

Children of Hope Child Development Center

January 2019

Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger
Preschool Director

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HAPPY NEW YEAR!

So many fresh starts are possible with the beginning of a new year. For me, that includes sending my kids off on their pursuit of higher education which makes my house an empty nest again. This brings a fresh start for them and an adjustment for me. Perhaps this is the year my husband and I will use his travel benefit some more? Perhaps this is the year I will lose that pesky 10 lbs? Perhaps I will volunteer more? Possibilities.

For us here at school, a new year provides opportunities for some fabulous professional development, including several customized book study sessions with our Smart Support consultant, Elizabeth. We look forward to studying the book, Powerful Interactions...How to Connect with Children to Extend their Learning. Lessons learned and discussions had will reap great reward for us, and the kiddos, I am certain.

For our kiddos, this new year will bring growth in all domains, physically, socially and cognitively, and will get them one step closer to kindergarten readiness. As we prepare for our upcoming conferences with you, we will once again ask you to fill out the Ages & Stages questionnaire, this time focusing on cognitive development. This tool helps us compare and contrast what you see at home with what we see at school. Together, we are best able to advise on readiness.

Welcome back, everyone! Here's to possibilities!

Mrs. H

Upcoming Events

- ◆ **NO SCHOOL**
Monday, January 21
- ◆ **CHAPEL**
January 16/17
- ◆ **TRIVIA NIGHT**
Saturday, February 9
- ◆ **PARENT/TEACHER CONFERENCES**
Week of February 25



PARENT/TEACHER CONFERENCES

Week of February 25th

We look forward to sharing your
child's progress with you!

Scheduled appointments coming soon

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 Tuesday, 1/15,
due to staff training**

CHAPEL



With Pastor Steve and Ms. Kathy
Wednesday, 1/16
Thursday, 1/17
11:10am

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

This month: Patience
Song: The Fruit of the Spirit Song

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 BUNCHERS:

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

This helps avoid choking situations.
Thank you!

Your child's social skills in kindergarten are more important than their academics

By [Amanda Morgan](#)

Parents of young children tend to worry a lot about whether or not their kids are making adequate gains as they launch into their academic careers.

"Can Johnny read the list of 100 high-frequency words?"

"Does Betty know how to count to 500?"

"Is Tom doing quantum physics yet?"

While early education creates an important foundation for academic skills, many parents would be surprised to know that social skills are actually far more predictive of outcomes into adulthood than early academics.

For example, a study published in 2015 showed that even while controlling for family demographics and early academic ability, the social skills observed in kindergarten showed significant correlation with well-being at age 25.

That's a lot of staying power!

Regardless of how advanced of a reader they were or how much money their parents made, **kindergarteners who demonstrated social competence were more likely to graduate from high school, go to college, get a job, and stay out of jail than those who showed a lower level of social competence.**

So while many parents and schools may be feeling the pressure to cut back on play and social interaction in order to get more "hard skill" instruction time in, it's actually those "soft skills" that are most predictive of long-term success.

Here are five important social competencies you can foster in your child.

1. How to play well with others

Play is a powerful catalyst for development in the early years. By playing with others, children learn to negotiate, problem solve, take turns, share and experiment. You can help your child build these skills by making time for free play with other children.

While dance class, soccer practice and choreographed play dates may have their own value, children need plenty of time engaging in unstructured play with other children, where they may be supervised—but not instructed—by the adults around them.

2. How to problem-solve

It is tempting to swoop in at the first disgruntled squawk and make everything right again. We confiscate the object of the argument, set timers, or send children to play in different areas. We're good at problem-solving because we get SO MUCH practice as parents! And while some of this may be necessary for survival, our kids need some of that practice too.

So the next time your child has a problem, invite them to take part in that problem-solving process. Ask your child to describe what's going on, brainstorm solutions and try one out. You're still an active player, supporting your child through the process, but rather than doing all the solving yourself, let your child own the problem by asking, "What do you think you could do about that?"

Teaching a child to be a problem solver also means that we teach them how to fail and try again, which is another critical "soft skill." When we ask children how their solution is working out, we give them an opportunity to evaluate their experience and make improvements when necessary. We're teaching them that mistakes help us learn and move forward.

3. How to label and recognize feelings

Children who are perceptive to the emotions around them are also better able to get along well with others. You can foster this skill by calling attention to emotional cues and naming emotions. You can do this not only in your home ("I'm looking at your brother's face right now, and I don't think he's having fun." "You looked so happy when you won,

your smile was like a laser beam!") but by also talking about the emotions in stories as well. ("How do you think he felt when that happened?")

Storybooks are FULL of conflict and emotion—it's often what drives the plot.

These conversations about observed emotions are often easier because your child isn't tied up in the turbulent emotions themselves. From this comfortable vantage point, they're able to be more thoughtful about the emotions on the page and then apply their understanding in real life.

Another thing to keep in mind is that research has shown that excessive screen use may interfere with a child's ability to recognize emotions in others. So make sure that your kids get plenty of time playing and interacting face to face with other humans, rather than with pixels and lights on a screen.

4. How to be helpful

Being helpful to others requires children to look beyond themselves and recognize the needs of others. By noticing and complimenting your child when you notice helpful behaviors, you encourage them to continue.

Give your child simple opportunities to help within your family—putting away groceries, getting the baby's fresh diaper ready, or helping a sibling to get dressed—and then be generous with your gratitude afterward.

Point out the helpers around you and show gratitude together to instill a value of service. This may be as simple as thanking the bagger at the grocery store or taking cookies to the fire station. It can also take a fanciful twist. For my own [superhero-obsessed](#) boys, I found that equating heroes to helpers made them feel like Batman just by helping with simple tasks around our home.

5. How to control their impulses

Impulse control is a part of the executive functions directed by the prefrontal cortex of the brain. This area doesn't completely develop until well into early adulthood, but some of the most rapid development happens in the early childhood years. That's why children need opportunities to practice this growing skill.

That may look like the infamous marshmallow study, where a child must delay gratification and wait before consuming a treat, but it can also look like play time!

Movement games that require a child to stop and go like Red Light/Green Light, Dance and Freeze, and Simon Says give kids practice quickly shifting gears and controlling their impulses to move.

Pretend play is also a great way to build these skills. By taking on a new character and an imaginative storyline, children have to plan before acting, take turns and make rules to follow. They also practice thinking outside of their own perspective and act as they think another would, rather than simply following their own impulses.

Our fast-paced society may give you the impression that your child needs to learn more academic skills—and sooner than ever before. However, the reality is that the "soft" social skills they gain in early childhood—through the slow, simple processes of playing and interacting, engaging with their families, and paying attention to the world around them—will serve them much better and for much longer.

[Amanda Morgan](#)

Amanda Morgan holds a BA in both elementary and early childhood education and an MS in family and human development but received some of her most valuable training from her four rowdy boys. She writes, speaks, and consults on the topic of intentional, whole child development and is the creator of the blog [Not Just Cute](#).



A New Me

[Jedd Hafer](#)

Many of us do it every year. We make a firm decision to turn over a new leaf. We are going to cut junk food, cut carbs, cut spending... you know the deal.

And, if you're like me, you resolve to 'be a better parent' and cut down on yelling at your kids. Maybe increase the quality time you spend with them?

I'm always amazed how packed the gym is just after New Year's Day. I can't get a good parking spot and have to walk way too far – like I want to get exercise or something. But you know how it goes: after a few weeks, the crowd is mostly gone and it's back to the same dedicated souls.

I'm so hoping that is not me this year! With the kid stuff, I mean (the gym is a lost cause). But it usually is. I joke that I speak all over the country, teaching people how NOT to yell at kids – and then I go home and yell at my kids. Embarrassing.

The hard reality is that we will never be perfect. Personally, I will never even be close. I can accept that but I don't want to be one of those people who flakes on my commitment after just a short period of being fired up. I don't want to lose hope.

So, how can we take good care of ourselves in this area and not feel guilty when the inevitable 'skill slippage' occurs?

One thing that has helped me is to remember that Love and Logic is a very forgiving philosophy. Kids make mistakes, they take responsibility, they learn and we all move on – often in relatively short order. It is essential that we show that same grace with ourselves. The way we look forward, not backward and avoid dwelling, beating up and 'I-told-you-so', can be a wonderful way to treat *ourselves*. Just as we don't want to dwell on our kids' worst moments, we can let go of ours and focus on doing better going forward. We are going to blow it at times. We are going to forget to use our skills in the heat of the moment. We are going to say things in very unloving and illogical ways. It's just reality.

In those times, we need to give ourselves a break. We need to remind ourselves that modeling our human imperfection is part of raising great kids. We need to breathe and start again with a positive and hopeful attitude.

Remember: **The most wonderful human beings you know were raised by imperfect parents!**

Jedd Hafer has been hand-picked by Jim Fay and Dr. Charles Fay for his outstanding speaking abilities as well as his extensive experience with very challenging kids. For more than 20 years Jedd has worked with severely troubled youth in treatment centers and alternative schools where he has witnessed time after time the effectiveness of Love and Logic skills. Jedd is a father of four kids, two who are adopted out of the foster care system. His experience with challenging kids fuels his flair for training professionals and parents. He has presented to schools and organizations in 42 states and 4 countries. As a former touring professional comic, Jedd's presentations are always filled with humor and passion, blending his own hilarious style with solid Love and Logic techniques. Check out his latest webinar, [Love and Logic Strategies for Kids with Hurtful Past](#)s and his latest book ['The Pocket Grandpa'](#).

Infant Feeding and Nutrition



Looking Ahead: February 2019

Go Red: Living a Heart Healthy Life

Get ready to go red! Celebrate National Heart Month, by doing activities with your family to keep everyone healthy and fit. Next month will focus on:

- Healthy eating;
- Physical activity; and
- Self-care.

Dear Families,

Having infants around bring so much joy and fun. But did you know that feeding is one of the most important jobs you have in helping your infant grow up healthy and strong? It is important to provide your infant with a positive environment during feeding. Just think, when you are providing responsive feeding, your infant is learning:

- Trust;
- Communication;
- Patterns;
- Self-soothing– with your help; and
- Nutritional foods (milk).

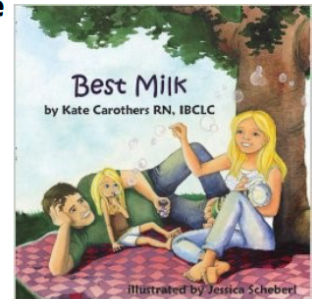
Remember, your child is constantly learning and you are their first teacher.

Breastfeeding

Breastfeeding doesn't have to be the only option for feeding your infant. If you choose to breastfeed, there are many benefits to you and your infant's health. Breastfeeding should be a choice and supported in all environments. Your infant's child care program should support your decision and provide a welcoming environment for you to breastfeed comfortably.

Book: *Best Milk*, by Kate Carothers.

Best Milk is a delightful children's book that helps explain and normalize breastfeeding. The book shows animals nursing, various positions and the convenience of breastfeeding anywhere.



Fun Time with Tummy Time

As infants grow, they need opportunities for physical activity. Tummy time is a quick and easy way to support infant's physical development. Provide infants 3-5 minutes of tummy time to give infants time to practice raising their heads and upper bodies, leading to rolling over and crawling.

You can support tummy time by:

1. Gently moving their arms and legs back and forth, and side to side
2. Encourage them to wiggle and move, by placing their favorite objects in front of them to reach and grasp
3. Place pillows and cushions on the floor for infants to creep, crawl, roll and climb over and around



Is Your Infant Hungry or Full?

Since infants cannot talk, they have different ways to let us know when they are hungry and full. Responsive feeding makes meal times easier and even enhances the relationship you have with your infant.



Hungry

1. Makes sucking noises and motions
2. Clenches their fingers or fists over their tummy
3. Flexes their arms and legs

Full

1. Starts and stops feeding often
2. Spits out or ignore the bottle or breast
3. Fidgets or gets distracted easily



JANUARY 2019 - Healthy Way to Grow Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>Happy New Year! What is your family tradition? Black-eyed peas? Potato soup? Involve your whole family in the meal preparation</p>	<p>Wednesday begins with 'W'. Think of and use the moves in 'w' words: waddle, wave, walk, wink, write, wiggle, wobble, wag, whirl!</p>	<p>Rainbow Meal. Prepare dinner for the family with an eye to all the colors of the rainbow. Green spinach, orange carrots, white potatoes, red beets. What colors will you add?</p>	<p>Resolution: Fun Family Physical Fridays. Each week try a new physical activity! Tonight, let's dance!</p>	<p>Recipe exchange! Ask family members and friends to share recipes. Begin a cookbook!</p>
<p>Babies need activity too! Lay your infant across your lap, raise one leg to create an incline so it is easier for him to see. As he develops upper body strength, he'll no longer need the lift.</p>	<p>Create weekly menus together. At the store, identify different fruits and vegetables. Have you tried clementines or kiwi? Brussels sprouts or beets?</p>	<p>Water. Start the new year by having water available to all family members at all times. Have individual cups for each family member and see that it is filled with water throughout the day, including meal time.</p>	<p>Air Walk. When you go outside, show your child how to wave a hand and feel the air move on your skin. Look for things the air is moving such as flags, branches, scarves and mufflers.</p>	<p>Winter Soup! Preparing soup can be as simple as cooking veggies in a pot of low sodium chicken or vegetable broth. The natural flavors will combine and you can choose whether to blend to make a creamy soup by blending in the blender or keep the chunky texture.</p>	<p>Gather balls, hula hoops, jump ropes and ribbons to play with your child and practice throwing, catching, rolling, kicking and batting. Have fun!</p>	<p>Library. Check out the book, <i>Peek-a-Moo</i> by Marie Torres Cimarosi; copy the movements.</p>
<p>Sit down as a family for a meal. Ask your child questions about the food: <i>How do these beans taste to you? I like the way they are a little soft and a little crunchy.</i> Describe baby food to your baby.</p>	<p>Healthy Snacks help keep the heart, muscles and bones strong. Help your child make the connection between eating healthy snacks and being strong! <i>These veggies and hummus are making me strong!</i></p>	<p>Morning Breakfast routine. Set the table the night before with dishes, bowls, and cups. Have healthy breakfast options available, like whole grain cereal and fruit. Set a timer to have plenty of time and begin healthy habits.</p>	<p>Explain to your child that you're going on a listening walk. <i>Let's put on our listening ears and walk quietly and share what we hear.</i> Walk at least 10 minutes. Describe what you hear for younger children.</p>	<p>Sweet Potato Vine. Poke 4 toothpicks into the sides of the potato. Fill a jar with water. Set the potato into a jar, resting toothpicks on the rim. Place on a windowsill. Shoots, roots and leaves will emerge. Replenish water as needed.</p>	<p>When everyone is home, create a new tradition of joining together just for a few minutes before dinner to play ring around the rosy or to have a race.</p>	<p>Return to the library and check out the book <i>Rah, Rah, Radishes! A Vegetable Chant</i> by April Pulley Sayre to learn a new food.</p>
<p>Prepare your favorite family meal. Have a conversation about the food: <i>These grapes look so sweet and juicy. I can't wait to taste them! What do you want to taste first?</i></p>	<p>Martin Luther King Holiday Home Parade. Celebrate this special day with a parade around the house to the beat of your wooden spoon on pots and pans.</p>	<p>If your child refuses to eat certain foods, respond saying, <i>Oh, you don't like it yet?</i> to remind her that food preferences change.</p>	<p>Run like the Wind. Outdoors, have children hold ribbon sticks above their heads; notice the wind moving the ribbons? Move like a gentle breeze or wild wind.</p>	<p>Turn off the TV! Some children get too much screen time. Without electronics, they'll find other ways to keep themselves entertained.</p>	<p>Family Friday. Did you know that children learn to write by holding markers and crayons and scribbling? Invite your child to join you in drawing their favorite healthy foods.</p>	<p>Moppie! Hand your toddler a child sized mop and invite them to help you clean the kitchen floor. They will love being your helper!</p>
<p>Jose Luis Orozco Find a copy or download <i>Arrillos/Lullabies in Spanish; De Colores; Diez Deditos/Ten Little Fingers</i></p>	<p>Jingle keys, tap a glass with a spoon or cluck your tongue. Encourage your baby to locate the sound. Hide and whisper his name until crawling baby finds you. Older children can close their eyes and move to the sound.</p>	<p>Touch your toes Tuesday! Bend, touch and stretch. Look at each other while down</p>	<p>Tummy Time! Place the baby on his/her tummy. After nap, after diaper change, after feeding ~ two or three or more times a day! Toddlers and preschoolers can roll themselves up in a blanket.</p>	<p>Prepare healthy snacks and lunches for your child, increasing fruits, vegetables and whole grains. No need for sugar or salt when you have carrot sticks, sweet apples and low-fat cheese that has a tangy taste</p>		

NEW ENRICHMENTS COMING!



The Good News Club: A VBS themed enrichment

Thursdays beginning January 24th

11:30am - 2:00pm

\$130 for the 7-week class



Get Set for School: Handwriting, Letters & Math activities 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 20th

11:30am - 2:00pm

\$130 for the 7-week class

More info on Science and STEAM enrichments coming soon!

Saturday, February 9th
6:00 – 10:00pm



Gather a Team of 6 Adults (18+)

**Pick a theme, Name your team,
Decorate your table and have fun!**

Cost

\$20 per person

Includes buffet dinner - each table is B.Y.O.B.

Prizes

Winning Team receives \$500 cash prize!
Prize for best decorated table and more!

**Bring three \$1 bills for a game of Heads or Tails
at intermission! Silent Auction to be held.
Mulligans will be for sale as well!**



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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Children of Hope Preschool/
Child Development Center of Ahwatukee