

# Children of Hope Child Development Center

November 2016

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

Lynn Hockenberger  
Preschool Director

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### Upcoming Events

- ◆ NO SCHOOL  
Friday, November 11
- ◆ CHAPEL  
November 16 & 17
- ◆ BUTTER BRAID  
DELIVERY  
Thursday, 11/17  
Please pick up by  
11:30am
- ◆ THANKSGIVING  
FEASTS  
November 22 & 23
- ◆ GARDEN DAYS  
November 28 & 29
- ◆ BREAKFAST WITH  
SANTA  
Saturday, December 3

### I am thankful to my kids for:

Instilling patience in me when they test my limits  
and poke boundaries

Giving me a sense of self worth when I feel their  
little arms hugging me tightly

Making me feel important and needed when their  
little hands are holding my own

Boosting my confidence by loving me regardless of  
how I look

Making me feel special when they smile at me more  
than they smile at anyone else.

Being patient with me when I lose my temper while  
they keep quiet waiting for me to cool down

Their inquisitiveness for which I'll never know  
there's so much more to learn in life

Their bountiful energy which keeps me young

Being born to me and my spouse so that we  
appreciate what is bliss and joy

Loving them so much that they are the reason  
that I feel alive and hopeful

Just being them... They are mine... I'll not trade  
them for any perfect children

~ kidsrsimple.com ~

**In this season of thanks, our cups runneth over! Thank you for sharing your children with us. We are blessed.**





Top 10 Sellers!

10. Leah Wheeler
9. Haleigh Shepherd
8. Ryan Buzan
7. Bennett Mangieri
6. Andrew & Emmett Pruden
5. Brody Tuinstra
4. Bryce Christiansen
3. Cullen Kelly
2. Chase Pierce

And our **#1 Seller** is

**1. Natalie Martinez**

Congrats to all our winners! Each will receive a Free Pizza & Drink from Florencia's!

And Natalie also receives a Free Enrichment Class and 4 Front Row Seats to our Christmas Program!

**Butter Braids will be delivered on Thursday, 11/17. Please pick up your orders by 11:30am. Thank you!**

## CHAPEL



**With Pastor Steve and Ms. Kathy**

**Wednesday, 11/16**

**Thursday, 11/17**

**Lesson: Zacchaeus**

**Song: Zacchaeus Was a Wee Little Man**

### **Kyrene Resource Center** **Thanksgiving Food Drive**

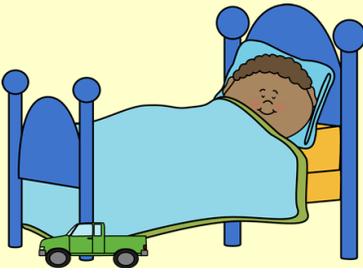
Chapel offerings this month will be donated to this special drive. Thank you!

- Canned Green Beans
- Cream of Mushroom Soup
- French fried onions
- Canned yams or sweet potatoes
- Bag of marshmallows
- Box of stuffing
- Canned or packaged turkey gravy
- Cornbread or biscuit mix
- Canned cranberry
- Canned pumpkin
- Boxed cake mix



**A person's a person,  
no matter how  
small.**

**-Dr. Seuss**



## Encouraging Healthy Sleep Habits By: Hattie Harvey, PhD, NCSP

Sleep is critical to children’s everyday functioning. A good night’s sleep helps prepare children to attend to new experiences, positively engage with others, and build memory and attention skills. When children sleep, their brains are actively working to form new connections, allowing them to be more physically relaxed and mentally alert when awake. These positive effects can be observed over time, and as a parent you play a critical role in helping your child establish healthy sleep habits.

### Why are sleep habits important?

Establishing healthy sleep habits early on helps to prevent children’s long-term sleep problems and other associated risk factors. Researchers have linked poor sleep habits to a greater risk for obesity, impaired memory and attention, and poor academic performance in school-age children (Aronen, Paavonen, Fjallberg, Soininen, & Torronen, 2000; Buckhalt, El-Sheikh, & Keller, 2007; El-Sheikh, Buckhalt, Cummings, & Keller, 2007; Meltzer, & Mindell, 2009). Further, insufficient sleep also has been associated with higher rates of aggression and can negatively affect interpersonal relationships with family and peers (El-Sheikh et al., 2007). Outlined below are some key concepts and strategies for establishing healthy sleep habits.

### Key Sleep Strategies to Consider

Think of these strategies as a collection of related elements, all of which must be present to ensure healthy sleep habits.

1. **Sleep Duration.** Consider the total amount of sleep during both night and day: is your child getting enough sleep? The following table outlines basic recommended sleep durations by age.

### Recommendation Sleep Duration

AGE GROUP	YEARS	RECOMMENDED TOTAL SLEEP
Infants	3 to 12 months	14 to 15 hours
Toddlers	1 to 3 years	12 to 14 hours
Preschoolers	3 to 5 years	11 to 13 hours

School-age

6 to 12 years

10 to 11 hours

2. **Naps.** Is your child taking naps or do you sometimes skip nap? Naps lead to optimal daytime functioning. If you miss one, try to keep your child up until the next sleep period (or close to it) to maintain the child's sleep pattern. Consider the following

- By 4 months most children take three to four naps per day
- By 8 months most children take two naps
- By 21 months most children take one nap
- By age 6 most children no longer nap

3. **Sleep Quality.** When sleep is continuous, your child can naturally learn to fall back asleep following a brief awakening. Too many awakenings fragment sleep, disrupting brain growth and the natural sleep cycle. After 4 months of age, naps of less than one hour do not provide enough time for the brain to benefit from the nap.

4. **Recognize signs of drowsiness.** Nap and bedtime should begin during your child's drowsy stage, not when she is overtired. Identify your child's signs of drowsiness; they may include decreased activity, slower motions, drooping eyelids, yawning, and eyes that are less focused. Drowsy children also may be less vocal, quieter, or calmer. Your child may have more difficulty falling asleep if she is overtired; signs of overtiredness may include fussiness, eye rubbing, irritability, or crankiness.

4. **Establish consistent bedtime and wake-up routines.** Your routines may be adjusted based on age or your family's preference. Avoid stimulating activities such as watching television or playing video games prior to bed, instead choose calming activities like reading or storytelling. Whatever you choose, keep the sequence consistent! Doing so helps to maintain your child's internal clock on a 24-hour cycle. Note that infants younger than 4 months have immature internal clocks, so this does not apply to them.

5. **Be a team player and communicate!** Communicate with those who are involved in your child's life, such as another parent, child care providers, a nanny, or relatives. Share your strategies and your child's signs of drowsiness, so that they can also support establishing healthy sleep habits for your child.

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About the Author: Dr. Hattie Harvey teaches at the University of Alaska Anchorage in the Early Childhood Education program. She is a nationally licensed school psychologist and enjoys collaborating with local early childhood programs on assessment and instructional practices.

# Thanksgiving Feasts



Tuesday, November 22  
Wednesday, November 23

11:00am in Fellowship Hall

Special snack: Turkey, Corn Muffins, Fruit Cornucopias

## NO SCHOOL



Friday, November 11

Thank a Veteran Today!

## Garden Days



November 28 & 29

*Come and check out our pumpkins!*



## IMPORTANT!

Esperanza is a polling place so there will be a lot of traffic on campus on Election Day, November 8<sup>th</sup>.

Preschool gates will be locked during the day. We ask that ALL parents park in the lower lot and all students enter and exit from the lower playground gate this day. Thank you.

# Annual Breakfast with Santa!



Saturday, December 3<sup>rd</sup> 9:00-11:00am

Join us for our annual Breakfast with Santa! For only \$8 per person you and your child can enjoy some yummy continental breakfast foods and several Christmas crafts.

Top off the morning when **Mr. & Mrs. Claus** make a visit!

Don't forget your cameras! This environment is just right for your child to visit Santa.

**Please RSVP to Mrs. H in the preschool office by Wednesday, November 30th**

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Name \_\_\_\_\_

\_\_\_\_\_ Number of Guests (ages 2 and up, kids and adults)

\_\_\_\_\_ Total Cost @ \$8 per person

Paid \_\_\_\_\_ Cash \_\_\_\_\_ Check # \_\_\_\_\_



## Mark Your Calendars!

**Trivia Night has been postponed. Date TBD**

**Saturday, December 3<sup>rd</sup>: Breakfast with Santa 9:00 – 11:00am**

**December 9 – 11: Esperanza Lutheran's Youth Christmas Play,  
"The Dogs Must be Crazy"**

**Tuesday, December 13<sup>th</sup>: Annual Christmas Pageant 5:00pm**

**December 14 and/or 15<sup>th</sup>: Gingerbread Houses/Class Christmas Parties**

**Thursday, December 15<sup>th</sup>: Last Day of Class before Christmas Break**



Please **NO Cell Phones at Drop Off or Pick Up**

**THANKS!**



find us on

**Facebook**

Join our Facebook group!

**Like our Page** to stay informed!

Help us get **100 Likes!**

**Also, join our Private Group**

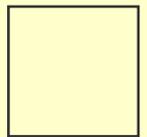
Children of Hope Preschool/  
Child Development Center of Ahwatukee

**Labels for Education**

Clip and send these labels:



Found on any of these products:



We have used funds from this program to purchase playground equipment and a die cut machine! **Keep those labels coming!**

**This program is ending but labels marked “Labels for Education” will continue to be accepted until they are gone. Check your products! Drop box in Mrs. H’s office. Thank you!**

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