

Children of Hope Child Development Center

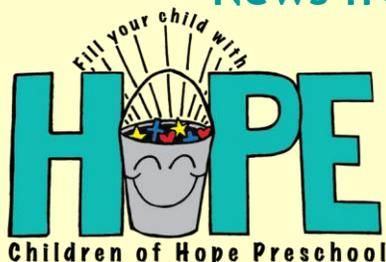
November 2018

Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger
Preschool Director

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Thank you all for coming to our Halloween party! We really enjoy that day! Halloween is just the beginning of the fun of this season and we are excited! Thank you also for attending Parent/Teacher conferences. Partnering with you is such an important part of our job, as together we are better for the kiddos!

We begin November by rounding out our first cycle of Quality First assessments, this time with a Points Scale assessment. In essence, this evaluation looks at our administrative policies, child portfolios, staff qualifications and ratios. As a result of this process, I have updated several of our policies and I will share a revised Family Handbook with you in the coming weeks. When you see your child's teachers, give them a shout out...they have really been working hard throughout this process and the results are stellar! I am so proud of my teachers...they really keep the bar high and take on new challenges with pride.

I look forward to these next two months with your children. Seeing the holidays through their eyes is always a gift. Be sure to stay tuned...we will be sharing a lot of information with you as we plan our holiday festivities.

My staff, our families, our church staff and most of all these children...for all of you, I am most thankful.

Upcoming Events

- ◆ NO SCHOOL
10/12
- ◆ CHAPEL
November 14/15
- ◆ BUTTER BRAID SALES
10/29 - 11/09
- ◆ THANKSGIVING FEAST
11/20 and 11/21
- ◆ NOELOPHOBIA
11/30 - 12/02
- ◆ CHRISTMAS PROGRAM
Tuesday, 12/11
- ◆

Mrs. H



YES! Butter Braids!

Orders taken: 10/29 – 11/09/18

Delivery: Tuesday, 11/20

Yummy goodness just in time for the holidays!
Proceeds help keep our campus safe, fun and beautiful.

LUNCH BUNCH



Available Daily

Sign up Book is located outside
Mrs. H's office

Pick Up at 12:30pm: \$10

Pick Up at 1:30pm: \$15

Pick Up at 2:00pm: \$20

Must be enrolled in 3's or Pre-K
Great way for kids to foster friendships.
Plan a day with some friends!

***No Lunch Bunch on Tuesday, 11/13,
due to staff training**

CHAPEL



With Pastor Steve and Ms. Kathy
Wednesday, 11/14
Thursday, 11/15
11:10am

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

This month: Kindness

Song: Zacchaeus Was a Wee Little Man

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.

LUNCH BUNCHERS:

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

This helps avoid choking situations.
Thank you!



FIRST THINGS FIRST

Ready for School. Set for Life.

Choosing Toys to Grow With Your Preschooler

By Rebecca Parlakian [Child Development](#), [Raising Kids](#)

By the time your baby is a preschooler, chances are your kids have outgrown some toys ready to be passed on to someone else. (Good luck sorting through — every time I found one to donate, my kids decided it was their “favorite.”) What’s the secret to choosing toys that will grow right along with your now big kid?

Here are some tips on the toys that offer years — not weeks — of play:

Blocks to Construct New Worlds

Blocks are on every list of “best toys” for a reason: not only are they fun, but they promote skills as diverse as math, engineering, creative thinking, problem solving and language. Wooden blocks are an ideal choice for preschoolers and — bonus! — they literally last forever. (In fact, when the grandchildren visit, my parents still put out a basket of wooden blocks that my brother and I played with as children.) Different kinds of blocks, like plastic interlocking blocks, large cardboard blocks or foam blocks, give preschoolers the experience of constructing with different shapes and materials.

Props to Experience New Perspectives

Preschoolers inhabit a vibrant world of pretend and make-believe. [Pretend play](#) is a great opportunity for children to explore the perspectives of others (critical for qualities like empathy and cooperation), and nurtures their ability to create and tell stories, solve problems, negotiate roles and resolve conflicts. Jumpstart your child’s pretend play with a box of props. These can include:

- Empty food boxes or toy foods
- Child-size plates and utensils
- Human and animal figures
- Scarves, wigs, masks and other costumes
- Toy phones
- Take-out menus
- Toy tools
- Trains and cars
- Puppets
- Stuffed animals and dolls

Watch and see what your child is interested in and offer props to support that exploration. While we were doing some work around the house, my son became fascinated by tools. For his third birthday, he opened a plastic tool chest, work gloves, “real” paint brushes and a three-pocket work apron from our local hardware store. He couldn’t have been happier.

Toys for Little Fingers

There are lots of toys that give preschoolers' hands and fingers a workout, other than swiping and tapping! It's easy to forget how much fun children can have with:

- Puzzles
- Wooden pattern blocks
- Crayons and markers
- Playdough
- Lacing cards
- Sand and water play
- Child-sized chalkboards/easels
- Musical instruments like a xylophone, toy guitar or piano

Simple card games (like Memory) or board games also build problem-solving, cooperation, self-regulation and hand/finger skills.

Toys for Growing Bodies

Preschoolers are going through a period of tremendous physical growth, as their coordination, balance and strength are improving by leaps and bounds. Toys that offer challenges at this age include:

- Ride-on equipment (tricycles, scooters, balance bikes, bikes with training wheels)
- Balls of different shapes, sizes and textures
- Plastic bat/tee; tunnel/tents bowling games
- Scooter boards
- Child-sized wheelbarrow or wagons
- Balance boards

Books for Expanding Minds

It's easy to forget about books when thinking about toys, but sharing stories with children often encourages their imagination and deepens their understanding of the world around them. Children's literature for this age includes endless choices of amazing stories, making it nearly impossible to suggest only a few titles. Instead, watch to see what your child is interested in — or struggling with — and look for books that can broaden her understanding. My daughter wanted to hear [*Dog Heaven* by Cynthia Rylant](#) on repeat for weeks following the death of our dog Sasha. My son, during a toddler garbage truck phase, could not get enough of [*I Stink* by Kate and Jim McMullen](#).

Play is both an expression of joy and a chance to practice and master new skills. Matching the right toy to the right child at the right time gives them endless opportunities to explore and discover all their world has to offer. And maybe, just maybe, their play will give *you* a few minutes to take a deep breath and do — nothing.

YOU'RE
I N V I T E D
TO A LAKESHORE
VIP SHOPPING
EVENT

Where:

Lakeshore Learning Store

4819 East Ray Road

Phoenix, AZ 85044

When:

Thursday, November 8th, 2018

from 6:00pm - 8:00pm

Get Excited For:

Door prizes and refreshments

Exclusive access to Lakeshore products

Dedicated attention from friendly staff

Lots of fun!

RSVP:

Please RSVP to:

Children of Hope @ (480) 759-1515

by: Monday, November 5th, 2018

if you plan on attending! We can't wait to see you there!

Lakeshore
LEARNING STORE



LakeshoreLearning.com

Conscious Discipline



We use “no” and “don’t” over and over in an effort to communicate with children. But what does “no” and “don’t” look like, how does “no” and “don’t” behave? To communicate effectively and encourage your child’s success, tell and show your child what to do (rather than what not to do).

To be clear in our communication, we must paint a picture of what we want the child to do. As adults, we have words that chatter away in our brains; children under about eight years old only have images. For this reason, it is imperative that we give commands in the positive:

“Do not walk in the puddle,” becomes “Tristin, walk around the puddle (make a hand gesture signifying around).”

“Don’t hit your sister,” becomes “Evan, touch your sister gently on her arm (demonstrate on your arm).”

“Pick up the blocks,” becomes “Raphie, put your blocks in the bucket just like this (demonstrate).”

Children use mental pictures to guide their behavior instead of words, so it is helpful if we use pictures to guide their behavior as well. Use your body as a picture by modeling what you want, use your words to help paint pictures of what you want, put up actual pictures that show what to do, and use the word “stop” rather than “no.” “Stop” means a cessation of movement. Starting in infancy play as many stop and go activities as possible. Walking while carrying your baby you can chant, “We walk and we walk and we walk and stop!” As they grow older, play fun stop and go games. Ultimately, they will learn that “stop” means “pause” or “hold up,” and that split second provides the time you need to jump in and guide or discipline them.

Also, whenever we’re upset, we’re focused on what we don’t want. We get more of the things we focus on, and so we soon end up in a negative loop. To help children be successful with our commands, it is essential for us to pivot and focus on what we want. Pivoting is simply pausing when you are upset (and focused on what you don’t want), and then using the Power of Attention to focus on what you do want. It’s a mental pivot, similar to how a soldier pivots and does an about-face when marching. When you feel yourself getting upset, say to yourself, “I’m feeling upset. I must be focused on what I don’t want. What do I want?” Then tell the child what to do. Focusing your child on what you want them to do will help them to be successful in following your commands.





A JOINT PROGRAM OF

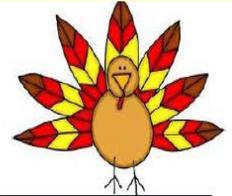


American Heart Association®

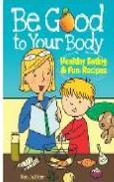
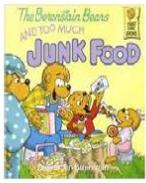
Nemours®



A JOINT PROGRAM OF
American Heart Association® Nemours®



November 2018 - Healthy Way to Grow Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Make a yummy breakfast parfait with yogurt, fresh fruit and granola.	Create a fun placemat to use at the table during meals	Pumpkins are a great source of antioxidants. Make yummy pumpkin bread as a family.
Make a family meal together. Have each person choose what they would like to eat, and prepare in the kitchen.	Move in opposites-fast/slow, up/down, near/far, big/small	Go to your local library and check out, <i>Be Good to Your Body</i> by Roz Fulcher and make a snack from the book 	Go outside for a walk and look at different shapes. Move your body to create the shapes you see.	Use different household items to make drums. Play the drums and move to the beat. You can even create a fun song to go with it.	Place three different foods on a plate. Ask your child to describe how each food tastes, smells, looks and feels like.	Make a set of cards with numbers on them. Have everyone choose a card and the number they selected is the number of body movements you have to make (stretch to the ceiling, march in place, touch your toes, etc.)
Choose a healthy food that begins with the letter 'N'. Try the food together as a family.	Place plastic or real vegetables in a bag. Close your eyes and reach in the bag to describe and guess the vegetable. Add vegetables of different sizes and textures.	Place a bunch of washcloths across the floor, and try jumping from one to the next without touching the floor	Use magazines and find fruits and vegetables that are orange and red and create a harvest basket.	Have someone name a color and then create a movement to match that color.	Guess the Fruit! Have one person describe the fruit they choose and everyone try to guess.	Make funny face pizzas using whole grain bread
Do some outdoor chores as a family. Reach, push, pull and bend	Go to your local library and check out the book, <i>The Berenstain Bears and Too Much Junk Food</i> , by Stan and Jan Berenstain 	Add a whole grain food to your snack or meal.	Practice balancing a paper plate on your head and walk across the room. Time yourself to see who is able to reach the other end the quickest	Sit down and have a family meal together without the TV, phones or computers.	Mindful Minute Close your eyes and take a deep breath and let your body relax.	Practice your jumping skills. Bend your knees and push off the floor. See how high and far can you jump
Play "I spy" outdoors, the person has to make a guess by running to the object they think it is.	March in place for one minute without stopping. Talk to your family about what happens to your heart.	Create a sorting game, by having your child sort canned fruits or vegetables, by color or size.	Add your favorite fruit to your water and talk about the taste	Try fresh vegetables with hummus dip.	Choose your favorite physical activity from November and repeat.	

THANKSGIVING FOOD BOX DRIVE FOR NEEDY FAMILIES

Hello Parents and Friends,

Thanksgiving is fast approaching and for the 8th year the Ervin Family (Children of Hope Alumni Family) is collecting Thanksgiving food boxes for needy families. In the past we have delivered food boxes and gift cards to over 50 families that were in need of food for Thanksgiving. This year we are partnering with Chicanos Por La Causa (<https://www.cplc.org/>) to support the families that they serve .

The purpose of the Thanksgiving Food Box Outreach is to not only provide food for needy families, but it also provides an opportunity for kids and their families to give back to the community. **Kids can participate by shopping with their parents to buy the food items listed below.**

My wife, Allison, and I have been a part of a program like this for many years and we have used it as a way to teach our kids about giving back and about being thankful for the family, friends and material things that we have in life.

Thanks in advance for your support. Together we can make a difference!

Sincerely,

Jerry Ervin

Consultant, Trainer, Speaker

480.773.4686

mypurpose@jerryervin.com

www.jerryervin.com

THANKSGIVING FOOD BOX ITEMS: DUE BY Friday, 11/16

*(The items on this list are needed to fill a **complete** food box for one family)*

All food items donated should be non-perishable

- Corn (2 cans)
- Carrots (1 Can)
- Potatoes (2 Cans)
- Green Beans (2 Cans)
- Yams/Sweet Potatoes (1 Can)
- Stuffing (1 Package/Box)
- Cranberry Sauce (1 Can)
- Turkey Gravy (1 Can)
- Macaroni and Cheese (2 Boxes)
- Spaghetti Sauce (1 Jar)
- Spaghetti (2 Boxes)
- Cereal (1 Box)
- Chicken Noodle Soup (2 Cans)
- Peaches or Other Canned Fruit (1 Can)
- Jelly (1 Jar)
- Peanut Butter (1 Jar)
- Paper Towel (1 Roll)
- Napkins (1 Package)

Thanksgiving Feasts

Tuesday, 11/20
Wednesday, 11/21
11:00am



Join us in Fellowship Hall as we enjoy a meal together as the Pilgrims and Native Americans did so many years ago.

NOELOPHOBIA

Josquin Music and Esperanza Lutheran Church will be presenting a **Christmas musical** featuring local youth!

Noelophobia

November 30 @ 7 p.m.

December 1 @ 7 p.m.

December 2 @ 3 p.m.

Okay, so a "Fear of Christmas," might sound weird, or cute, or whatever, but when it begins to spread uncontrollably, it's like, you know, serious. The school newspaper is on it! Will they find an antidote in time? And is Santa really, really angry like they say he is? Imagine a war on Christmas, and Christmas is losing: you've got Noelophobia!

Tickets are \$5 and will be sold at the door.

<http://noelophobiamusical.com>



Have your kids outgrown their clothes and shoes? Please consider donating to this worthy cause, as told to us by Esperanza member and Head Start Teacher, Beth Leaf.

Dear Parents at Children of Hope;

I work at a Head Start preschool in central Phoenix, at 32nd street and Fillmore. Even though the great recession is over, our families are still struggling.

We have a system here where if a child needs a change of clothes and an extra set is not in the room, the office caseworker tries to provide extras, but often these are not enough.

Currently we are enrolling students from Salvation Army family and UMOM shelters in our district and poverty continues! We also have several refugee students.

We would be grateful for any hand-me-downs you may be ready to part with. We accept all sizes, since many children have older siblings. We always need underwear and socks.

All your donations go to local Phoenix area children who are in need!

Thank You,
Beth Leaf

This Head Start program is about 70 children in a split program, 3-4 year olds with 3 teachers.

NEW ENRICHMENTS COMING IN JANUARY
Stay tuned!



The Good News Club: A VBS themed enrichment



Art Masterpiece: For our budding artists



Get Set for School: Handwriting, Letters & Math skills to fine tune those kindergarten skills

SAVE THE DATE! Tuesday, December 11th @ 5:00pm

To Bethlehem!



A Christmas Performance
by
Children of Hope Preschool

*With a surprise visit from the North Pole....
ssshhh don't tell the kids!*

Do you love our
school?



Tell A Friend!

Any friend of yours who joins
our school will earn *you*
1 month's Free Tuition!

Share our enrollment packet
www.childrenofhopecdc.com

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 ~





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.



find us on

Facebook



Instagram

Like our Facebook Page!

Also, join our Private Group
Children of Hope Preschool/
Child Development Center of Ahwatukee