

# Children of Hope Child Development Center

September 2023

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

Lynn Hockenberger  
Preschool Director



Come on, Fall, we are ready for you!

Ok, we were able to enjoy a second recess today at Lunch Bunch, outdoors, so that means we are past the 110's, right?! Our kiddos were troopers during our shortened recess times in August, but we are sure looking forward to a normal recess time this month and moving forward.

We are also really looking forward to our Parent/Teacher Conferences with you right before Fall Break. We are excited to share how your child has acclimated to school and share the many special moments we have already seen with them. Routines are being learned, friendships are forming, social skills are developing...all leading up to kindergarten readiness.

### Happy Birthday!



September 12:  
Mrs. Gerrish

September 21:  
Mr. Caleb

According to an August 2023 article on Indeed, “What Skills Should a CEO Have?”, the top 10 skills include clear communication, collaboration, open-mindedness, approachability, transparency, growth mindset, ethics, decisiveness, creativity & innovation, and fearlessness. You may ask what this has to do with a preschooler? Well, as their brains are forming, we are working here at preschool on fostering these skills every day. These skills, known as Executive Functioning skills, begin in these early years.

[What is Executive Function? How Executive Functioning Skills Affect Early Development \(harvard.edu\)](https://www.harvard.edu/what-is-executive-function-how-executive-functioning-skills-affect-early-development)

“Executive function is important for children as it helps them to develop skills of teamwork, leadership, decision-making, working toward goals, critical thinking, adaptability, and being aware of our own emotions as well as those of others. These skills are crucial for learning and development, and enable positive behavior and allow us to make healthy choices for ourselves and our families. As children grow older, they will require executive functioning skills to learn and work in school”

See the correlation? More at our conferences!

Mrs. H 🌟

#fillyourchildwithhope



*ALL ARE WELCOME!*

**On Sunday,  
September 17, 1-3 pm**

# HOPE TALKS

*Where do you find hope?*

## Mental Health Tips & Tools for 2s, Teens, & Beyond

Join us for a panel discussion with educators and mental health professionals to learn how to best support our kids.

Take-home resources, community contacts, and light refreshments will be provided.

## FAMILY CHAPEL TIME



**PARENTS!**

**We invite you to  
Family Chapel Time!  
WEAR YOUR SCHOOL SHIRT**

**8:30AM**

**Frogs: Monday, 9/11  
Ducklings: Tuesday 9/12  
Penguins: Wednesday, 9/13**

**Donations to Kyrene Resource Center will  
be accepted at Chapel Time.**

**These include:**

**Cereal  
Rice  
Beans  
Canned Meat (chicken, Spam, tuna)  
Shampoo  
Conditioner**

**BUT THE FRUIT  
of the Spirit IS...**



# LUNCH BUNCH

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

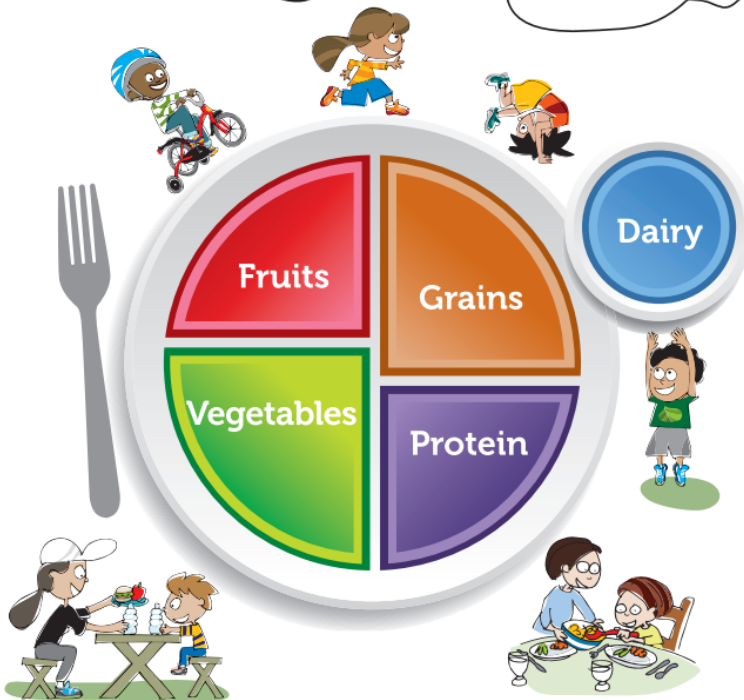
Will invoice via Brightwheel

**NO LUNCH BUNCH Thursday, September 14<sup>th</sup>  
due to Teacher Staff Meeting**



United States Department of Agriculture

## Healthy Eating for preschoolers



ChooseMyPlate.gov

**Get your child on the path to healthy eating.**



*Offer a variety of healthy foods.*

Choose foods from each MyPlate food group. Pay attention to dairy foods, whole grains, and vegetables to build healthy habits that will last a lifetime.

*Be mindful of sweet drinks and other foods.*

Offer water instead of sugary drinks like regular soda and fruit drinks. Other foods like hot dogs, burgers, pizza, cookies, cakes, and candy are only occasional treats.

*Focus on the meal and each other.*

Your child learns by watching you. Let your child choose how much to eat of foods you provide. Children copy your likes, dislikes, and your interest in trying new foods.

*Be patient with your child.*

Children enjoy food when eating it is their own choice. Some new foods take time. Give a taste at first and wait a bit. Let children serve themselves by taking small amounts. Offer new foods many times.

*Cook together.*

*Eat together.*

*Talk together.*

*Make meal time family time.*



# Healthy Eating for preschoolers

# Daily Food Checklist



Use this Checklist as a general guide.

- This food checklist is based on average needs. Do not be concerned if your child does not eat the exact amounts suggested. Your child may need more or less than average. For example, food needs increase during growth spurts.
- Children's appetites vary from day to day. Some days they may eat less than these amounts; other days they may want more. Let your child choose how much to eat. Throughout a day, offer amounts shown below.

Food group	2 year olds	3 year olds	4 and 5 year olds	What counts as:
<b>Fruits</b> Focus on whole fruits 	1 cup	1 – 1½ cups	1 – 1½ cups	½ cup of fruit? ½ cup mashed, sliced, or chopped fruit ½ cup 100% fruit juice ½ small banana 4-5 large strawberries 
<b>Vegetables</b> Vary your veggies 	1 cup	1 – 1½ cups	1½ – 2 cups	½ cup of veggies? ½ cup mashed, sliced, or chopped vegetables 1 cup raw leafy greens ½ cup vegetable juice 1 small ear of corn 
<b>Grains</b> Make half your grains whole grains 	3 ounces	3 – 5 ounces	4 – 5 ounces	1 ounce of grains? 1 slice bread 1 cup ready-to-eat cereal flakes ½ cup cooked oatmeal, rice, or pasta 1 tortilla (6" across) 
<b>Protein Foods</b> Vary your protein routine 	2 ounces	2 – 4 ounces	3 – 5 ounces	1 ounce of protein foods? 1 ounce cooked meat, poultry, or seafood 1 egg 1 Tablespoon peanut butter ¼ cup cooked beans or peas (kidney, pinto, lentils) 
<b>Dairy</b> Choose low-fat or fat-free milk or yogurt 	2 cups	2 – 2½ cups	2½ cups	½ cup of dairy? ½ cup milk 4 ounces yogurt ¾ ounce cheese 

Some foods are easy to choke on while eating. Children need to sit when eating. Foods like hot dogs, grapes, and raw carrots need to be cut into small pieces the size of a nickel. Be alert if serving 3- to 5-year-olds foods like popcorn, nuts, seeds, or other hard foods.

There are many ways to divide the Daily Food Checklist into meals and snacks. View the "Meal and Snack Patterns and Ideas" to see how these amounts might look on your preschooler's plate at [www.ChooseMyPlate.gov/preschoolers-meal-and-snack-patterns](http://www.ChooseMyPlate.gov/preschoolers-meal-and-snack-patterns).



## Ways to Encourage Your Child to Try New Foods

- 1 Offer one new food at a time.** Start small. Let your child try small portions of new foods.
- 2 Offer new foods first.** Your child is most hungry at the start of a meal.
- 3 Cook and garden together.** These activities make new fruits and vegetables fun.
- 4 Be a good role model.** Try new foods yourself. Describe the taste, texture, and smell.
- 5 Be patient, new foods take time.** It may take 10 or more tries for a child to accept a new food.



Misbehavior reveals  
**missing skills** in children.

Punishment will  
not change behavior.

To shift behavior,  
**teach a new skill**  
to replace the behavior.

 Conscious Discipline®

## *Skill of Choices Commitment*

### **Formula:**

"You have a choice.  
You may \_\_\_ or \_\_\_ .  
Which is better for you?"

### **Example: (Getting Dressed)**

"You have a choice. You can get  
dressed in your room or in the  
bathroom. Which is better for you?"

 Conscious Discipline®

### Emotional State Tool of the Week:

**C** = Choices

Two positive choices help  
children **direct** their attention  
when they're having trouble  
focusing, **recover** from  
situations where they feel  
powerless, and **calm** down  
after an emotional state  
episode.

 Conscious Discipline®

Wishing you well,  
*Mrs. H*

# Bright by Text puts child care resources in your pocket - Arizona PBS (azpbs.org)

## What is **Bright by Text** ?

Bright by Text is a free program for parents and caregivers that sends tips and resources promoting child development, targeted to a child's age from prenatal to 5 years old, right to their cell phone.

--- **MESSAGES INCLUDE** --- research based messages help parents and caregivers feel prepared, and **local messages** keep them informed ---



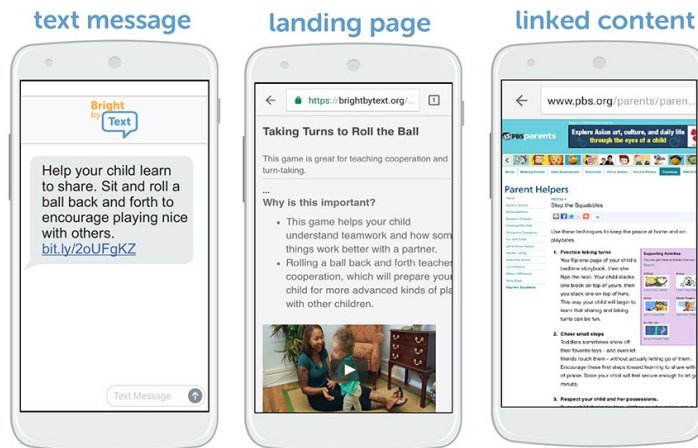
--- **CONTENT SOURCES** ---



--- **LINKS TO MORE RESOURCES** --- **SIGN UP** ---

Each text message has a link to a landing page with more information, including short modeling videos, related books, games and other resources.

parents and caregivers



in partnership with ArizonaPBS

to try it



[brightbytext.org](http://brightbytext.org)

1. Open a new text conversation on your cell phone.
2. Type "274448" in the subject space.
3. Type "ARIZONAPBS" in the text space (ALL CAPITAL letters and NO SPACES).
4. A message will pop up asking for your child's date of birth. Input it as MMDDYY.
5. It will then ask you to confirm it by texting "Y."
6. Enter your zip code when asked.
7. It will then ask you to confirm it by texting "Y."
8. Congratulations, you have completed your registration!

# UPCOMING EVENTS

## Preschool Board Meeting



Tuesday, September 19th

6:00 - 7:00pm

Fellowship Hall

If you would like to volunteer for our preschool board, please see Mrs. H. We would love to have you as we plan and implement our school year.

7 Meetings total will be held the 3<sup>rd</sup> Tuesday in September, October, November, January, February, March, and April

## SCHOOL PICTURE DAY



Thursday, September 14th

Lifetouch Photography will be here all morning taking photos of the kids. They do a really nice job.

Class photos (composites) will also be created and available for purchase. All orders will be taken online

Siblings will be photographed together and individually

Please return your Picture Form to Mrs. H

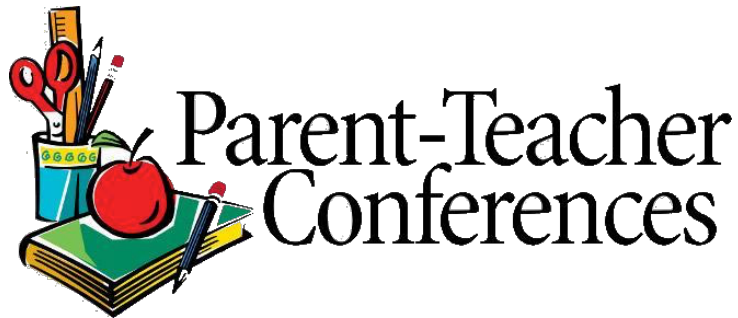
# Free! Speech/Developmental Screenings from Mariposa Therapy Services



Tuesday, 9/12

We enjoy a wonderful partnership with Mariposa Therapy Services, a local pediatric occupational, speech, and physical therapy office. Each year they volunteer their time to provide free screenings to our students. If a referral is recommended, we will share that information with you at our upcoming Parent/Teacher Conferences.

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Our Fall Conferences will take place **September 18 – 20th**

Please sign up via the link your teacher shared on Brightwheel.

We look forward to this time with you to share how your child has acclimated to school, and to share the joys and milestones your child is experiencing..

**Reminder: Ages & Stages Questionnaires are due to your child's teacher by Tuesday, 9/12**





Please make drop off and pick up times with your child

***Cell Phone Free Zones*** 😊 Your child really wants your attention at this time and it's helpful too if we need to communicate any blessings or concerns with you.

Thank you!

## SMOKE-FREE ENVIRONMENT

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



Cleaning & Disinfecting  
Services



**FORCE SHIELD**  
FOG • DISINFECT • PROTECT



find us on

**Facebook**



Instagram

**Like our Facebook  
Page/Follow us on  
Insta!**

**Also, join our Private**