

# Children of Hope Child Development Center

February 2019

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

Lynn Hockenberger  
Preschool Director

### Contents

A Note from Mrs. H	1
Upcoming Events	1
Lunch Bunch	2
Chapel	2
Parent Articles	3
Healthy Way to Grow	8
Conferences & Registration	10
Trivia Night	11
Social Media	12



Well, there went January!

And now conversations about the upcoming school year and kindergarten readiness really get going.

To best prepare, my teachers will spend a great deal of time this month gathering months of observations and assessments that they will share with you at our upcoming Parent/Teacher Conferences. Each child has a portfolio of work samples, assessments, anecdotal notes, checklists and more that help us best discuss with you their growth and progress. This is a special time for us as we can share the joys that come with helping your child grow during these important early years of brain development. Be sure to schedule a conference with your child's teachers.

Outside of school, we will be busy with professional development opportunities, both in house and out. Many of us will attend the Celebrate the Young Child Conference at Wild Horse Pass on 2/23 and we will continue our book study with our Smart Support consultant, Elizabeth.

I will also attend the Early Childhood Day at the AZ State Capitol on 2/21 "as we show how early childhood development and health contribute to healthy children, third grade literacy, enhanced economic development and strong communities! This is a vital opportunity to show policymakers how early childhood links to their priorities and the impact early childhood investments have made in communities across our beautiful state."(AZECA)

Let's get busy!

Mrs. H

### Upcoming Events

- ◆ **NO SCHOOL**  
Monday, February 18
- ◆ **CHAPEL**  
February 6/7
- ◆ **TRIVIA NIGHT**  
Saturday, February 9
- ◆ **PARENT/TEACHER CONFERENCES**  
Week of February 25
- ◆ **2019-20 REGISTRATION**  
Begins March 6



## LUNCH BUNCH



### Available Daily

Pick Up at 12:30pm: \$10

Pick Up at 1:30pm: \$15

Pick Up at 2:00pm: \$20

**\*No Lunch Bunch on Tuesday, 2/12,  
due to staff training**

Please help us at school by cutting foods, especially grapes and other fruits, into quarter slices.

This helps avoid choking situations.  
Thank you!

## CHAPEL



With Pastor Steve and Ms. Kathy

Wednesday, 2/06

Thursday, 2/07

11:10am

Each month we will learn about a  
different Fruit of the Spirit

**This month: Faithfulness**

**The Good Samaritan**

**Song: Fill Your Bucket Song**

### Optional Chapel Offering

Chapel offerings will be donated this year to **Kyrene Family Resource Center** and **Arizona Needy Newborns**. Children can bring donations such as toothpaste, soap, pasta, cereal, rice, canned fruits & vegetables, tuna, peanut butter, skeins of yarn, beanie babies (new or used), newborn diapers, etc. to Chapel and these items will be delivered by Esperanza members who have partnered with them. Any monetary offerings will be given to **Feed My Starving Children**.

how do you spell love?  
- piglet



you don't spell it.  
you feel it.  
- pooh

# It's come to this: A checkup with the pediatrician may soon include a prescription for play

By MELISSA HEALY  
AUG 20, 2018



For kids, play is completely serious and children should be doing more of it, according to a new report from the nation's pediatricians. They say play is important for developing a suite of 21st century skills and serves as a buffer against the negative effects of stress. (Beatrice de Gea / Los Angeles Times)

Imagine a drug that could enhance a child's creativity, critical thinking and resilience. Imagine that this drug were simple to make, safe to take, and could be had for free. The nation's leading pediatricians say this miracle compound exists. In a new clinical report, they are urging doctors to prescribe it liberally to the children in their care. What is this wonder drug? Play.

“This may seem old-fashioned, but there are skills to be learned when kids aren't told what to do,” said Dr. Michael Yogman, a Harvard Medical School pediatrician who led the drafting of the call to arms. Whether it's rough-and-tumble physical play, outdoor play or social or pretend play, kids derive important lessons from the chance to make things up as they go, he said.

The advice, issued Monday by the American Academy of Pediatrics, may come as a shock to some parents. After spending years fretting over which toys to buy, which apps to download and which skill-building programs to send their kids to after school, letting them simply play — or better yet, playing with them — could seem like a step backward. The pediatricians insist that it's not. The academy's guidance does not include specific recommendations for the dosing of play. Instead, it asks doctors to advise parents before their babies turn 2 that play is essential to healthy development. It also advocates for the restoration of play in schools.

“Play is not frivolous,” the academy’s report declares. It nurtures children’s ingenuity, cooperation and problem-solving skills — all of which are critical for a 21st century workforce. It lays the neural groundwork that helps us “pursue goals and ignore distractions.”

When parents engage in play with their children, it deepens relationships and builds a bulwark against the toxic effects of all kinds of stress, including poverty, the academy says. In the pediatricians’ view, essentially every life skill that’s valued in adults can be built up with play.

“Collaboration, negotiation, conflict resolution, self-advocacy, decision-making, a sense of agency, creativity, leadership, and increased physical activity are just some of the skills and benefits children gain through play” they wrote.

The pediatricians’ appeal comes as American kids are being squeezed by escalating academic demands at school, the relentless encroachment of digital media, and parents who either load up their schedules with organized activities or who are themselves too busy or stressed to play.

The trends have been a long time coming. Between 1981 and 1997, detailed time-use studies showed that the time children spent at play declined by 25%. Since the adoption of sweeping education reforms in 2001, public schools have steadily increased the amount of time devoted to preparing for standardized tests. The focus on academic “skills and drills” has cut deeply into recess and other time for free play.

By 2009, a study of Los Angeles kindergarten classrooms found that 5-year-olds were so burdened with academic requirements that they were down to an average of just 19 minutes per day of “choice time,” when they were permitted to play freely with blocks, toys or other children. One in four Los Angeles teachers reported there was no time at all for “free play.”

Increased academic pressures have left 30% of U.S. kindergarten classes without any recess. Such findings prompted the American Academy of Pediatrics to issue a policy statement in 2013 on the “crucial role of recess in school.”

Well-meaning parents who fret over which toys to buy, which apps to download and which skill-building programs to send their kids to after school have overlooked the value of simple play, pediatricians say. (Genaro Molina / Los Angeles Times)

Pediatricians aren't the only ones who have noticed.

In a report titled "Crisis in the Kindergarten," a consortium of educators, health professionals and child advocates called the loss of play in early childhood "a tragedy, both for the children themselves and for our nation and world." Young kids in play-based kindergartens "end up equally good or better at reading and other intellectual skills, and they are more likely to become well-adjusted healthy people," the Alliance for Childhood said in 2009.

Indeed, new research demonstrates why playing with blocks might have been time better spent, Yogman said. The trial assessed the effectiveness of an early mathematics intervention aimed at preschoolers. The results showed almost no gains in math achievement.

"Instead of focusing solely on academic skills, such as reciting the alphabet, early literacy, using flash cards, engaging with computer toys, and teaching to tests (which has been overemphasized to promote improved test results), cultivating the joy of learning through play is likely to better encourage long-term academic success," Yogman and his colleagues wrote in the clinical report, which appears in the journal *Pediatrics*.

Another playtime thief: the growing proportion of kids' time spent in front of screens and digital devices, even among preschoolers.

Last year, Common Sense Media reported that children up through age 8 spent an average of two hours and 19 minutes in front of screens each day. That included an average of 42 minutes a day for children under 2.

This escalation of digital use comes with rising risks of obesity, sleep deprivation and cognitive, language and social-emotional delays, the American Academy of Pediatrics warned in 2016.

Yogman acknowledged that many digital games and screen-based activities can nurture some of the same areas that kids get through free play: problem-solving, spatial skills and persistence. But in young kids, especially, they are often crowding out games of make-believe, not to mention face-to-face time with peers and parents, Yogman said.

“I respect that parents have busy lives and it’s easy to hand a child an iPhone,” he said. “But there’s a cost to that. For young children, it’s much too passive. And kids really learn better when they’re actively engaged and have to really discover things.” Moreover, he added, “language development is much enhanced when it involves real people and not screens.”

The decline of play is a special hazard for the roughly 1 in 5 children in the United States who lives in poverty. These 14 million children most urgently need to develop the resilience that is nurtured with play. Instead, Yogman said, they are disproportionately affected by some of the trends that are making play scarce: academic pressures at schools that need to improve test scores, outside play areas that are limited or unsafe, and parents who lack the time or energy to share in playtime.

In cities across the country, a program called Learning Landscapes is aiming to give urban children opportunities to play and learn in the public spaces they navigate every day. At a bus stop in Philadelphia, on sidewalks in San Francisco, and in neighborhoods of Chicago, the initiative led by Temple University psychologist Kathy Hirsh-Pasek has installed giant movable blocks, life-sized human board games, and lights that invite a spontaneous game of hopscotch.

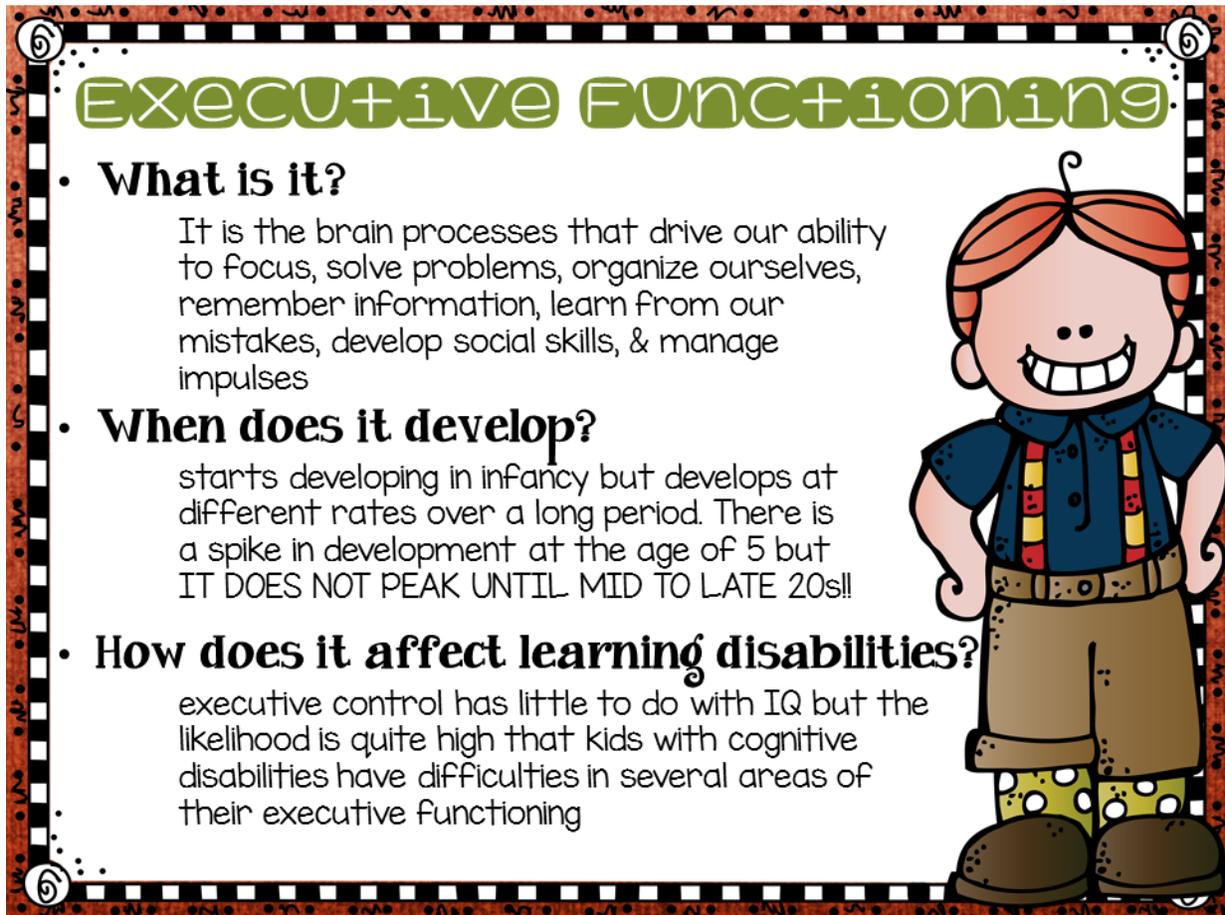
“We’re not the only species that plays,” said Hirsh-Pasek, author of “[Becoming Brilliant: What Science Tells Us About Raising Successful Children](#).” “Dogs, cats, monkeys, whales and even octopuses play, and when you have something that prevalent in the animal kingdom, it probably has a purpose,” she added.

Yogman also worries about the pressures that squeeze playtime for more affluent kids. “The notion that as parents we need to schedule every minute of their time is not doing them a great service,” he said. Even well-meaning parents may be “robbing them of the opportunity to have that joy of discovery and curiosity — the opportunity to find things out on their own.”

Play may not be a hard sell to kids. But UCLA pediatrician Carlos Lerner acknowledged that the pediatricians' new prescription may meet with skepticism from parents, who are anxious for advice on how to give their kids a leg up in the world.

They should welcome the simplicity of the message, Lerner said.

“It’s liberating to be able to offer them this advice: that you spending time with your child and letting him play is one of the most valuable things you can do,” he said. “It doesn’t have to involve spending a lot of money or time or joining a parenting group. It’s something we can offer that’s achievable. They just don’t recognize it right now as particularly valuable.”



The infographic is titled "EXECUTIVE FUNCTIONING" in large, green, bubbly letters. It features a cartoon boy with orange hair, a blue shirt, and brown pants. The text is organized into three bullet points, each with a sub-header in bold. The background is white with a decorative border of black and white squares and a red and black dotted pattern.

## EXECUTIVE FUNCTIONING

- **What is it?**

It is the brain processes that drive our ability to focus, solve problems, organize ourselves, remember information, learn from our mistakes, develop social skills, & manage impulses
- **When does it develop?**

starts developing in infancy but develops at different rates over a long period. There is a spike in development at the age of 5 but IT DOES NOT PEAK UNTIL MID TO LATE 20s!!
- **How does it affect learning disabilities?**

executive control has little to do with IQ but the likelihood is quite high that kids with cognitive disabilities have difficulties in several areas of their executive functioning

**Go Red! Living a Heart Healthy Life**



**Dear Families,**

Did you know that living a heart healthy life begins when your child is born? Take charge of you and your child’s life by developing habits that will last a lifetime. Start by eating healthy and engaging in physical activity, but there is so much more you can do. You can also promote healthy living by:

1. Be positive— incorporate fun games and activities, and celebrate success
2. Make dinner a family affair— involve your child in cooking and planning
3. Stay involved— be an advocate for your child
4. Be realistic— set goals and limits that are realistic.

**Don’t give up, small steps lead to big changes!**

**Looking Ahead: March 2019**

Fresh Foods, Healthy Meals

Help us celebrate National Nutrition Month! Next month will focus on:

- Benefits of fresh fruits and vegetables;
- Creating healthy meals for the whole family; and
- Getting children involved in healthy cooking and shopping.

**Healthy, Active Living**

It is important to begin practicing healthy habits with your children at an early age. Be a role-model by making healthy eating and physical activity daily habits for you and your family. Encourage healthy choices at home, and make it fun!

Follow these five goals to live a healthy and active lifestyle:

- 5** fruits and vegetables a day;
- 2** hours or less of screen time (TV, computer, video games) per day;
- 1** hour of physical activity a day; and
- 0** sugar-sweetened beverages.



**Sleep Well, Be Well!**

Along with eating healthy and moving, real health begins with caring for you and your family! Did you know that you can practice self-care by getting more sleep? The younger the child, the more ZZZs they need. Sleep impacts children’s eating habits, mood and memory. Use your senses to create a comforting sleep environment.

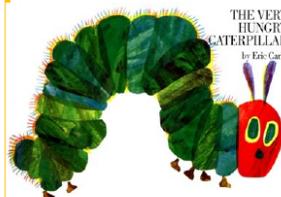


1. **Taste**— eat and drink foods that are low in sugar and caffeine before bed
2. **Touch**— have a comfortable room temperature
3. **See**— close the blinds and curtains to create a room that is dark and calming
4. **Hear**— turn off electronics to avoid distractions and help your body relax
5. **Smell**— lavender is a great, light smell to spark your body’s sense to decrease heart rate and blood pressure.

**The Very Hungry Caterpillar by Eric Carle**

Help your child learn healthy habits by reading this exciting book. The Very Hungry Caterpillar eats many foods on his journey to becoming a butterfly. Help your child learn to grow healthy and strong by following these helpful tips when reading the story:

- Teach your child that apples, pears, plums and strawberries are all fruits;
- Talk about how fruits are good for the body;
- Talk about how when the caterpillar overeats, he gets a stomachache— to learn about fullness cues; and
- Talk to your child how eating green leafy vegetables is good for their body.





## February 2019 *Healthy Way to Grow* Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<p><b>Food is a great conversation starter!</b></p> <p>Guess how many potatoes used to make the mashed potatoes! What's the most delicious food on the table?</p> <p>If you opened a restaurant, what kind would it be? Who's the best cook you know?!</p>	<p><b>Groundhog Day.</b> Shine a flashlight to create shadows of your body and your child's body. Move so your shadows touch and play together.</p>
<p><b>Dinnertime.</b> Prepare grilled chicken strips with carrots and red peppers and serve with whole grain pasta.</p>	<p><b>Child Passenger Safety Awareness Week</b> Small children can learn to buckle the seat belt, a fine motor skill. Be sure to support your baby's head when in the car seat.</p>	<p><b>How do Polar Bears move?</b> Pretend to be big, heavy polar bears lumbering around the house. Change nap or bed time, to Hibernation Time!</p>	<p><b>Say I Love You</b> When foods are used to reward kids and show affection, they may start using food to cope with stress or other emotions. Offer hugs, praise, and attention instead of food treats.</p>	<p><b>Recite Nursery Rhymes</b> that include foods. Your child will learn new words and move to the rhythm of the rhymes. For example Pat-a-Cake, Little Miss Muffett, Polly Put the Kettle On.</p>	<p><b>Healthy Celebrations!</b> Rather than celebrating with candy, dress your child in a special outfit chosen for a special occasion. Choose a special headband, hat or sweater.</p>	<p><b>Valentine Fruit Cup</b> Put several little pieces of fruit, including a strawberry cut in the shape of a heart, in a mini-cupcake wrapper for a special treat or dessert for each family member.</p>
<p><b>Sunday Meals.</b> Include pureed foods and finger foods in your menu plans and your toddler can join you at the table. Simple, clean and delicious!</p>	<p><b>Presidents Day.</b> March around the living room and every time you pass each other, practice saluting. Extend this to saluting throughout the day each time you interact.</p>	<p><b>Read The Three Snow Bears</b> by Jan Brett. It's snowing! Let's make snow balls and throw them at snow people. Oh boy, now it's time to shovel the snow!</p>	<p>When you send a food item with your child to school, attach a label with the ingredients listed. This will help teachers identify in case of allergies.</p>	<p><b>Winter Wonderland.</b> Watch the snow flakes and dress in snowsuit, boots, mittens and hats. Jump and roll in the snow.</p>	<p><b>Dental Health.</b> Listen to the song Brush Your Teeth, and practice up and down brushing motions.</p>	<p><b>Discovery Basket.</b> Fill a basket with items that are red from around the house. Practice bending, reaching, grasping, letting go, dumping and filling movements.</p>
<p><b>Celebrate Washington's Birthday</b> with baked apples. Simply slice apples and place in a baking dish with water. Sprinkle cinnamon on top and bake for 15 minutes at 250 degrees.</p>	<p><b>Healthy Heart Yogurt Fruit Parfait:</b> Invite your budding chefs to help you mix some colorful berries, and layer with granola and non-fat plain yogurt for a delicious treat.</p>	<p><b>Jump and measure</b> how far you each jump. Include infants by holding their stuffed animal and pretending it is jumping. Measure how far it goes.</p>	<p>Did you know that sources of <b>protein</b> are foods made from lean meat, poultry, seafood, beans, nuts and seeds?</p>	<p><b>Guess How Much I Love You</b> by Sam McBratny and Anita Jeram and <b>Baby Love</b> by Sandra Magsumen are wonderful books to share with your children. Unfold Baby Love and touch all the textured pages.</p>	<p><b>Veggie Quesadillas.</b> Fill whole wheat tortillas with chopped pepper, tomato, zucchini, onion and low-fat cheese for lunch, dinner or even healthy snack.</p>	



## **PARENT/TEACHER CONFERENCES**

**Week of February 25<sup>th</sup>**

**We look forward to sharing your child's progress with you!**

**Scheduled appointments coming soon**

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To prepare for conferences, we ask that you take the time to fill out the Ages & Stages Questionnaire that will be coming home soon.

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**PRESCHOOL**

**REGISTRATION**



Registration for 2019-20 School Year  
Begins Wednesday, March 6<sup>th</sup>

Schedule of Classes will be released mid February

Saturday, February 9<sup>th</sup>  
6:00 – 10:00pm



**DO YOU HAVE A TEAM?**  
**Gather a Team of 6 Adults (18+)**

**Pick a theme, Name your team,  
Decorate your table and have 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 three \$1 bills for a game of Heads or Tails  
at intermission! Mulligans (free answers) will be  
for sale too!**



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.



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Children of Hope Preschool/  
Child Development Center of Ahwatukee