

# Children of Hope Child Development Center

March 2018

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

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Preschool Director



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### February Events

- ◆ REGISTRATION  
Begins March 5
- ◆ SPRING BREAK  
March 12-19
- ◆ NO LUNCH BUNCH  
Tuesday, March 20
- ◆ CHAPEL  
March 21 & 22
- ◆ MOTHER/SON PIRATE  
NIGHT  
Thursday, March 22
- ◆ NO SCHOOL  
Good Friday, 3/30
- ◆

### Welcome, March!

**With Spring Break around the corner, this month will go so fast. As it is, we are already sitting at registration time for next school year! Wow!**

**As the teachers prepared your child's progress reports, I was so happy to hear them speak of all the growth they have witnessed this year. They are genuinely vested in your children and to watch them work is a real joy.**

**Nurturing a preschooler, physically, emotionally, spiritually and cognitively, is such important work, as a child's brain grows 90% during these early years! The foundation laid at home and at school during the early childhood years sets our youngest learners up for school readiness and success, and ultimately life. And don't discount the social skills! Without such skills as self-regulation, persistence, empathy and problem solving, a child may really struggle in school. By helping our students with these and other important social-emotional skills, we are then able to explore and ignite their fullest potential, academically and beyond. I am proud to tell you that Children of Hope graduates are doing very well in their later school years in all domains thanks to the good work being done by my gals here during these critical early years.**

**So we thank you for the trust you place in us and for the relationship we share with you. We look forward to registering for another school year and growing our school family with you!**

*Mrs. H*



**Lent Midweek Services**  
Wednesdays through March 21  
7:00pm

Soup and Salad Supper @ 6:00pm

**Holy Week Services**  
Maundy Thursday, Good Friday and Easter Vigil  
7:00pm

**Easter Sunday Services**  
6:30, 8:30 and 10:30am

Easter Egg Hunt for children @ 9:30am



Washing of the Feet



Washing of the Feet

## 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)



# Healthy Digital Media Use Habits

## for Babies, Toddlers & Preschoolers

Media in all forms, including TV, computers, and smartphones can affect how children feel, learn, think, and behave. However, parents (you) are still the most important influence.

The American Academy of Pediatrics (AAP) encourages you to help your children develop healthy media use habits early on.

## Media Use Guidelines for Young Children

American Academy of Pediatrics Media Use Guidelines for Young Children		
Age	Description	Media Use Guidelines
Younger than 2	Children younger than 2 learn and grow when they explore the physical world around them. Their minds learn best when they interact and play with parents, siblings, caregivers, and other children and adults.	<b>For children younger than 2,</b> <ul style="list-style-type: none"> <li>Media use should be very limited and only when an adult is standing by to co-view, talk, and teach. For example, video-chatting with family along with parents.</li> </ul>
	Children younger than 2 have a hard time understanding what they see on screen media and how it relates to the world around them.  However, children 15 to 18 months of age can learn from high-quality educational media, IF their parents play or view with them and reteach the lessons.	<b>For children 18 to 24 months, if you want to introduce digital media,</b> <ul style="list-style-type: none"> <li>Choose high-quality programming.</li> <li>Use media together with your child.</li> <li>Avoid solo media use.</li> </ul>
2 to 5 years of age	At 2 years of age, many children can understand and learn words from live video-chatting. Young children can listen to or join a conversation with their parents.  Children 3 to 5 years of age have more mature minds, so a well-designed educational program such as Sesame Street (in moderation) can help children learn social, language, and reading skills.	<b>For children 2 to 5 years of age,</b> <ul style="list-style-type: none"> <li>Limit screen use to no more than 1 hour per day.</li> <li>Find other activities for your children to do that are healthy for their bodies and minds.</li> <li>Choose media that is interactive, non-violent, educational, and prosocial.</li> <li>Co-view or co-play with your children.</li> </ul>

# Why Limit Media Use?

Overuse of digital media may place your child at risk of:

- **Not enough sleep.** Young children with more media exposure or who have a TV, computer, or mobile device in their bedrooms [sleep](#) less and fall asleep later at night. Even babies can be overstimulated by screens and miss the sleep they need to grow.
- **Delays in learning and social skills.** Children who watch too much TV in infancy and preschool years can show [delays](#) in attention, thinking, language, and social skills. One of the reasons for the delays could be because they interact less with parents and family. Parents who keep the TV on or focus on their own digital media miss precious opportunities to interact with their children and help them learn. See *Parents of Young Children: Put Down Your Smartphones*.
- **Obesity.** Heavy media use during preschool years is linked to weight gain and [risk of childhood obesity](#). Food advertising and snacking while watching TV can promote obesity. Also, children who overuse media are less apt to be active with healthy, physical play.
- **Behavior problems.** Violent content on TV and screens can contribute to [behavior problems](#) in children, either because they are scared and confused by what they see, or they try to mimic on-screen characters.

## Other Tips for Parents, Families & Caregivers:

- **Do not feel pressured to introduce technology early.** Media interfaces are intuitive and children can learn quickly.
- **Monitor children's media.** For example, know what apps are used or downloaded. Test apps before your child uses them, play together, and ask your child what he or she thinks about the app.
- **Turn off TVs and other devices when not in use.** Background media can distract from parent-child interaction and child play, which are both very important in child language and social-emotional development.
- **Keep bedrooms, mealtimes, and parent-child playtimes screen free and unplugged for children and parents.** Turn off phones or set to "do not disturb" during these times.
- **Avoid exposure to devices or screens 1 hour before bedtime.** Remove devices from bedrooms before bed.
- **Avoid using media as the only way to calm your children.** Although media may be used to soothe children, such as during a medical procedure or airplane flight, using media as a strategy to calm could lead to problems with a child's own ability with limit setting and managing emotions. Ask your child's doctor for help if needed.

Additional Information from HealthyChildren.org and for information on movie ratings and recommendations see

[www.common sense media.org](http://www.common sense media.org)

# **BACK BY POPULAR DEMAND!**



**Saturday, April 7<sup>th</sup>, 2018  
6:00 - 10:00pm**

**Gather a Team of 6 Adults**  
**(Husbands vs. Wives?, Classroom vs. Classroom?)**  
**Pick a theme, Name your team,**  
**Decorate your table and enjoy the fun!**

## **Cost**

**\$20 per person**

**Includes buffet dinner - each table is B.Y.O.B.**

## **Prizes**

**Winning Team receives \$500 cash prize!**  
**Prize for best decorated table and more!**

**Bring 3-\$1 bills for a game of Heads or Tails  
at intermission!**

**Mulligans (free answers) will be for sale for \$5.00!**

**SILENT AUCTION - Fabulous Prizes!**

# CHAPEL

With Pastor Steve and Ms. Kathy  
Wednesday, 3/21 Thursday, 3/22

**Lesson: A Servant's Heart**

**Song: "Jesus Loves Me"**

**Food Donations:** Local Food Pantry

**Children's Clothing / Shoes:** AZ Helping Hands

**Yarn and/or Diapers:** AZ Needy Newborns

Any **monetary offerings** will be given to Feed My Starving Children.



## 2018-19 Registration



March 5: Current Families  
(includes incoming Toddlers)

March 6: Alumni & Esperanza Members

March 7: New Families

Lunch Bunch is a safe, nurturing environment where our kiddos can practice the independence skills needed for kindergarten success...managing the longer day, lunch time skills and additional time to play, problem solve and develop those important social-emotional skills.

Take advantage of this and other after-school opportunities!

3's and Pre-K

## LUNCH BUNCH!



Available Daily

**Sign up at the Office**

**Pick Up at 12:30pm: \$10**

**Pick Up at 1:30pm: \$15**

**Pick Up at 2:00pm: \$20**

Great way for kids to foster friendships.

Plan a day with some friends!

**\*No Lunch Bunch on Tuesday, March 20<sup>th</sup> due to staff meeting/training.**

# The First Five Years



From birth to age 5, a child's brain develops more, and more rapidly, than at any other time in life. And while genetics plays a significant role, scientific research has made clear that the quality of a child's experiences in the first few years of life – positive or negative – helps shape how their brain develops. And that these experiences have lasting impact on their health and ability to learn and succeed in school and in life.

## 90% of a Child's Brain Develops By Age 5



The human brain, the command center of the entire body, is the only organ not fully developed at birth. At birth, the average baby's brain is about a quarter of the size of the average adult brain. Incredibly, it doubles in size in the first year and keeps growing to about 80% of adult size by age 3 and 90% – nearly full grown – by age 5.

A newborn baby has all of the brain cells (neurons) they'll have for the rest of their life, but what really makes the brain work – and enables us to move, think, communicate and just about everything else – are the connections between those cells. And the early years of a child's life are a crucial time for making those connections – at least one million new neural connections (synapses) every second, far more than at any other time in life.

Different areas of the brain – which are responsible for different abilities like movement, language and emotion – develop at different rates. Eventually brain connections connect with each other in more complex ways, enabling the child to move and speak and think in more complex ways.

## Brain Development = Child Development

All children develop differently – some will walk or talk earlier than usual, while others may take more time – but it's clear that the early years are the best opportunity for a child's brain to develop the connections they need to be healthy, capable, successful adults.

Recent scientific research has shown that the connections needed for many important, higher-level abilities – like motivation, self-regulation, problem solving, communication and self-esteem – are formed in these early years. Or not formed. And it's much harder for these essential brain connections to be made later in life.

## **How Brain Connections Are Built**

Starting from birth, brain connections are built through a child's everyday experiences – by positive interactions with their parents and caregivers, and by using their senses to interact with the world around them. It's a young child's daily experiences – the amount and quality of care, stimulation and interaction they receive in their first days, weeks, months and years – that determines which brain connections develop and will last for a lifetime.

## **Caring, Responsive Relationships**

The most important influences on a child's development are their relationships with the adults in their life. Loving relationships with warm, responsive, dependable adults are essential to a child's healthy development. These relationships begin at home, with parents and family, but also include child care providers, teachers and other members of the community.

From birth, young children serve up invitations to engage with their parents and other adult caregivers in their lives. Babies do it by cooing and smiling and crying; toddlers are able to communicate their needs and interests more directly. Each of these little invitations is an opportunity for the caregiver to either be responsive or unresponsive to the child's needs. This "serve and return" process is fundamental to the wiring of the brain. Parents and caregivers who give attention and respond and interact with their child are literally building the child's brain. That's why it's so important to talk, sing, read and play with young children from the day they're born, to give them opportunities to explore their physical world, and to provide safe, stable and nurturing environments.



[www.firstthingsfirst.org](http://www.firstthingsfirst.org)

# UPCOMING ENRICHMENT CLASSES



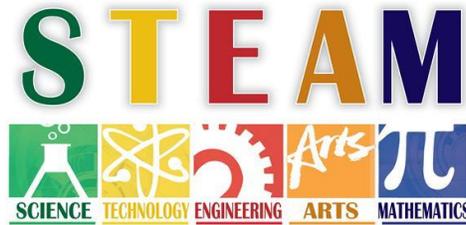
## PREDICT IT! SCIENCE CLASS

With Mrs. Gerrish

**Wednesdays**

**\$110**

3/21, 3/28, 4/04, 4/11, 4/18, 4/25 and 5/02/18



## FULL STEAM AHEAD

With Mrs. Luken

**Mondays**

**\$110**

3/19, 3/26, 4/02, 4/09, 4/16, 4/23 and 4/30/18



## LEARNING WITHOUT TEARS

Fridays with Mrs. Palomaa (and Mrs. Luken PM Class)

**AM CLASS: 8:30 – 11:30am**

February – April

**\$70 per month**

**PM CLASS: 11:30am – 2:00pm**

February – April - \$175 or

February – March - \$110



Please make drop off and pick up times with your child  
*Cell Phone Free Zones* 😊



find us on  
**Facebook**



Instagram

**Like our Page** to stay informed!

**Also, join our Private Group to see photos and info**  
Children of Hope Preschool/  
Child Development Center of Ahwatukee

