutrition over the long term. But someone can become malnourished for reasons that have nothing to do with hunger. Even people who have plenty to eat may be malnourished if they don't eat food that provides the right nutrients, vitamins, and minerals.

Some people become malnourished because they have a disease or condition that prevents them from digesting or absorbing their food properly. For example, someone with celiac disease* has intestinal problems that are triggered by a protein called gluten, which is found in wheat, rye, barley, and oats. Children with cystic fibrosis have trouble absorbing nutrients because the disease affects the pancreas, an organ that normally produces enzymes that are necessary for digestion. Children who are lactose intolerant have difficulty digesting milk and other dairy products. By avoiding dairy products, they are at higher risk of malnutrition because milk and dairy products provide 75% of the calcium in America's food supply.

If a person doesn't get enough of one specific nutrient, that's a form of malnutrition (although it doesn't necessarily mean the person will become seriously ill). The most common form of malnutrition in the world is iron deficiency, which affects up to 80% of the world's population - as many as 4 to 5 billion people. Iron is found in foods like red meat, egg yolks, and fortified flour, bread, and cereal.

**Celiac disease is a digestive disease that damages the small intestine and interferes with absorption of nutrients from food. People who have celiac disease cannot tolerate a protein called gluten, found in wheat, rye, and barley. Gluten is found mainly in foods, but is also found in products we use every day, such as stamp and envelope adhesive, medicines, and vitamins.*

**Grant Writing for Child Care Facilities
Fall 2007 Training Schedule
Staff of White River Planning and Development District (WRPDD) and
██████████ ███ ████████████████████ ████████████**

Module 1 - Beginning - Writing Successful Grant Requests and Basic Grant Writing Tips (focusing on the Enhancement Grant and other Division Grants). Module 1 is appropriate for Family Child Care providers and any Center staff member who may be involved in grant writing. This module is for the beginner.

Modules 2 & 3 - Intermediate and Advanced Grant Writing - These sessions (combined) will include proposals such as ABC funding, other State Grant Options, Foundations that Fund Various Child Care Program Needs (such as equipment, learning environments and subsidizing slots), and Federal Grant Applications. **Modules 2 & 3 are appropriate for any child care facility staff member who may be interested in grant writing techniques. It is not necessary to take Module 1 prior to taking Modules 2 and 3.**

To register for one or more of these workshops, call WRPDD or CHILDREN Staff at 800-737-2237 or in Batesville 870-793-5233. Seating is limited in some locations; please call early to register as workshops will be offered on a first-come, first-served basis.

City	Location	Date	Time
Jacksonville Module 1	Jacksonville Community Center Meeting Room A & B 5 Municipal Drive	Monday September 10, 2007	6:00 - 8:00 p.m.
Jacksonville Modules 2 & 3	Jacksonville Community Center Meeting Room A & B 5 Municipal Drive	Tuesday September 11, 2007	8:30 a.m. - 1:00 p.m.
Magnolia Module 1	Southwest Arkansas Planning & Development District Boardroom 101 Business Park Drive	Monday October 8, 2007	6:00 - 8:00 p.m.
Magnolia Modules 2 & 3	Southwest Arkansas Planning & Development District Boardroom 101 Business Park Drive	Tuesday October 9, 2007	8:30 a.m. - 1:00 p.m.
Batesville Module 1	White River Regional Services Ctr Northcentral Arkansas Child Care Resource Center, 1652 White Dr	Thursday October 11, 2007	6:00 - 8:00 p.m.
Batesville Modules 2 & 3	White River Regional Services Ctr Northcentral Arkansas Child Care Resource Center, 1652 White Dr	Friday October 12, 2007	8:30 a.m. - 1:00 p.m.
Springdale Module 1	Jones Center for Families 227 Springdale Room 922 East Emma	Tuesday October 23, 2007	6:00 - 8:00 p.m.
Springdale Modules 2 & 3	Jones Center for Families 227 Springdale Room 922 East Emma	Wednesday October 24, 2007	8:30 a.m. - 1:00 p.m.

QUALITY RATING SYSTEM (QRS)

QRS

QRS

QRS. Have you heard about it yet? QRS stands for quality rating system. This new system will extend and enhance the current Arkansas Quality Approval accreditation. The proposed system consists of five levels. Each level outlines indicators that recognize a program's accomplishments and the quality of services to children and families.

Want to know more? Plan to attend one of the information meetings that will be scheduled around the state this fall. All child care facilities will receive details of these meetings as soon as the schedule is finalized.

The Arkansas QRS is called Quality Counts. Research and experience clearly indicate that the quality of the child's early experiences has a profound and lasting effect on growth and development. Quality Counts will help programs assess the quality of their services to children and families and set goals for continued improvement.

A tool kit will be available to assist child care programs as they seek to reach higher levels of quality. Instructions and resources in the tool kit will offer guidance and suggestions for each indicator in the QRS.

In the initial implementation of Quality Counts, the first three levels will be introduced. Two additional levels will be introduced at a later date after programs have had experience working within the new system.

Quality Counts has been developed over the past two years by a work group that is part of the Arkansas Early Childhood Comprehensive Systems Initiative. During the process more than 150 stakeholders provided input to the work group. Quality Counts will include indicators for centers, for family child care, and for school-age programs.

For more information, please contact Martha Reeder at 501-682-9699 or by e-mail at martha.reeder@arkansas.gov.



COMPLIANCE TIPS FOR THE MONTH OF AUGUST 2007 DHHS DCC/ECE COMPLIANCE UNIT

Administrator: Mike Saxby - (501) 682-8584

Administrator Assistant - Sharron Brooks (501) 683-3760

Secretary - Candice Akins (501) 682-8872

Program Coordinator - Ray Jones (501) 683-2611

- It is very important that each provider reads and fully understands their DHHS 9800 contract agreement.
- The unit recommends that you use the DHHS approved attendance form. The forms can be found at the following website: <http://www.arkansas.gov/childcare/ccatt07.htm>
Attendance records must be made available upon request at any given time.
- Please keep accurate and concise records in order to alleviate any calculated errors or discrepancies.
- When authorizations are renewed, the provider should immediately compare the authorizations to the children's actual attendance record. If the authorizations don't match the attendance records, the provider should notify the caseworkers and have the authorizations corrected BEFORE billing on the authorizations.
- If providers have a question regarding billing, they should contact the Compliance Unit BEFORE they submit the billing.

CONGRATULATIONS TO THE FOLLOWING PEOPLE WHO HAVE RECEIVED THEIR CDA CREDENTIAL

Emma Aaron-Turner, No Little Rock	Eudora Hardin, Jonesboro	Sherry McNeill, Lonoke
Nikita Allen, Blytheville	Robert Hardin Jr, Jonesboro	Jessica Michalle McQuay, Brookland
Tammy Andrews, Fort Smith	Toneisha Faye Harper, No Little Rock	Tracy Dianne Michael, El Dorado
Lorna Armstrong, Van Buren	Shirley Diane Harris, Delight	Margaret Milam, Pleasant Plains
Faith Bailey, Little Rock	Lujean Hart, Beebe	Alice Miller, Jonesboro
Mary Lou Bowles, Van Buren	Mindy Hawkins, Jacksonville	Jody Kay Miller, Van Buren
Crystal Bowser, Sherwood	Heather Hedges, Ward	Patsy Mitchell, Imboden
Christine Brown, No Little Rock	Shannon Henderson, Earle	Kim Mooningham, Sherwood
Jody Michelle Buckner, Lonoke	Lola Herrington, Texarkana	Tina Moore, Monticello
Marsha Louella Canderday, Dardanelle	Brenda Heydenreich, Mansfield	Barbara Moore, Cove
Sandenia Carmichael, Ravenden	Sonya Hill, Fulton	Earlene Morgan, No Little Rock
Gail Casper, Pangburn	Dana Hilliard, Jonesboro	Sheila Morrison, Arkadelphia
Tammy Cheirs, Little Rock	Teresa Hines-O'Neal, Little Rock	Crystal Mos, Mena
Beth Clark, Booneville	Brenda Hobbs, Lafa	Linda Darlene Moss, Pine Bluff
Amy Clements, Malvern	Patricia Holder, Ash Flat	Alesha Murry, Little Rock
Ashli Darter, Russellville	Deanna Honeycutt, Evening Shade	Keyosha Nash, Hot Springs
Brina Davis, El Dorado	Yvonne Hopkins, Parkin	Julie Nemeth, Bonanza
Tonya Davis, Paragould	Misty Huff, Van Buren	Dana Newcomb, Harrisburg
Dana Davis, Hoxie	Jacqueline Hughes, Sparkman	Michelle Newman, Mabelvale
Pamela Davis, Bay	Tricia Hurst, Caraway	Amber Dawn Newman, Ft Smith
Dalvonie Davis, Little Rock	Christine Isabell, Parkin	Shawna Nicholas, Alicia
Laramie De La Cruz, Lavaca	Fredreca Johnson, Lexa	Brandy North, Cherokee Village
Dixie Devers, Blytheville	Alice Johnson, Pine Bluff	Kameshia Osborne, Van Buren
Shameka Dillard, Wynne	Nancy Ann Johnson, DeQueen	Cheryl Ost, Hartman
Veronica Ramsey Dillard, Cabot	Iwillie Johnson, Waldo	Minette Owens, White Hall
Julie Marie Dinwiddie, Augusta	Kimberly Dawn Johnson, Wynne	Yulonda Patterson, Pine Bluff
Pamella Dixon, Piggott	Michonda Jordan, Monticello	Cathy Patterson, Bradley
Rebecca Dixon, Mtn View	Elizabeth Keister, Jacksonville	Mildred Peten, McCrory
Dena Dudley, Batesville	Tracy Kennedy, Mena	Kimberly Peters, Harrisburg
Pamela Dunlap, Monticello	Jada Lynn Kirtley, Dumas	Elizabeth Pettway, Greenwood
Rebecca Dunlap, Arkadelphia	Shelia Kleck, Fort Smith	Georgia Phillips, Newport
Melinda Dutton, Van Buren	Mamie Knighten, Pleasant Grove	Stacey Philyaw, Hot Springs
Carry Eaton, Hackett	Hillary Knoche, Pocahontas	Kesha Pickett, Stuttgart
Jamie Echevarria, DeQueen	Elizabeth Lacina-McNully, Sherwood	Beatrice Pitts, Greenwood
Barbara Ezell, Cove	Tina Lanier, London	Callie Pounds, Pocahontas
Tina Lynn Ferguson, Monticello	Donya Leslie, Magazine	Jennifer Powell, Pencil Bluff
Shawna Ferrell, Hot Springs	Carol Anne Lester, Williford	Maria Ramirez, Hope
Michelle Gardner, Vilonia	Patricia Ann Looney, Oil Trough	Linda S Reams, Manila
Marissa Garrett, Jacksonville	Taketa Love, Little Rock	Gwendolyn Reed, Emerson
Tameesha Gayton, Little Rock	Yvette Lovelace, Little Rock	Jennifer Renfro, Mulberry
Ronald Gillespie, Monticello	Shawna Lynch, Pocahontas	Barbara Risner, McGehee
Gina Gilliam, Ward	Carina March, Viola	Eveon Rivers, No Little Rock
MaeBell Glason, Little Rock	Christina Martin, Batesville	Shakitha Robinson, Jonesboro
Sherri Goodwin, Little Rock	Valerie Martin, Black Rock	Allisen Rowe, No Little Rock
Ebony Grant-Holliman, Dermott	Ashley Masters, Harrisburg	Melissa Russell, Clarendon
Yolanda Green, Jacksonville	Celestine Maxwell, Jacksonville	Melinda Scroggins, Desha
Dianna Lynn Griffin, Ravenden	Karen Maynard, Van Buren	Crystal Seratt, Greenwood
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Kathleen Harbottle, Hartford	Teresa McMahan, Donaldson	Polisa Simington, Bradley

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Christina Worden, Hot Springs

A Comprehensive Approach to Addressing Childhood Obesity in Early Childhood Programs

Here are 10 strategies for addressing childhood obesity in early childhood programs.



Strategy #1

Review and perhaps revamp your menus. Make sure your menus allow for variety and reflect healthy food choices.

Strategy #2

Get your cook involved. The cook's attitude of optimism and pleasure in serving healthy foods influences children to try them.

Strategy #3

Always have water available to children in the classroom and outdoors. Children need water to maintain hydration and for healthy brain development.

Strategy #4

Facilitate teacher planning. Create prop boxes for healthy food choices and physical activities.

Strategy #5

Increase opportunities for children to be active. Offer movement activities indoors and outdoors and encourage children to participate.

Strategy #6

Eliminate the use of passive media (television and video viewing) Engage children in fun learning activities that stimulate all developmental domains.

Strategy #7

Team up with families. Ask parents to share their favorite recipes and family traditions.

Strategy #8

Integrate discussions about nutrition and fitness into the curriculum. Read books about nutrition and fitness in class and ask the children questions.

Strategy #9

Share resources with families. Create a lending library with books and pamphlets related to health and fitness.

Strategy #10

Secure funding to support your initiative. Bring in guest speakers who are involved with issues related to health and fitness.

REFLECTIONS ON ARKANSAS CHILDREN'S WEEK FROM AROUND THE STATE

**Great Beginnings
Child Care in Gurdon** had activities planned all week. Events included a balloon release, story time, pajama day and a friends and family day.

**Ozark Mountain Early
Childhood Association** had a “Blooms and Butterflies” celebration. Children were given the opportunity to learn about the environment by interacting with it. They also heard stories and released butterflies in the butterfly garden.

**Hot Springs
Early Childhood Association** celebrated Children’s Week by hosting a Family Play Day at the Hot Springs Mall. Over 600 people participated in the play day. Families received goodie bags and a wealth of information on health, nutrition, safety, and development. Fifty-five local volunteers supported the play day.

**DeQueen Head
Start** celebrated the week by having activities every day including a magician, bubble days, and park rangers talking to the children.

ARKANSAS

Lovin' Arms Learning Center enjoyed a week of fun outdoor activities. They had a balloon lift, heard stories, and completed the week with a family fun day and picnic on the lawn.

St. John's Episcopal Day School in Harrison had a fun week with many activities. Celebrations included a celebrity reader day, scavenger hunt, and a trike-a-thon to benefit St. Jude's Hospital.

CHILDREN'S

Rogers ABC celebrated with a Family Fun literacy night. Over 450 parents, teachers and children attended. Parents and children worked and played together. The media even ran the event on news that night.

THE
GREAT
OUTDOOR
ADVENTURE

WEEK



Department of Human Services
Division of Child Care and Early Childhood Education
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