

# Children of Hope Child Development Center

December 2018

## Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger  
Preschool Director

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It's the most wonderful time of the year!

Thank you for allowing us to see Christmas through your child's eyes. The excitement of this busy season can be cause for some loud play and a bit of craziness, but it also brings such pure and simple joys. I would argue there is not much better than being with these kiddos when they discover that the Gingerbread Man has jumped out of our oven or when they perform at our annual Christmas program. I really love this time of year with your children.

I also enjoy the opportunities we have this month to see more of you, the parents. The relationships we form with you are truly valued. We so appreciate you, and together we are best for these kiddos.

From all of us here at Children of Hope, we wish you a very joyful Christmas and a healthy, happy new year!

Mrs. H



### Upcoming Events

- ◆ **POLAR EXPRESS DAYS**  
12/06 and 12/07
- ◆ **CHAPEL**  
December 12/13
- ◆ **NOELOPHOBIA**  
11/30 - 12/02
- ◆ **CHRISTMAS PROGRAM**  
Tuesday, 12/11
- ◆



**Thursday, December 6**  
**Friday, December 7**

**Kiddos...wear your Pajamas to school  
on these days!**

**Special snack and surprise!**

## CHAPEL



**With Pastor Steve and Ms. Kathy**  
**Wednesday, 12/12**  
**Thursday, 12/13**  
**11:10am**

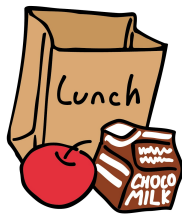
**Each month we will learn about a  
different Fruit of the Spirit**

**This month: Love**  
**Song: Jesus Loves Me**

### Optional Chapel Offering

Chapel offerings will be donated this year to **Kyrene Family Resource Center** and **Arizona Needy Newborns**. Children can bring donations such as toothpaste, soap, pasta, cereal, rice, canned fruits & vegetables, tuna, peanut butter, skeins of yarn, beanie babies (new or used), newborn diapers, etc. to Chapel and these items will be delivered by Esperanza members who have partnered with them. Any monetary offerings will be given to **Feed My Starving Children**.

## LUNCH BUNCH



**Available Daily**

**Sign up Book is located outside  
Mrs. H's office**

**Pick Up at 12:30pm: \$10**

**Pick Up at 1:30pm: \$15**

**Pick Up at 2:00pm: \$20**

**Must be enrolled in 3's or Pre-K**  
**Great way for kids to foster friendships.**  
**Plan a day with some friends!**

**\*No Lunch Bunch on Monday, 12/17,  
due to staff Christmas luncheon**

### **LUNCH BUNCHERS:**

Please help us at school by cutting foods, especially grapes and other fruits, into quarter slices.

This helps avoid choking situations.  
Thank you!

## What Chores Are Right For My Child?

Chores. Kids don't like them, and parents use them to get some extra help around the house. But don't worry parents; you're actually helping with your child's development.



Kids can start taking on household chores and small tasks as early as two years old. There are so many chores a child can do to help them reach their next milestone. Depending on their age, these tasks range from cleaning up toys to putting on pajamas.

Keep in mind, your child won't know how to do all of these chores right away, so a little guidance is necessary. Having your child complete these tasks in their early years will help with their overall development in the long run.

### Age: 2-3 Years

- Put the Toys in the Bin: Telling your child "I bet I can put these away faster than you" will make the chore more of a game and more fun for your child. Cleaning up toys may allow your child to walk up and down stairs, or simply walk across the room with a toy in their hand, helping with their gross motor skills. They also have the chance to identify where things belong. Using a "clean up" song is also very helpful, this is a strategy many day cares/preschools use; use the same one your child hears in those settings
- Sort Clothes by Color "Let's put all the greys together, all the blues together, and all the white together" helps your child's sensory development. Focus on one color at a time "let's get the red ones!"
- Follow the Leader: Giving your child directions like "throw it in the trash" or "put it by the door" helps them learn how to follow simple instructions.
- Copycat (Housework Edition): From 2-3 years old, children love to do what mommy and daddy are doing. Let them be present as you do housework. If they have a small broom or toy vacuum, they can follow along and copy what you do.

### **Age: 3-4 Years**

- Switcharoo: If your child has a sibling or friend, invite them to do a chore together like putting away toys in a storage bin. Each child brings you one toy at a time and taking turns they put everything away.
- Table Time: “If I put down the napkins, you have to put the forks on top”, letting your child follow you around the table helps them understand the concept of in, on, and under. The fork goes on top of the napkin, or the water goes in the glass.
- Close What You Open: Reminding your child to “put the top back on once you’re done” will let them practice opening and closing containers whenever they play. Using small jars or storage containers for crayons, craft supplies and small toys is a good way to keep organized and help your child work on sorting skills.

### **Age: 4-5 Years**

- Getting Ready: Use a visual checklist to help a child get ready in the morning. The pictures will help your child develop self care routines like putting on pajamas, going to the bathroom, brushing teeth and getting ready for bed. This will also help them start understanding time.
- Cut Your Food: At this age, your child can cut their own food. Take it a step further and let them pour, cut, and mash food. For example, your child could help you mash bananas for banana bread or potatoes for mashed potatoes.

### **Age: 5-6 Years**

- Get a Snack: Your child can get their own snack from the fridge, get the correct silverware, eat and clean up their snack on their own.
- Daily Tasks: At this age, your child can be given more independent, but still supervised, chores. They are old enough to feed the dog or water the plants.

There are many chores a child can have that actually give them an opportunity to learn new skills. Chores let your child practice executive functioning, motor, sensory, and communication skills. Who knew chores were so helpful! But it makes sense when you think about all the movement, direction following, talking, touching, seeing, and other actions children use when they accomplish the above tasks. So have your child pick up their toys, unload the dishwasher, feed the dog; but don't have them drive to the grocery store for milk just yet, we'll work up to that.

# Conscious Discipline



## Scaffolding in Parenting

In education, teachers are taught how to scaffold lessons to ensure student success. Scaffolding is a process where teachers break down information into digestible chunks. They model how to think about information, or they demonstrate how to solve a problem. Then, teachers support students through the process. Teachers are available to reteach parts of the lesson as needed, positive correction is provided and questions are encouraged. As students demonstrate mastery, the teacher pulls back accordingly and the students become independent problem-solvers of similar problems.

If you've ever helped your kid with a science project, you have an idea of what scaffolding is NOT! Your child may have received science fair instructions in the form of a six-inch thick packet or directed to a website navigable only by a Ph.D. YOU probably did the project. You probably gave up your last weekend of Winter Break for this stress and mess and are now an authority on how glycerin affects bubble size. Most likely, your child still does not know what a bubble solution is and could not do a science fair project to save her life.

**As parents, we are our children's first and foremost teachers.** When you tell your children, "Clean your rooms," and they look at you like you just handed them a science fair packet the day before Winter Break, it means you need to scaffold! Scaffolding our instructions ensures our children's success and contributes to the harmony of our homes.

**The Conscious Discipline® acronym M.A.P. is designed to help parents scaffold information, in order to teach their children how to follow directions with success!**

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Here's how it works:

### M stands for MODEL

Modeling means you demonstrate WHAT TO DO and HOW TO DO it. A helpful Scaffolding Technique to support modeling is called "Think Aloud." You literally think OUT LOUD, modeling how to think about, handle or problem-solve a process or situation. Say you happen to have a captive audience in your messy kitchen. Take that as an opportunity to **Think Aloud! You may say, "Hmm... I have dirty dishes on the table and dirty dishes in the sink. How can I handle this? Where can I begin? I know! First, I'm going to rinse the dirty dishes that are in the sink and put them in the dishwasher. Next, I'm going to clear the table. Then, I'm going to rinse those dirty dishes and finish by putting them into the dishwasher."**

## A stands for ADD PICTURES

As Stephen Covey often said (The 7 Habits Guy), "Begin with the end in mind." Show your children a picture of what their rooms look like when YOU consider it clean. A helpful Scaffolding Technique to support Adding Pictures is to always show your children the outcome or product before they do it. You could say, **"When your room matches this picture, then you will know you are done."** Pictures of the concrete process, or a Graphic Organizer, are an additional resource for younger children or children with extra or different needs. List the steps and add a visual cue per step. Use clip art or pictures. Post the visual aid at your child's eye level to ensure it is "readable" to your child so they don't feel embarrassed or controlled. Older children who need additional support often prefer a checklist. There are a number of apps designed for this purpose or you can make a good ole' fashioned checklist and teach your child to check off as each task as it is done!

## P stands for PRACTICE

Let's get this out of the way: Practice does NOT make perfect, but consistent practice sure does makes progress! Guide your child through each step of the modeled process with a picture posted nearby of the finished product or a "readable" step by step guide. Make it "readable" by adding pictures and posting it at your child's eye-level. **For younger children use transition and sequencing words like, "FIRST, you put your dirty clothes in the hamper. What does your picture schedule say is NEXT?" Or, "You put your stuffed animals on your bed. What did you do BEFORE that?" Referring to the picture schedule when you ask these questions teaches your child that the picture schedule is a helpful resource.** For older children, ask specific, guiding and open-ended questions and PAUSE! Open-ended questions cannot be answered with a yes or no and steer clear of asking, "Why?" Pausing allows the child to reflect, think and problem-solve, all of which exercise Executive Functioning Skills! Helpful open-ended questions may sound like, "It looks like you are in the middle of sorting through those Pokémon cards. What do you think is the best way to store your cards?" Or, "I notice you have a couple of extra volleyball practices this week. What is your plan for having a clean uniform for each practice?"

Every good teacher knows we must differentiate instruction to provide the most effective learning experiences possible. Our children may learn at varied paces, require more or less support and require information be taught in different ways. Differentiating our instruction as parents means we deliver our lessons, even on how to clean up a room, in a way that will reach our children. It may take a few shots, especially if we have a pattern resistant child... the ones we say march to their own beat!

No matter who your child is, it is your job to try and be consistent, structured and encouraging. Mistakes will happen and use each one as opportunity to learn. **Most of all have FUN because someday your children will be living in their own clean homes and you may find yourself longing for a little mess.**



December 2018

**Healthy Way to Grow**

## Cold Weather Fun!



### Dear Families

The winter months bring colder temperatures and more opportunities for you to do activities inside as a family. Use the winter to play with your children and celebrate the holidays. Just because you may not be able to go outdoors, doesn't mean you can't have a winter time fun experience indoors. While you are thinking of things to do with your child, don't forget to stay active and healthy. If you choose to go outside, don't forget to play safe. Try these quick tips to keep it safe.



1. Check safety conditions of sleds and other equipment.
2. Bring water outside if you are playing longer than an hour. When you are physically active you sweat, even in the winter.
3. Cover your child with hat, boots, earmuffs, gloves and scarves.
4. Don't forget to layer up to stay warm.

### Looking Ahead: January

#### **Infant Feeding and Nutrition**

Don't forget the little ones! Infants need to stay active and healthy to help support growth and development. Next month will focus on:

- Infant feeding and nutrition
- Breastfeeding
- Physical activities for infants

[www.healthywaytogrow.org](http://www.healthywaytogrow.org)

### Get Moving: Indoors and Outdoors

With the cold weather near, use this as an opportunity to spend time indoors and have family fun! Create more opportunities to play and move. Remember children need at least 60 minutes of active play daily, so get moving.

#### Indoors

- Create an obstacle course
- Turn up the music and dance
- Play "Fitness with the Leader" (This is "follow the leader using exercises.")
- Act out a story (*Snow Party*, By Harriet Ziefert)

#### Outdoors

- Make a "snow family"
- Take a nature hike and look for animal tracks
- Take a neighborhood walk
- Decorate an outdoor tree



### Winter Time Foods: Cauliflower Tater Tots

#### Ingredients

- 2 medium heads cauliflower, cut into florets
- 1/4 cup small diced onion
- 1/4 cup grated parmesan cheese
- 1/4 cup finely ground breadcrumbs
- 1 large egg

#### Directions:

1. Preheat the oven to 350degrees, grease a nonstick baking sheet
2. Boil cauliflower florets in water until tender (5-10 min). Drain.
3. Pulse cauliflower in food processor, until it forms a rice consistency
4. Add cauliflower to large mixing bowl and add remaining ingredients until it reaches consistency of mashed potatoes.
5. Scoop 1-2 tbsp. of mixture and form into tater tot shapes. Place on baking sheet about 1 inch apart
6. Bake for 20 minutes, then flip and bake for an additional 10-15 minutes until brown and crisp. Serve with ketchup. Enjoy!

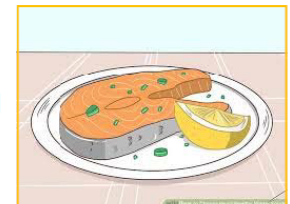


### Cold Weather Healthy Eating

Did you know, the decreasing temperatures and shorter daylight hours impact children's energy levels and moods.? Children are less active during the winter season, so it is important to provide them with foods that will help them stay healthy and happy.

#### Healthy Winter Foods

1. **Salmon**— helps to support mood regulation.
2. **Clementine**— helps to build strong bones and good muscle function.
3. **Winter squash**— improves heart health and immunity.
4. **Sweet potatoes**— packed with fiber, vitamin A and potassium.
5. **Cauliflower**— provides nutrients important for growth and development, as well as digestion and stable energy levels.





## December 2018 - Healthy Way to Grow Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>Healthy Breakfast.</b> Try unsweetened peanut butter on whole grain bread with fresh banana or apple wedges and low-fat milk.
Use two bottles of water and get moving. March in place while holding the water to increase your balance and strength.	Trying new foods can be fun! Eat 3 different crunchy vegetables and see which one crunches the loudest!	Use a cookie cutter to cut cheese, veggies and sandwiches into fun, irresistible shapes.	Sneak activity into the day-walk instead of ride in the cart at the super market; drive halfway to school, park the car and walk the rest of the way.	Set a regular sleep schedule with regular naptimes and bedtime. Children and adults will enjoy the predictable routine!	Some activity is better than no activity. Even if you have just 10 minutes in the morning and 20 minutes in the evening, use it for playful physical activity.	Create a snowman using household materials such as cotton balls, sticks from outside, aluminum foil for a shiny hat and buttons for the chest.
Turn off the TV and have a Sunday Funday! Use different objects in your house to create an obstacle course all of your family can participate in.	<b>Healthy Breakfast.</b> Make a smoothie using low fat milk or yoghurt, fruit and a teaspoon of bran whirled in a blender	Simple snacks for Toddlers include finger friendly bite size foods such as fresh fruit sliced or cut into small pieces.	Cauliflower is a great winter vegetable. It includes nutrients to support development and increases energy. Make a meal including cauliflower.	<b>Winter Games.</b> Pretend to be polar bears, hibernating in the winter or penguins waddling on the ice. Have fun making up stories and moving with your children!	Babies carefully watch facial expressions and listen to voices. Talk to them! At 2 months your baby will coo and smiles back at you.	<b>Mall Walk &amp; Talk.</b> Going shopping? Hold your toddler's hand or push your baby in the stroller around the mall, resting occasionally, then walking some more.
<b>Family Recipe Exchange.</b> Write your favorite family recipe on a card and invite your family or neighbors to exchange. Get together to share the results!	Grab your socks and a laundry basket and have a tossing contest. See who can collect the most socks. For an even bigger challenge, move the basket away each time.	<b>Simple Snacks.</b> Spread hummus on whole wheat pita or try lean turkey on a toasted English muffin	<b>Food Art.</b> Place apple wedges as flower petals around kiwi slices on a plate or make faces using berries and a banana mouth.	Slip into your comfy pajamas and drink warm apple cider while reading your favorite stories.	<b>Disco Night.</b> Move furniture aside, and put on dance tunes. Take turns using a flashlight to create a strobe light. Younger children will try to imitate you.	<b>Healthy Breakfast.</b> Get those veggies in by adding them to an omelet. You can eat vegetables for breakfast!
Take a walk outside and enjoy the fresh air.	Create a food rainbow on each plate and let your child decide which color to eat first. Encourage infants and toddlers to touch and taste the food.	<b>Commercial Activity Break.</b> Clap, wiggle, march, squat, pushup and wave. Move together until the show comes back on.	<b>December Dance.</b> Dance to the table Dance to the door Dance to the bedroom And then dance some more!	<b>Healthy Breakfast.</b> Fill a whole wheat pita with chopped hard boiled eggs. Add a banana for a delicious and healthy start to the day!	<b>Fit Friday.</b> Continue your new family tradition Prepare dinner and have family mealtime together. Have you tried grilled chicken tacos? Yum!	Think of foods that begin with the first letter of your child's name. For ex., "Oliver" begins with "O"- okra, oatmeal, oranges, onions and omelets.
Celebrate the last day of the year with a special family meal. Don't forget to include food from all food groups!						



Come & enjoy this youth production right here at Esperanza!

**NO ELOPHOBIA**

This Christmas is a lot different than all the others...and not in a GOOD way!

What is this mysterious  
**FEAR OF CHRISTMAS**  
and could it be contagious?

**Location:**  
Esperanza Lutheran Church  
2601 E. Thunderhill Place  
Phoenix, AZ 85048

**SHOWTIMES:**

- ✦ Friday, November 30th @ 7:00pm
- ✦ Saturday, December 1st @ 7:00pm
- ✦ Sunday, December 2nd @ 3:00pm

Have we made Santa **ANGRY** with our selfishness and greed?  
Do we really believe in peace on earth and goodwill to ALL?

Tickets: \$5 each (may be purchased at the door)

**Have your kids outgrown their clothes and shoes? Please consider donating to a local needy Head Start school. Donation box is located in the church narthex.**

**WANTED!!!**



# NEW ENRICHMENTS COMING!



The Good News Club: A VBS themed enrichment  
Thursdays beginning January 24<sup>th</sup>  
11:30am - 2:00pm  
\$130



Get Set for School: Handwriting, Letters & Math  
skills to fine tune those kindergarten skills

Fridays January 18 - April 12  
AM Class: 8:30 - 11:30am - \$400 for entire session  
PM Class: 11:30am - 2:00pm - \$250 for entire session



Art Masterpiece: For our budding artists

Wednesdays beginning March 20<sup>th</sup>  
11:30am - 2:00pm  
\$130

More info on Science and STEAM enrichments coming soon!



We are looking for a few good elves (3 or 4 kind volunteers) to assemble milk cartons for Gingerbread Houses and to wrap cardboard bases on Monday, 12/17 @ 8:45am. If you can help, please tell Mrs. H!

**Tuesday, December 11<sup>th</sup> @ 5:00pm**

# To Bethlehem!



## **A Christmas Performance by Children of Hope Preschool**

**4:30pm:** Bring student to classroom (Pre-K kiddos please arrive in costume)

**5:00pm:** Program begins

**5:30pm (approx):** Mr. and Mrs. Claus arrive

Toddlers will be dismissed from the stage.

3's and Pre-K students will be taken back to the classroom by their teachers and can be picked up there.

Once you have your student, please proceed to the lower courtyard. Santa and Mrs. Claus will be available for visits, with treats for the kids and photo opp!



Please make drop off and pick up times  
with your child *Cell Phone Free Zones* 😊

## SMOKE-FREE ENVIRONMENT

We at *Children of Hope Child Development Center* are committed to providing a smoke-free environment for children, staff members, and child care providers. Due to hazards from exposure to second-hand smoke and as a recognized Empower child care facility, it shall be the policy of this child care facility to provide a tobacco-free environment for children, staff members, child care providers, and parents.



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**Facebook**



Instagram

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**Also, join our Private Group**  
Children of Hope Preschool/  
Child Development Center of Ahwatukee