

# Children of Hope Child Development Center

May 2023

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

Lynn Hockenberger  
Preschool Director



### Happy Birthday!



No May Staff Birthdays

June 2: Mrs. Pierce  
June 30: Mrs. H

So this is always my hardest newsletter to write.

As I watch our Froggies move on to kindergarten, I remember when some of them were born, I remember others in strollers and in their mother's arms, some as toddlers in diapers in the Duckling class, and others who arrived as chubby cheeked littles who are now big kids losing baby teeth. It is always an emotional time for me as we send these precious children off to kindergarten. I have been blessed to remain in contact with many of our graduates, and I hope to do the same with this group of Froggies and their families. You crawl into my heart, and whether our paths cross again or not, it is in my heart you will remain.

And speaking of graduates, this year some of our students from our beginning years are graduating high school and are planning a final walk down our sidewalk. It would mean a lot to me and them if on Tuesday, May 16<sup>th</sup> you would stay after school and line our sidewalk in the playground area so we can clap our high school graduates out one final time.

We have many fun times planned for this final month of school. We have celebrated so many milestones in our Duckling, Penguin, and Frog classrooms this year! I thank all of our families for spending this school year with us and allowing us the privilege of being your child's first teachers.

The teachers and I hope you will all feel valued and loved this month as we wrap up a wonderful school year together and we celebrate our kiddos and families! Thank you for the gift of your child in our lives.

Kindly,  
*Mrs. H*



## *Graduation Sunday*

*All are invited to this special service where graduates, including our Frog Classroom, will receive a special blessing.*

*Sunday, May 21<sup>st</sup>  
9:00am*

*We will also be remembering our Heidi Gerrish, daughter of our beloved Mrs. Gerrish, with a special tree planting ceremony.*

## **AHWATUKEE EASTER PARADE**



**Thanks to all who joined us in the Ahwatukee Easter Parade! Fun way to get to know one another and enjoy our community.**

## **FAMILY CHAPEL TIME**



**Thank you for joining us at Family Chapel Time this year!**

**Pastor Sarah, Deacon Connie, and I really enjoy sharing the Fruit of the Spirit with the children, and we hope you leave Chapel feeling joyful and welcomed.**

**We also thank you for the donations made to those facing food insecurity in our community.**

**Ongoing donations to Kyrene Family Resource Center will be accepted including:**

**Cereal  
Peanut Butter  
Jelly  
Pasta  
Rice  
Beans  
Children's Clothing  
Children's Shoes  
Backpacks  
School Items**

**Feel free to bring them by the church office anytime throughout the summer.**

# LUNCH BUNCH



## **No Lunch Bunch** the last week of school: **May 16, 17, 18**

**Also, Frogs will not have an extended day on Wednesday, 5/17**

We hope your kiddos have enjoyed Lunch Bunch with us this year! We really enjoy this extra time with them as it allows us to get to know them better, while also giving them some important self-help and independence skills, and some additional time for activities and play.

## **Check out these resources from NAPSACC** (Nutrition And Physical Activity Self-Assessment for Child Care)

[Surviving a Picky Eater.pdf \(gonapsacc.org\)](http://gonapsacc.org)

[Tips for a "Choosy" Eater \(gonapsacc.org\)](http://gonapsacc.org)

[Where Do I Go from Here - Answers to Your Kids' Most Common Feeding and Eating Challenges.pdf \(gonapsacc.org\)](http://gonapsacc.org)



Stopping a tantrum once it is set in action is impossible. Instead, our role as adults is to help children move through their tantrums. The following suggestions will get you started:

- 1) Discipline yourself **FIRST** and your child second. Take several deep breaths before you begin to speak. Make your insides as calm as you would like the child to become.
- 2) Say to the child, **“You are safe, you can handle this. Breathe with me.”**
- 3) Use empathy and reflection to help the child become aware of him or herself. Help establish body awareness by stating what you see: **“Your arms are going like this (demonstrate) your face looks like this (demonstrate).”**
- 4) Build emotional awareness by naming the feeling you believe the child is experiencing, **“Your body is telling me you might be feeling frustrated. You wanted to buy something at the store.”** More than likely, your child will be able to organize enough to say what she wanted, “I want a cookie!” At this point, validate the child’s desire and feelings, **“You wish you could have a cookie. It is hard to not get what you want.”**
- 5) Shift the focus to what you want the child to do and offer two positive choices to help the child successfully meet your expectations. You might say, **“You have a choice. You can have a snack in your car seat or have a snack when we get home. Which do you choose?”**

As always, we wish you well!



# # FIRST THINGS FIRST

**SUMMER GOALS: Read to your child every day!**



## Top 5 Tips for Reading with Your Toddler

Reading with your toddler is quality time together. Sharing books also helps them develop the language skills and vocabulary they'll need to be a good reader later on. Children's books introduce kids to new and unusual words that you might not use in everyday conversation at home. That's important, because studies show that a toddler's vocabulary is a strong predictor of their later success in school and in life.

## Parent's Playbook Video:

<https://youtu.be/Vo350dOaqmM>

### Game Plan:

- Let them choose the books you read together.
- Point things out on the page.
- Ask questions about what's happening in the story.
- Read together every day. Just a few minutes at a time is fine.
- Have fun. The goal is to help your child grow to love books and reading.

# Healthy Habits for Happy Smiles

Tips for brushing your child's teeth:

- Brush your child's teeth after breakfast and before bed.
- Use a child-sized toothbrush with soft bristles and fluoride toothpaste.
  - For children under age 3, use a small smear of fluoride toothpaste.
  - For children ages 3 to 6, use fluoride toothpaste the size of a pea.
- Young children like to do things by themselves. It's good to let children brush their teeth while an adult watches. But children under age 7 or 8 cannot brush their teeth well yet. An adult needs to brush the child's teeth too.
- Find a position where your child is comfortable and you can see your child's teeth while you brush. For example, sit on the floor with your baby's or young child's head in your lap. Or stand behind your child in front of the mirror.
- Gently brush your child's teeth using small circles. Brush all surfaces of the teeth, including the insides and outsides.
- After brushing, have your child spit out the remaining toothpaste but not rinse. The small amount of toothpaste that stays in your child's mouth is good for the teeth.
- If you are having trouble brushing your child's teeth, use a timer, a counting game, or a song while brushing. You can also ask the staff at your child's dental clinic for help.



Use a smear for children under age 3.



Use a pea-size amount for children ages 3 to 6.

This handout was prepared by the National Center on Early Childhood Health and Wellness under cooperative agreement #9OHC0013 for the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Head Start.

National Center on Early Childhood Health and Wellness. 2016. *Healthy Habits for Happy Smiles: Brushing Your Child's Teeth*. Elk Grove Village, IL: National Center on Early Childhood Health and Wellness.

Photo requiring credit: <http://www.wikihow.com/Clean-Toddler's-Teeth> (front page, top)



ADMINISTRATION FOR  
**CHILDREN & FAMILIES**



NATIONAL CENTER ON  
Early Childhood  
National Centers  
Early Childhood Health and Wellness

**Idolinda Khalsa, RN, BSN**



Child Care Health Consultant

# Vacation Bible School



**Let's have a *Blast* at Vacation Bible School 2023!**

We will be "Blasting Off" into space to experience Jesus shining his light in the world.

The fun begins on **Tuesday, May 30th** and goes through **Thursday, June 1st, from 9 a.m. to Noon.**

Esperanza Lutheran Church  
2601 E. Thunderhill Place  
Phoenix, Arizona 85048

**Early Registration through May 14:** \$45 per Child (\$110 max/family)

**Registration on or after May 15:** \$55 per Child (\$125 max/family)

**Ages 3 years old through entering 5th grade**

**REGISTER HERE:**

[Vacation Bible School - ESPERANZA LUTHERAN CHURCH  
\(myesperanza.org\)](https://myesperanza.org)

Payment can be made in the church office.

# COMING SOON!

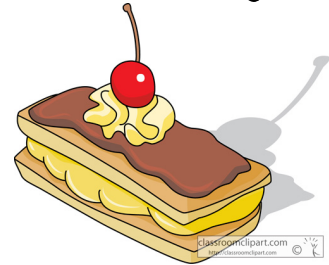
## DONUTS WITH A DUDE (Penguins & Frogs)



Thursday, May 4<sup>th</sup>  
8:30 - 9:00am

Bring your favorite dude  
to school for the fun!

## PASTRIES WITH PARENTS (Ducklings)



Thursday, May 11<sup>th</sup>  
8:30 - 9:00am

Join us in the courtyard for  
a special time together as we  
celebrate our parents

## SPA DAY FOR MOMS

(Frogs)



Thursday, May 11<sup>th</sup>  
10:30 - 11:30am





Wednesday, May 17<sup>th</sup>

Please send your children to school in their bathing suits this day as we will enjoy water activities all day.

Please apply sunscreen to your child prior to arrival, bring a beach towel, and a change of clothes in the backpack. Water shoes can also be worn.

Parents: arrive a bit early this day for pick-up (any time after 11:00am) to join in some Bubble/Foam Fun with Bubble Maniacs...back by popular demand!





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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Children of Hope Preschool/  
Child Development Center of  
Ahwatukee