

# Children of Hope Child Development Center

May 2018

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

Lynn Hockenberger  
Preschool Director



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I have been reflecting a lot this month as we round out another school year. This is always a natural time of reflection as my teachers and I convene for our end of the year team meetings, noting what went well and where we may want to make any improvements or adjustments. You may have noticed some new furnishings in our classrooms as we have been the recipients of our initial Quality First funding cycle and have used these funds to make some purchases. For example, Mrs. K's room received a new kitchen set and a cozy cube, Mrs. Krach's room has new shelving and chairs and both Mrs. Luken and Mrs. Krach's room received new dress up units. We make these and other purchases with best practices in mind in order to create learning environments for preschoolers that comfort and support them through all domains.

Through this time of reflection with my gals, I am also reminded of the many beautiful things that happen on this campus each day between each of them and their students. The view from this desk is so special. Watching my teachers work with these youngest learners is a gift, as they literally are helping to grow their brains through this critical stage of development. Brain connections made in these early years will be long lasting and effective.

I am also joyful to watch you parents form friendships and partnerships. I hope the relationships you start here at Hope will last you through the years.

I thank you all for sharing your child with us this year. We never take for it for granted are always working to provide the best early childhood education and experience to you and your child.

My very best to you,  
Mrs. H

### May Events

- ◆ DANCE  
May 3
- ◆ REGISTRATION  
Ongoing
- ◆ MOTHER'S DAY  
May 9, 10 or 11
- ◆ WATER DAYS  
May 14 & 15
- ◆ LAST DAYS OF SCHOOL  
May 17 & 18
- ◆
- ◆ NO LUNCH BUNCH  
May 16, 17 & 18
- ◆



# 2018 Vacation Bible School

## “Wayback to the Bible!”

Esperanza’s VBS will be visiting the Biblical past the week of June 4-8, 2018 from 9:00 a.m.-12:00 p.m. Kids will enjoy another year of David Kruse Coste’s original VBS music along with Pastor Steve’s fun Bible Time, Amber and Mrs. H’s delicious snack time, active games with Julie, and creative crafts with Mrs. Gerrish .

Early Registration Discount: April 1-May 6=\$40 per child (\$100 max/family)

May 7-May 27= \$45 per child (\$115 max/family)

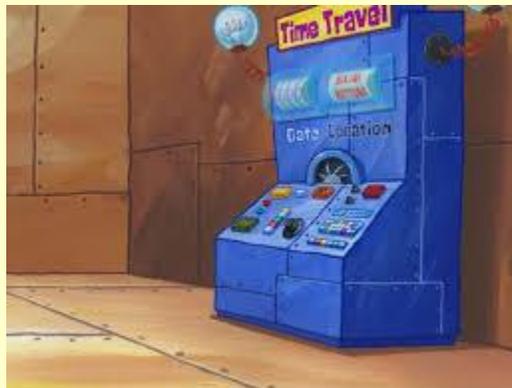
Age Requirement: Pre-K (4 years old–**must be 4 by 1/1/18**)-5th Grade

Forms available in the church office or on the church website

<http://myesperanza.org/education/vacation-bible-school/>

Forms/payment can be mailed to church office: Esperanza Lutheran Church, 2601 E. Thunderhill Place, Phoenix, AZ 85048.

Church office hours: 9-noon. Feel free to call before you come, as we are usually here after noon. 480-759-1515. Questions? **Contact Kathy Tuszynski** at [familyministry@myesperanza.org](mailto:familyministry@myesperanza.org).



We love celebrating  
**Mother's Day**  
with you!



Check your teacher's  
calendars for time and  
location  
**May 9, 10 or 11**

## **WATER DAYS!**



**May 14 or 15**

Please have your child wear  
his/her bathing suit to  
school as we will be playing  
in water and we will get  
wet. Please apply sunscreen  
ahead of time and pack a  
beach towel and change of  
clothes in the backpack.  
Thank you!

**LAST DAYS OF SCHOOL**  
**May 17 & 18**

**No Lunch Bunch**  
**May 16, 17 and 18**



**"Don't cry because it's over.  
Smile because it happened"**  
-Dr. Seuss

# THE PRESCHOOLER PERSONALITY



Preschoolers are some of the most misunderstood people around. They don't think twice, multitask, have emotional control, and can act brazen, noncompliant, and defiant one minute, only to turn around and light up a room with their infectious giggles and joy.



Preschoolers know much better than they behave, and their good intentions can be short-lived. There is no better test to adult maturity than the immature ways of the preschooler. The secret to taking care of them is to understand their immaturity isn't a mistake but part of their developmental design.



Preschoolers are immature for good reason – their brains are still under development and in the first three years of life alone, 100 billion neurons will develop 1000 trillion connections under ideal conditions. Their brains won't fully integrate until between the ages of 5 to 7, or 7 to 9 years for more sensitive children (defined as those more responsive to environmental stimuli).

## LACK OF SELF-CONTROL AND IMPULSIVE

Preschoolers don't think twice because their brains can only focus on one thought or feeling at a time. They react instinctively and are unable to consider the consequences of their behaviour before acting.



## EGOCENTRIC

It really is all about them because healthy development requires an understanding of the self and forming an identity before they can become a social being. The focus should be on helping preschoolers understand who they are before expecting them to understand others.



## SEEK CONTACT AND CLOSENESS

Preschoolers seek to be close to adults because they cannot function independently. Being close is their greatest desire and they need to rest in the care of their adults, trust in them to lead, and not work for love and attention.



## FEAR SEPARATION

A preschooler's intense need for connection means they will be full of missing and alarm when separated from their attachment figures. If we leave them in the care of other adults, they will need to be attached enough to these adults to feel secure. Bedtime is about separation which is why they often protest going to sleep.



## PRONE TO RESISTANCE

Preschoolers are prone to resist when they feel coerced or controlled by someone they are not attached to in the moment. To reduce resistance, it is important to collect their attention and harness their desire to follow before making requests or to transition to another task.



## INTEGRITY

Preschoolers tell it like it is and they report on the world as they see it. Political correctness and diplomacy is lost on a preschooler because they are just trying to figure out what they think and feel, thus ignoring social conventions and expectations.



## PLAYFUL

Preschoolers love to play and come with instincts to discover, imagine, and explore. Play is where a child emerges as an separate being as they move to express and imprint themselves on their environment. Preschoolers need to play to discover their interests, release emotion, and develop creativity and problem-solving capacities.



## LACK TRUE CONSIDERATION

Preschoolers see the world through a single lens and it is usually their own. When they can hold more than one perspective at a time (age 5 to 7), they will be able to consider someone else's feelings as well as their own. Until this time, adults will have to direct preschoolers to share and on how to get along.



## PRONE TO FRUSTRATION AND AGGRESSION

The parts of the brain responsible for putting on the brakes and preventing a child from lashing out when frustrated are still under development in preschoolers. They are prone to aggression when upset and need adults close by who can step in to help them regulate their strong emotions.



## SHY WITH PEOPLE THEY DON'T KNOW

Shyness is an attachment instinct that is meant to preserve the connection between an adult and a child. We don't need to talk preschoolers out of their shyness instincts, but we will need to introduce and match-make them to people who are part of the village that cares for them.



Dr. Deborah MacNamara – Excerpt from the book Rest, Play, Grow: Making Sense of Preschoolers (or anyone who acts like one)



Dr. Deborah MacNamara



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# Brain Development—How you can help your child learn and grow.

## Frontal Lobe—Concrete Thinking (3 to 12 years)

Have me sort and categorize objects.  
Encourage problem-solving. Let me be frustrated sometimes as I figure something out.  
Help me notice patterns. (“When you do X, this always happens.” “After we do Y, we always...”)

## Prefrontal Cortex—Judgment (12—22 years)

Give me choices (when I’m calm... I can’t make choices when I’m stressed or upset).  
Talk to me about plans.  
Help me break down big tasks into little steps.

Thought, memory and behaviour

Hearing, learning and emotions

## Temporal Lobe (Birth to 6 years) and Limbic System (8 months to 2 years)

Respond in consistent ways.  
Show me unconditional love.  
Experience joy with me.  
Talk to me about my emotions. Give me the vocabulary to understand how I feel.

## Parietal Lobe—Language (Birth to 6 years)

Talk to me, sing to me, read to me.  
Listen to me and respond.  
Read the same stories or sing the same songs over and over so I learn to memorize.

## Parietal Lobe—Touch (Birth to 6 years)

Touch me—hug me, hold my hand, massage me.  
Give me lots of objects to manipulate.  
Let me explore the world hands-on—pulling, pushing, pouring, picking up, dropping, turning, twisting, opening, and closing.

Language and touch

Visual processing

Balance and coordination

Breathing, heart rate and temperature

## Brain Stem (Birth)

Help me feel emotionally and physically safe.

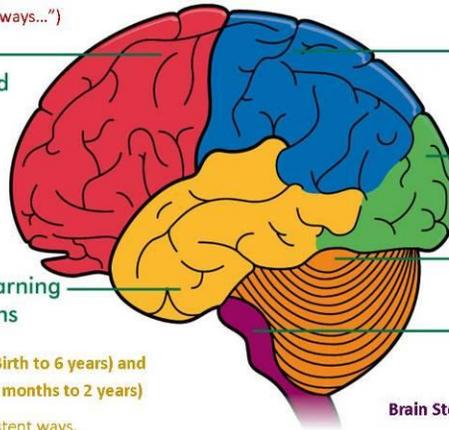
If I am frightened or stressed, my brain goes into survival mode (brain stem function), and the rest of my brain can’t grow and develop. When I feel safe, I can learn.

## Occipital Lobe (Birth to 2 years)

Surround me with interesting things to look at.  
Play games where I follow things with my eyes.  
Make sure I have plenty of outdoor time to develop distance vision.

## Cerebellum (Birth to 1 year)

Let me move—a LOT.  
Take me to playgrounds and swimming pools..  
Dance with me. Let me wiggle, roll, and jump.  
Let me take some “risks” while I learn to move.



Note: Timeframe given is the “sensitive period” when that part of the brain is growing and developing the most. The brain grows and changes throughout our lifetimes.

Illustration: Macmillan Cancer Support 2012

## 90% OF A CHILD’S BRAIN DEVELOPS BY AGE 5



## FIRST THINGS FIRST

# *DADDY/DAUGHTER DANCE*

What a magical night!  
THANK YOU to the moms who planned and made  
this dance possible! And a major shout out to the  
special men in these young ladies' lives!



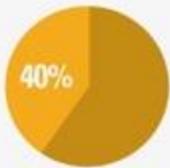
# BIKE & TRIKE DAYS

A BIG THANK YOU TO PHOENIX PD,  
especially OFFICER ALLEN who were so  
great with our kiddos!



# NATIONAL STUDIES

SHOW THAT CHILDREN EXPOSED TO HIGH-QUALITY EARLY CHILDHOOD EDUCATION:



Are 40% less likely to need special education or be held back a grade



Are 70% less likely to commit a violent crime by age 18



Have better language, math and social skills, and better relationships with classmates



Have better cognitive and sensory skills and experience less anxiety



Score higher on school-readiness measures



What is Quality First?

Quality First is a signature program of First Things First that partners with child care and preschool providers to improve the quality of early learning across Arizona. Quality First works with child care and preschool providers to make quality improvements that research proves help children thrive.

**Why is quality important in early learning settings like child care or preschool?**

90% of a child's brain develops before age 5. The positive, nurturing relationships young kids have with adults – from parents to child care and early learning professionals – shape their learning now and throughout their lives.

**Quality child care and preschool settings help children develop skills like motivation, self-control, focus and self-esteem that are crucial to their success now and once they enter school.**

**Stay tuned for updates as we learn more about our participation in**

**Quality First...we are excited to be accepted into this program!**



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

