

# Children of Hope Child Development Center

April 2021

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

Lynn Hockenberger  
Preschool Director



### Spring forward...

Although we don't move our clocks forward here in Phoenix, we do continue to move forward with your kiddos. It seems to happen every year...when we return from Spring Break, the kids are taller, wiser, and really clicking. The growth, physically and otherwise, is noticeable and remarkable. We all see it and enjoy it.

I am so proud of this staff, our Covid Crew! None of us knew what this year would look like, but we were all committed to making it a success, no matter what. We have seen some struggles for sure as we all adjusted to masks and increased protocols. We especially missed having parents in our classrooms and on campus for social gatherings. BUT, the struggles were much fewer than we anticipated, and that is due to the credit of my teachers who showed adaptability, determination, creativity, and compassion...AND to our supportive church staff, especially Deacon Connie who was with us at Chapel from the jump, and to Ms. Joni who kept us going on the administrative side, and to Pastor Annemarie who values our presence and ministry on our campus...AND to you, who mindfully and kindly observed these new protocols, and supported us as we navigated these waters...AND to your amazing kiddos who were ROCK STARS with their masks and handwashing!

### Happy Birthday!



Mrs. A: April 16

Although we were smaller in number this year, we were mighty. Financial concerns were conquered through kind donations, grants, and a PPP loan. Teachers were extra creative with materials and resources. And you continued to trust us, amidst a pandemic, and you brought your child to school, making our in-person experience successful and happy, albeit with a few different routines and protocols. Let's finish strong! We got this!! Thanks, School Family...you're the best!

Kindly,  
Mrs. H



***ALL ARE WELCOME!***



***Check out Pastor Annemarie's sermons virtually, until in-person services resume***

**[Worship - Esperanza Lutheran Church \(myesperanza.org\)](http://myesperanza.org)**

## ***SUNDAY SCHOOL***



**Until we meet in person, Deacon Connie is posting Sunday School lessons that you can enjoy as a family.**

**She also hosts Confirmation Zoom meetings so if you have a middle schooler who would like to join in, let her know!**

**<https://myesperanza.org/education/sunday-school/>**

## **CHAPEL**



**April 21 & 22**

**Our LAST CHAPEL of the year**

**WEAR YOUR SCHOOL SHIRT!**

**Songs:**

**Peace Like a River**

**My God is So Big**

**Fruit of the Spirit: Peace**  
**Story of Jesus Calming the Storm**  
**Mark 4: 35-41**

**We are recording 1 Chapel session each month, until parents can attend, and posting it on Bloomz. Check it out!**

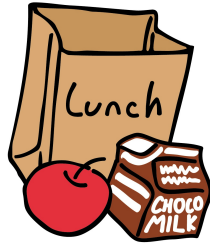
**Each month we introduce the students to a Fruit of the Spirit, (these being love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control) and illustrate how Jesus and other characters from the Bible personified these traits, and how we can, too!**

### **SERVICE PROJECT:**

**We continue to collect for Kyrene Resource Center.**

**They need:  
Jelly, Spaghetti Sauce, and  
bags of Pinto Beans**

# WHY LUNCH BUNCH?



Lunch Bunch offers our students opportunities for additional socialization through mealtime, extended activities and play. We provide a safe, nurturing place where the children can eat lunch with their peers, while learning to manage and clean up their own space, with the bonus of added time to socialize and play with their friends.

With the company of our supportive teachers, Lunch Bunch kiddos can acclimate to a longer school day, can make mistakes (such as spills) and be helped to fix them, and can gain confidence and independence.

**Lunch Time is very fast in elementary school and here at Hope we believe in providing Lunch Bunch as an opportunity for our students to practice the “soft skills” needed for kindergarten success.**

**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.**

**Not available to our Toddler Class due to diapering/licensing issues.**

**\*NO LUNCH BUNCH on Wednesday, April 14<sup>th</sup> due to Staff Meeting**

# Your Child at 4 Years



Child's Name \_\_\_\_\_

Child's Age \_\_\_\_\_

Today's Date \_\_\_\_\_

How your child plays, learns, speaks, acts and moves offers important clues about your child's development. Developmental milestones are the things most children can do by a certain age. Check the milestones your child has reached by his or her 4th birthday. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

## What Most Children Do at This Age:

### Social/Emotional

- Enjoys doing new things
- Plays "Mom" and "Dad"
- Is more and more creative with make-believe play
- Would rather play with other children than by himself
- Cooperates with other children
- Often can't tell what's real and what's make-believe
- Talks about what she likes and what she is interested in

### Language/Communication

- Knows some basic rules of grammar, such as correctly using "he" and "she"
- Sings a song or says a poem from memory such as the "Itsy Bitsy Spider" or the "Wheels on the Bus"
- Tells stories
- Can say first and last name

### Cognitive (learning, thinking, problem-solving)

- Names some colors and some numbers
- Understands the idea of counting
- Starts to understand time
- Remembers parts of a story
- Understands the idea of "same" and "different"
- Draws a person with 2 to 4 body parts
- Uses scissors
- Starts to copy some capital letters
- Plays board or card games
- Tells you what he thinks is going to happen next in a book

### Movement/Physical Development

- Hops and stands on one foot up to 2 seconds
- Catches a bounced ball most of the time
- Pours, cuts with supervision, and mashes own food

## Act Early by Talking to Your Child's Doctor if Your Child:

- Can't jump in place
- Has trouble scribbling
- Shows no interest in interactive games or make-believe
- Ignores other children or doesn't respond to people outside the family
- Resists dressing, sleeping and using the toilet
- Can't retell a favorite story
- Doesn't follow 3-part commands
- Doesn't understand "same" and "different"
- Doesn't use "me" and "you" correctly
- Speaks unclearly
- Loses skills he once had

Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in your community who is familiar with services for young children in your area, such as your local public school. For more information, go to [www.cdc.gov/concerned](http://www.cdc.gov/concerned) or call 1-800-CDC-INFO (1-800-232-4636).

Adapted from CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5, Fifth Edition, edited by Steven Shelov and Tanya Remer Altmann © 1991, 1993, 1998, 2004, 2009 by the American Academy of Pediatrics and BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS, CHILDREN, AND ADOLESCENTS, Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics. This milestone checklist is not a substitute for a standardized, validated developmental screening tool.

[www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly) | 1-800-CDC-INFO (1-800-232-4636)

**Learn the Signs. Act Early.**

# Help Your Child Learn and Grow

You can help your child learn and grow. Talk, read, sing and play together every day. Below are some activities to enjoy with your 4-year-old child today.



## What You Can Do for Your 4-Year-Old:

- Play make-believe with your child. Let her be the leader and copy what she is doing.
- Suggest your child pretend play an upcoming event that might make him nervous, like going to preschool or staying overnight at a grandparent's house.
- Give your child simple choices whenever you can. Let your child choose what to wear, play or eat for a snack. Limit choices to 2 or 3.
- During play dates, let your child solve her own problems with friends, but be nearby to help out if needed.
- Encourage your child to use words, share toys and take turns playing games of one another's choice.
- Give your child toys to build imagination, like dress-up clothes, kitchen sets and blocks.
- Use good grammar when speaking to your child. Instead of "Mommy wants you to come here," say, "I want you to come here."
- Use words like "first," "second" and "finally" when talking about everyday activities. This will help your child learn about sequence of events.
- Take time to answer your child's "why" questions. If you don't know the answer, say "I don't know," or help your child find the answer in a book, on the Internet or from another adult.
- When you read with your child, ask him to tell you what happened in the story as you go.
- Say colors in books, pictures and things at home. Count common items, like the number of snack crackers, stairs or toy trains.
- Teach your child to play outdoor games like tag, follow the leader and duck, duck, goose.
- Play your child's favorite music and dance with your child. Take turns copying each other's moves.

 FIRST THINGS FIRST

[www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly) | 1-800-CDC-INFO (1-800-232-4636)

Learn the Signs. Act Early.

## LANGUAGE DEVELOPMENT

Reading is vital to a child's ability to learn and be successful in school. And the skills needed to be a good reader—like speaking and vocabulary—start developing from birth. But it doesn't happen automatically. A child's brain is not pre-wired for reading.

So how does a child develop these skills? It starts with language.

**Children's brains are developing most rapidly in their first five years.**

The first few years of a child's life are when the brain grows and develops the most. And scientific research shows that a child's experiences in these early years affect how the brain develops.

When a child hears words and language, the brain develops important connections needed to learn how to read.

*TALK. READ. SUCCEED.*

Smart Talk is having quality, back-and-forth conversations with your baby or toddler. It's the best thing you can do to set your child up for success in school and in life.

Babies can't talk, but that doesn't mean they're not communicating. Eye contact, facial expressions, crying, smiles, and touch are all ways your baby communicates with you.

Responding to your child with words, conversation, and attention helps build the brain and creates a lasting impact on his or her ability to learn. Everyday moments—like meal time, bath time, getting dressed, diaper changes, and playtime—are great opportunities for Smart Talk.



### WHAT IS SMART TALK?

Smart Talk is easy to do—it's having back-and-forth "conversations" with your baby or toddler that are loving, responsive, and introduce new and unusual words.

You don't need special tools or training. Anyone can do it—anywhere, anytime.

Here's how:



**Describe** what you're doing as you do it—changing diapers, feeding, getting dressed. Say the names of objects or actions.



**Ask questions**—who, what, where, when—and encourage your child to answer with coos, babbles, and eventually words.



Be sure to listen and **respond** to your child, even if that means imitating babble.



**Reading**, singing songs, and telling stories are simple ways to introduce new and unusual words to build vocabulary.



**Repeat** words and short, simple sentences over and over. Echo what your child says and shows interest in.

These types of back-and-forth conversations will help your child become a strong reader and succeed in school.



Learn more at:  
[ReadOnArizona.org/SmartTalk](http://ReadOnArizona.org/SmartTalk)



## GAME CHANGER: Use your Assertive Voice

When we want children to do something, we often *ASK* them to do it. For example, *"Can you clean up your toys now, please?"* This question gives our kiddos the opportunity to respond with a "No", and to believe that they have a choice in doing the task.

When you are giving a command, *and not a request or a favor*, try using an assertive voice. Instead of *"will you"* or *"can you"*, try using your assertive voice that is direct and clear, but still kind. *"Will you clean up your toys now, please?"* becomes *"It's time to clean up. Put your toys in the bucket like this."* You can still offer choices, such as *"Are you going to pick up the blocks or the books? Great...put the blocks in the bucket like this."* But try not to ASK, unless you are asking a favor, such as *"Will you pass me the milk, please?"*

*"Assertiveness is clear communication that focuses children's attention on what we want them to do. Clear communication is essential for children to meet our expectations and for setting limits respectfully."*


This Week's  
Conscious  
Commitment:

I AM WILLING TO USE MY ASSERTIVE  
VOICE AND TONE WHEN GIVING  
DIRECTIONS TO CHILDREN THIS WEEK.

Passive: (uses a voice that questions) "Can you start cleaning up?"

Aggressive: (uses a tone that says, "Do it or else" often through gritted teeth and yelling) "Clean up now!"

Assertive: (uses the same clear, calm tone you would use to say facts like "The sky is blue. I'm wearing shoes.") "Pick up the blocks and put them in the bucket like this."

 ConsciousDiscipline

# Preschool Pageant



Due to the restrictions that Covid has created, we were unable to have all of you attend our annual Christmas Pageant in December. We were all *really* sad about this. We brainstormed several ideas and ultimately are planning to present a spring pageant that starts with the Christmas story and concludes with elements of the Easter story. The church buildings are not yet open, so we will respectfully be recording our pageant this year. We will rehearse for 2 weeks and will record the week of 4/19. Be on the watch for this! Hopefully next year we will be back to “normal” and will invite everyone to the sanctuary in December for an in-person pageant. But, the show must go on and go on it will! I will share the video link soon, following our recording session. Stay tuned!



**Some Lunch Bunch Fun**



# PRESCHOOL REGISTRATION



**2021-22 School Year**

**We have a few spots remaining in our Toddler Class (3 spots)  
and our 3-year old Class (3 spots) for the fall.**

**We so appreciate your good word  
and  
would love to welcome your friends to our school family!**

**INVITE A FRIEND!**

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**MORE LUNCH BUNCH FUN!**



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.



**Cleaning & Disinfecting  
Services**



**FORCE SHIELD**  
FOG • DISINFECT • PROTECT



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Insta!**

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