

# Children of Hope Child Development Center

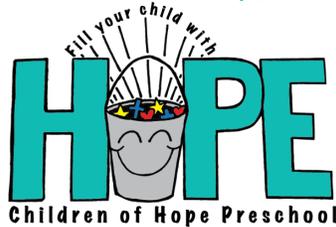
May 2019

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

Lynn Hockenberger  
Preschool Director

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I am always quite emotional as a school year comes to a close. Although summer is indeed a time to relax and renew, I am always glad when school starts up as I get to again spend my days with some of the best ladies in town....my teachers. I really enjoy each day here with them...we have wiped each other's tears and celebrated each other's joys. What a gig.

But what strikes me even more each year, is the realization that our time together with our graduating families is coming to an end. As we watch our littles move on to kindergarten, we certainly celebrate this milestone, but at the same time it is, admittedly, a bit hard to let them go. We met some of these children before they were even born! Our relationships with you really matter and we hope you all know that whether you are returning next year or not, you will always have friends here at Hope. Thank you for sharing your precious child with us.

Much love to our all our families! Heartfelt thanks to these families with graduates:

**1<sup>st</sup> child** – Bell, DelVille, DiSano, Harris, Kariuki, Krypnevich, Littell, Mackenzie, Mangum, Niemoth, Pierce, Ross, Schnell, Stowell, Walker

**2<sup>nd</sup> child** – Garrity, Hawkes, Mangieri, Martin, Morgan, Pacheco, Welling

**3<sup>rd</sup> child!** – Thye, Tuinstra

xoxoxo, Mrs. H

### Upcoming Events

- ◆ **FANTASTIC FIRE TRUCK** May 2
- ◆ **DRIVE IN MOVIE** May 3
- ◆ **MOTHER'S DAY** May 8/9
- ◆ **WATER DAYS** May 13/14
- ◆ **LAST DAYS OF SCHOOL** May 15/16
- ◆ **2019-20 REGISTRATION** Ongoing

Mrs. H



## LUNCH BUNCH



**\*No Lunch Bunch on  
May 7, 9, 14, 15 and 16**

We have really enjoyed your kiddos at Lunch Bunch this year. We designed it to help the kids get used to a longer day, have an opportunity for additional time to problem solve and play, and to practice self-care skills (ex: opening their lunches).

Thanks for having them stay!

**“My mom smiled at me. Her smile kind of hugged me.”**

– *Wonder*, R.J. Palacio

## CHAPEL



**With Pastor Steve and Ms. Kathy**

If your children leave our school knowing that God made them special and unique, that they are loved, and that Jesus came to show us how to treat others, then Chapel Time would be considered a success in my book.

We really enjoy Chapel with the kids and sharing The Fruits of the Spirit with them: ***Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self Control.*** Not only can we share stories from the Bible that illustrate these traits, the Fruits of the Spirit naturally lend themselves to our preschool curriculum, most especially our social-emotional curriculum.

We hope that some of the lessons and Bible stories shared at Chapel, and in the classroom, made a difference to your child. Even if they don't remember the exact stories, we hope they will remember how they felt and will be inspired to be a Bucket Filler like Jesus was.



# FIRST THINGS FIRST

*Ready for School. Set for Life.*

**There's no such thing as the perfect parent** May 11, 2017 [Carol Lopinski](#)

Perspective changes everything.

Now that my kids are grown and there's 20 years between me and the hectic days of raising four young children, I realize that the everyday struggles of parenting that I thought were so important back then weren't really so critical after all. Mealtime, for instance, was always a struggle in our house. My oldest was the pickiest eater on Earth. Looking back, I wish I had realized that it's not the end of the world if the broccoli doesn't get eaten. (That's what vitamins are for.) As parents, we made mistakes, as all parents do, but years later we realize that, overall, we did the best we could, and that was just what our kids needed.

Raising infants, toddlers and preschoolers is challenging, and like a lot of parents, I was determined to be "the perfect parent." That unrealistic aspiration plagues today's parents more than ever. In a recent national survey of millennial mothers, nearly 80% said it's important to be "the perfect mom."

The myth of being the perfect parent comes from both internal and external pressures. Our own need for approval from others, paired with the idealized versions of parenting that we see in the media, and especially on social media, all play a role in parents creating unrealistic expectations of both themselves and their young children.



I modeled the first family resource center I ran after my own parenting challenges. If I had all these questions and insecurities, then I imagined that others did, too. For years I worked with families of all backgrounds and income levels, and they all shared a similar struggle: trying to live up to this idea of the perfect parent.

Now, with the gift of years of perspective and years of experience working with families of all types, I can say for sure that there really is no such thing.

My advice to today's parents of young kids is this: I encourage you to find support in your community – whether it's at a family resource center, in your faith community or a parent support group. There's value in knowing that there are others who are feeling the same pressures you are. And maybe think about taking a break from social media once in a while. Remember, everyone is showing you the good stuff and not the challenges that all parents face every day.

Carol Lopinski, MSW, LCSW, ACSW, has more than 30 years of experience in developing and providing support services and programs for Arizona families and received the National Association of Social Workers-Arizona Chapter's Lifetime Achievement Award in 2009.

## The Legacy of a Mother

First Things First, Chattanooga, TN

It has been said that life is about leaving a legacy. Mother's Day is a great time to celebrate the legacy of moms and those who have come alongside us as stand-in moms, whether for a season at college or life in general.

According to a 2017 [study](#) of 2,000 American moms with kids between 5 and 12, commissioned by Welch's, being a mom is the equivalent of working at least 2 1/2 full-time jobs. The study found that **a mom works an average of 98 hours per week.**

**The average mom** starts her day around 6:23 a.m. and doesn't stop until 8:31 p.m. And, she is lucky to get an hour and seven minutes to herself each day. **Four out of 10 moms said their lives feel like never-ending series of tasks all week.**



# CHILDREN OF HOPE PRESENTS

**DRIVE-IN  
MOVIE NIGHT**  
FRIDAY MAY 3<sup>rd</sup>



\$10.00 ADMITS ONE FAMILY

May 3<sup>rd</sup> 5-7:30 pm

POPCORN! PIZZA! DRINKS! HOTDOGS! COTTON CANDY! AND MORE!

Find the sign up sheet to put your name down and collect your cardboard box!



# VACATION BIBLE SCHOOL

June 3 - 7 9:00am – Noon  
Registration Forms in Church Office  
Ages 3 through 11

## Active Families, Active Children



### Looking Ahead: June 2019

Healthy Ways to Enjoy the Summer  
 Get ready to jump into summertime fun and healthy habits. Next month will focus on:

- Healthy eating; and
- Healthy beverages.

### Dear Families,

Move a little, move a lot! Physical activity is a great way to support your child's physical growth and development. Children should engage in at least 60 minutes of physical activity each day. Daily physical activity helps children to stay healthy and prevents obesity. Children have a lot of energy to get out, so play and move with them!



### Don't forget the little ones!

#### Infant Activities

- Tummy to Tummy— lie down with your infant and place them on top of your tummy. This helps your baby practice lifting their head and body.
- Shake the Bottle— fill a bottle up with pasta or rice, glue the top on tight, and shake and roll the bottle with the baby.
- Fabric Crawl— put different textured materials on the ground, and encourage your baby to crawl along the materials.



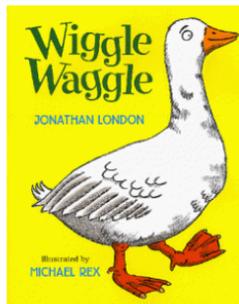
#### Toddler Activities

- Read a story and make up dance moves to different words
- Musical Islands— spread hula hoops or large pieces of material around the room. Play music, and when the music stops, you and your child jump on an "island."
- Sock Toss— use a laundry basket and have your child toss socks into the basket. For a challenge, move the basket away each time

### Move like an Animal

**Book:** *Wiggle Waggle*, by Johnathan London

This book talks about how various animals walk, from the wiggle-waggle of a duck to the boing, boing, boing of a kangaroo to the bumble roll, bumble roll of a bear.



#### Activity

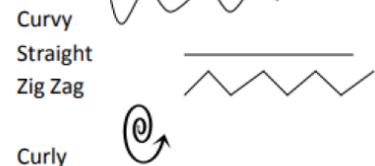
Read the story above with your child, go outside and take a walk in the "safari." Pretend you are walking through a safari and name some animals you would see. The animal that you choose is the animal you must walk like.

Take the activity indoors on a rainy day by making animal masks from paper plates. The person wearing the mask has to move like the animal they are pretending to be.

### Sidewalk Fun!

Sidewalks are made for more than just walking. Turn a regular sidewalk into a fun physical activity.

Use chalk to create different lines on the sidewalk, similar to the lines in the picture.

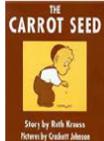


Challenge your child to walk, skip, gallop, and jump on the lines. To increase the intensity, give children 15-30 seconds to get from one end to the other.

Writing with sidewalk chalk helps children to increase their fine motor skills—how well they use their fingers. They produce scribbles, lines and circles, which are the beginning stages of drawing and writing.



## May 2019 - Healthy Way to Grow Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p><b>May Day.</b> Use a broom or tube as pretend May poles and welcome spring with a dance! <i>Dance Around the Maypole</i> <i>Reach up high and then down low</i> <i>'Dance around the Maypole</i> <i>Round and round you go</i></p>	<p>Give children opportunities to develop their fine-motor skills by encouraging them to scribble and draw with crayons and pencils.</p>	<p><b>National Bike Month.</b> Go for a bike ride as a family. No bikes? Lie on your back on the floor and bicycle your legs. Your children will love "racing" you!</p>	<p>Try foods that begin with the letter S- sweet potato, strawberry, spinach, salmon, snow peas, squash, and star fruit.</p>
<p><b>Cinco de Mayo.</b> Prepare the <b>Strawberry Fruit salsa</b> recipe that is included on your <i>Healthy Way to Grow</i> Family newsletter.</p>	<p>Provide colorful and moving mobiles over baby's crib so that she can reach and grasp or kick with her feet.</p>	<p>Preschoolers need to move in a variety of ways that require coordinating body movements with visual information. Roll that ball, now throw and catch, strike and kick!</p>	<p>Check out <b>The Carrot Seed</b> by Ruth Kraus from your library.</p> 	<p><b>Rolling &amp; Flying!</b> Find a safe space in your house or outside to practice rolling in a straight, strong line. Be a caterpillar rolling in your cocoon, then fly away, butterfly!</p>	<p>Pick wildflowers with your children and bring them to their teacher to say, Thank you for all you do each day!</p>	<p>During family meals, talk about your feelings of fullness, especially with younger children. You might say, "This is delicious, but I'm full, so I'm going to stop eating."</p>
<p><b>Celebrate Healthy Mother's Day</b> by serving mom a healthy breakfast in bed, followed by a neighborhood walk to the park or playground.</p>	<p><b>Be a cloud!</b> Watch the clouds and shift your body into all of the shapes that the clouds make – float through space going high, low, fast and slow.</p>	<p>Cut low-fat cheese, veggies and sandwiches into fun, irresistible shapes for preschoolers.</p>	<p>Infants can play with large blocks, stacking toys, nesting cups, textured balls, and squeeze toys.</p>	<p>Keep fresh fruit in a bowl within your child's reach to grab as a quick snack.</p>	<p><b>Fit Friday.</b> Try different movements throughout the day. Take giant steps to the car. Skip to the front door. Tip toe to the bedroom.</p>	<p><b>Gardening!</b> Today is the day to dig in the dirt, water your sprouts, and pick lettuce leaves or kale or other greens that are ready to be added to your salad.</p>
<p><b>Sweet potato sticks</b> Preheat oven to 350. Coat the bottom of a baking dish with olive oil. Wash and peel 3 large sweet potatoes. Cut them into pieces and place the cut potatoes in the baking dish. Turn them so they are coated with olive oil. Sprinkle with oregano, salt and pepper. Bake for 60 minutes or until soft.</p>	<p>Provide preschoolers with opportunities to draw, play musical instruments, and complete puzzles in order to further develop fine-motor skills.</p>	<p>Move to the tune of <b>Three Blind Mice!</b> <i>Rain, rain, rain</i> <i>rain, rain, rain</i> <i>Dribble, dribble, splash!</i> <i>Dribble, dribble, splash!</i> <i>Grab your boots, your coat, and hat,</i> <i>Jump in a puddle and go kersplat!</i> <i>Stomp about just like that,</i> <i>Rain, rain, rain</i></p>	<p>Gather your family around the table this evening for a healthy dinner!</p> 	<p><b>Guacamole.</b> Mash 2 avocados in a bowl until creamy. Mix 1 c chopped tomatoes, ¼ c chopped onions, ¼ c chopped cilantro, and 2 tbsp. lemon juice into mashed avocado.</p>	<p>If your child asks for fruit juice, try surprising them with berries or a slice of orange in their water for flavor!</p>	<p><b>Kale Chips.</b> Wash 1 bunch kale in cool water. Dry with paper towels. Tear dry kale leaves into pieces removing stems. In a bowl gently toss with olive oil. Preheat oven to 325. Line a baking sheet with parchment paper. Bake 15 min. turning halfway through. Remove chips and serve.</p>
<p><b>Choose a special way to signal meal and snack times.</b> Ring a bell, play a song, choose a child's instrument.</p>	<p><b>Happy Memorial Day Parade!</b> Pretend to play your favorite instrument and go on a parade around the yard.</p>	<p><b>Turn off the TV.</b> Grab a water bottle, snack and sunscreen and have a family adventure in the great outdoors.</p>	<p><b>May Basket Snacks.</b> Make cup baskets for your children. Fill each one with small finger foods, such as cereals, crackers, or fruit</p>	<p><b>Thirsty Thursday.</b> Turn sparkling water fun by adding a splash of 100% fruit juice.</p>	<p>Toddlers will enjoy a <b>simple mid-afternoon snack</b> of a banana and ½ cup of skim milk.</p>	

# LAST DAYS OF SCHOOL



Wednesday, May 15<sup>th</sup>  
Thursday, May 16<sup>th</sup>

# FANTASTIC FIRE TRUCK IS COMING!



Thursday, May 2<sup>nd</sup>  
8:45 – 9:45am  
Fun & Games for All!

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## WATER DAYS

Monday, May 13 or Tuesday, May 14



We will enjoy water activities at recess. Please dress your child in a bathing suit and apply sunscreen before arrival. Please bring a beach towel and a change of clothes.



Moms, please join us for this special time with your child.

**MWF 3's:** Wednesday, 5/08 @ 10:55am in Fellowship Hall

**3 Day Pre-K:** Wednesday, 5/08 @ 10:55am in the classroom

**Toddlers:** Thursday, 5/09 @ 10:55am in Fellowship Hall

**T/H 3's:** Thursday, 5/09 @ 10:55am in the classroom

**4 Day Pre-K:** Thursday, 5/09 @ 10:25am Upstairs



## Why Choose Children of Hope?

We are a Quality First Preschool with degreed and certified Christian Teachers. We offer our young students..

- Low Teacher/Child Ratios
- Parent Communication App.
- Get Set for School Curriculum formally embedded in Pre-K Classes
- Project Based Learning Opportunities
- Conscious Discipline Trained Staff

To get started filling your child with hope,  
visit us at

[www.childrenofhopecdc.com](http://www.childrenofhopecdc.com)



Know someone looking for a preschool home? Invite them to ours!

Toddlers: 3 openings

3's: Full, currently taking waitlist

Pre-K: 10 openings



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