

Children of Hope Child Development Center

April 2024

Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger
Preschool Director



Well, it sure snuck up on us, but **Easter** at preschool was lovely. Thank you all for attending one of our favorite Chapel Times with the Washing of the Feet, and for all the Easter eggs you donated for the preschool and church egg hunts. Thank you also for welcoming our new pastor, Pr. Chris! Thanks also to those families who came to the Easter parade. We were small in number, but our COH kids were great ambassadors as they passed out quilted hearts and candy to the spectators!

**Happy
Birthday!**



Mrs. Angilletta:
April 16th

We have a lot of fun planned for April. This first week kicks off **NAEYC's Week of the Young Child**. Each day we will highlight various aspects of our special early childhood moments on social media, with the hashtag #WOYC24. Several towns will declare proclamations recognizing Week of the Young Child and I will be at Tempe City Hall on April 4th to celebrate that proclamation.

We will then begin the milestones that mark the end of our school year. Be on the watch for invitations to various **celebrations** and events in April and May.

Before we wrap this semester, I would like to enjoy one more Fun Friday with our Penguins & Frogs. I will be holding a **Fun Friday** called Storybook Forest on 4/19. We will delve into the wonderful world of storybooks, play games, sing songs, make some art, and enjoy a special snack together. Hope to see some of my Penguin & Frog friends there! Send me a message on BW to sign your child up!

It will be a wonderful April!

Warmly,
Mrs. H



Let's go on a
Vacation Bible School
Adventure!

Join us for this EPIC three-
day VBS Adventure!

Tuesday, May 28th through
Thursday, May 30th
9:00am - Noon

Registration begins April 1st
Sign up online

<https://myesperanza.org/vacation-bible-school-registration-opens-april-1-2024/>

Cost: \$50 per child
Ages 3 through 5th grade
(Maximum cost \$125 per family)

Hope to see you there!

FAMILY
CHAPEL TIME
WEAR YOUR SCHOOL SHIRT



8:30am

Frogs: Monday, April 15
Ducklings: Tuesday, April 16
Penguins: Wednesday, April 17

Lesson: Fruit of the Spirit
Galatians 5:22-23
Peace

April will be our last Chapel of the
year. Thank you all for sharing this
time with us. We treasure it.

Pastor Chris is always available after
Chapel if you have any questions
about first communion or anything
else about Esperanza.

All are welcome!



LUNCH BUNCH



LUNCH BUNCH PICK UP TIMES

Pick Up at 1:00pm: \$15

OR

Pick Up at 2:00pm: \$20

Will invoice via Brightwheel

***NO LUNCH BUNCH on Thursday, April 18th due to Staff Meeting**

Healthy for
Eating 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:
Fruits 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
Vegetables 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
Grains 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)
Protein Foods 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)
Dairy 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.



Keeping Toddler Teeth Healthy

Toddlers need adult help to clean their teeth.



Toddler Teeth

Healthy teeth help toddlers eat, speak, smile, and sing without pain. Help toddlers learn healthy habits for life with the recommendations below. These are general guidelines. Talk to a dentist about specific questions or concerns.

Brush with Fluoride Toothpaste

- Brush with a rice-sized smear of fluoride toothpaste. Stay positive and make brushing fun. Say, “Open wide like a lion!” and sing a favorite song.
- Use a small, soft-bristled toothbrush. Get a new toothbrush every six months or when it looks frayed.
- Toddlers may brush with no toothpaste to practice. Just be sure you do a thorough brushing with toothpaste afterwards.
- Good communication between child care and home can make sure children’s teeth are brushed with fluoride toothpaste twice a day.



Eat Healthy

- Offer a variety of healthy foods like fruits, vegetables, whole grains, lean meats, and beans. Stay away from sugary foods and drinks.
- Many toddlers are particular about what they like to eat and/or are cautious about trying new foods. Adults should provide healthy foods and allow children to eat what they want from those healthy offerings. Forcing children to eat or bribing them does not help them build healthy eating habits.

Wean to a Cup

- Wean to a cup around one year of age.
- Sippy cups are for meal or snack times. Toddlers shouldn’t sleep or move around with sippy cups.

Using Sippy Cups Safely

Sippy cups can be helpful temporarily when weaning a child to an open cup.

- Choose one without a valve, so that children learn to sip, not suck.
- Only use it for a short time to transition to an open cup.
- At mealtimes, fill with water or milk. Only allow water between meals.

When a child is learning to use an open cup, fill it with a small amount of liquid, and provide hands-on help. Infants can start learning to drink from an open cup at 6 months.



Dentists Recommend

- From the first tooth to age three, brush with a **rice-sized smear** of fluoride toothpaste on a small soft-bristled toothbrush.
- Children should have their first dentist visit by **age one**. From then on, children should go to the dentist **every 6 months**.

Resources Used When Creating This Document

ADA Division of Communications. (2005). From baby bottle to cup. Journal of the American Dental Association, 135 (3), 387.

The American Academy of Pediatric Dentistry. (2013). Guideline on Periodicity of Examination, Preventive Dental Services, Anticipatory Guidance/Counseling, and Oral Treatment for Infants, Children, and Adolescents

The American Academy of Pediatric Dentistry. (2014). Policy on Use of Fluoride.



The Backpack Connection Series was created by TACSEI to provide a way for teachers and parents/caregivers to work together to help young children develop social emotional skills and reduce challenging behavior.

Check out these great resources!

[Backpack Connection: How to give clear directions \(challengingbehavior.org\)](http://challengingbehavior.org)

[Backpack Connection: How to Use Positive Language to Improve Your Child's Behavior \(challengingbehavior.org\)](http://challengingbehavior.org)



garden-of-eatin-admin@googlegroups.com

Do you like to garden? Raised beds are available for rent in our community garden. Please note each bed is private so please do not take any samples from the beds. The preschool rents the bed closest to the playground fence, with the Sitzmann Family tending it for us.

Want to help the preschoolers in the garden?

Reach out to Jane & Leah's mom, Cassidi!

We have sunflower seeds available for planting...any interest?



Preschool Board Meeting



Tuesday, April 16th

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 our school year.

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



Penguins & Frogs: Fun Friday, 4/19

Ducklings:

Pastries with Parents, 4/25

Penguins: Art Show, 4/30

Penguins & Frogs:

Donuts with a Dude, 5/02

Penguins & Frogs:

Mother's Day, 5/09

Frogs: Movin' On Celebration,
5/20

All Classes:

Water Day, 5/22

Last Day of Preschool, 5/23

Further detail on all events
in your teachers' lesson plans and newsletters 😊



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



find us on

Facebook



Instagram

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

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