

# Children of Hope Child Development Center

August 2019

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

Lynn Hockenberger  
Preschool Director



### Happy Birthday!



- ◆ MRS. K  
August 13
- ◆ MRS. DOLNY  
August 26

### WELCOME TO OUR SCHOOL FAMILY!

Are you superstitious? We are all so excited to be starting our 13<sup>th</sup> school year on this beautiful campus together with you! We believe it will be a Lucky #13 for sure!

#### 13 Reasons Why:

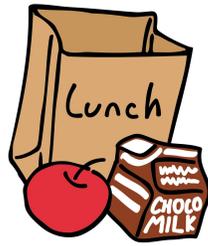
1. The children! It is a very special thing to earn the love and trust of a child. Being with them every day and witnessing those aha moments of learning really can't be beat.
2. Hope parents! As we travel on this early ed journey together we so value our partnership with you and thank you for sharing your child with us (see #1).
3. Our own families. This job really is a family affair, as our spouses and children are often participating both behind the scenes and in front of the curtain.
4. This church community, for continuing to embrace this, our special ministry of Esperanza.
5. Pastor Steve, who believed in us from the start
6. Our parish administrator, Joni, who keeps us all running
7. Joni's dad, Mr. Denzil, who fixes any and all campus issues
8. Luis, our custodian, who never complains of any request
9. Quality First. We are thankful to be a part of this program that is dedicated to high quality early learning in Arizona.
10. Our Support Staff: from our QF coach, Nicole, to
11. Our Nurse Consultant, Idolinda, to
12. Our Smart Support Consultant, Elizabeth, all of whom you will see helping on our campus this year.
13. And last but certainly not least, my beautiful teachers. What a team! These smart, dedicated ladies mean so much to me and it is a privilege to witness the differences they are making each and every day with your children.

Welcome...and here's to  
Lucky #13!

~ Mrs. H

Welcome back, everyone! Here's to possibilities!

# 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.**

**Not available to our Toddler Class due to diapering/licensing issues.**

**\*Lunch Bunch will NOT be offered 1 day each month so we can hold our monthly Staff Meetings.**

Lunch Bunch offers our students opportunities for additional socialization through meal time, extended activities and play. We provide a safe, nurturing place where the children can eat lunch with their peers, while learning to manage and clean up their own space, with the bonus of added time to socialize and play with their friends. With the company of our supportive teachers, Lunch Bunch kiddos can acclimate to a longer school day, can make mistakes (such as spills) and be helped to fix them, and can gain confidence and independence. Lunch Time is very fast in elementary school and here at Hope we believe in providing Lunch Bunch as an opportunity for our students to practice the "soft skills" needed for kindergarten success.

## HEALTHY LUNCHES FOR PRESCHOOLERS

Per state recommendations we encourage you to pack 1 item from each of the following categories in your child's lunch, with MILK or WATER as the drink:

**Fruits:** bananas, applesauce, cantaloupe, peaches, fruit cocktail, pineapple, strawberries, watermelon, raisins (Grapes MUST be cut into small pieces due to choking hazard)

**Vegetables** (with dips, ranch, hummus, if desired): broccoli, carrot sticks, pumpkin, peppers, tomatoes, beans, potatoes

**Grains:** bagels, bread, oatmeal, crackers, pasta, rice, cereal, pancakes, muffins, waffles, tortillas

**Protein:** turkey, chicken, eggs, beans, hamburger, tuna, peanut butter

**Dairy:** yogurt, cheese, low-fat milk, pudding

“There are a whole lot of things in this world you haven’t started wondering about yet.”

Roald Dahl, from  
*James and the Giant Peach*



## SAVE THE DATES!

- Show & Tell Night: Wednesday, September 11
- Amazing Race: February Date TBD for Adult Couples
- Trivia Night: April 18 for Adult Teams of 6

## CHAPEL



With Pastor Steve

**Will begin in September  
1 Wednesday & Thursday  
each month  
@ 11:10am**

**Each month we will introduce the children to a **Fruit of the Spirit****

**Love, Joy, Peace, Patience, Kindness,  
Goodness, Faithfulness,  
Gentleness and Self Control**

**We will talk about how Jesus lived these fruits and how we can share them with others as He did.**

**You are always welcome to join us for Chapel.**

**Wear your school shirt!**

### Optional Chapel Offering

Each month the children are welcome to bring an optional Chapel Offering. This year we will be donating any cash offerings to **Feed My Starving Children**. We will also collect for **Arizona Needy Newborns and Esperanza’s Prayer Shawl Ministry**. Donations for these groups can include skeins of yarn, beanie babies (new or used), bars of Ivory soap and/or newborn diapers.



## Welcome Parents!

**New to Bloomz?** Bloomz is a new app that helps parents stay on top of what's happening in their kids' classroom. It works on both your smartphone and computer, and will help you receive quick updates from the teacher, see pictures of classroom activities, access the class calendar and more.

### Here is why you should use Bloomz:

**It adapts to you.** You can use Bloomz on any device, whether it's your PC, Mac, tablet, iPad, iPhone or Android phone. You can also choose to receive notifications via the app directly on your phone, or via email.

**It's easy to use.** Once you sign up for Bloomz, you will quickly realize how familiar this app feels – all the teacher updates show up in a time feed, and you can check the class calendar, RSVP for events and even sign up to volunteer, all in very simple steps.

**It is safe and private.** The teacher has control of who participates in the classroom, and you only share the information you want to share. Plus, there is no advertising in the app, Bloomz doesn't sell your information to any third parties.

**Find out what your child really learned today.** The more connected you are to what's happening in your child's classroom, the easier it is to have meaningful conversations over dinner that go beyond "what did you do at school today?" "Oh, nothing!"

### Signing up is easy!

In order to join a class on Bloomz, you need to be invited by the teacher or school administrator. They will invite you through email or give you a class code you can enter when you sign up for a Bloomz account.

1. Click on the link provided in the email or go to [www.bloomz.net](http://www.bloomz.net) and click "Join Bloomz".
2. When prompted, enter the code shared by email or by the teacher.
3. Create your account.

Once you've created your account, go to your phone and search for Bloomz on the App Store or Google Play store, and download the app.



**TUITION:** Due by the 10<sup>th</sup> of each month. After the 10<sup>th</sup> a Late Fee will be assessed.

Cash and check payments (made out to Esperanza Lutheran Church) can be dropped off in Mrs. H's office in the black tuition box on the wall. Please do not leave payments on the desk.

Credit card payments can be accepted with an added 4% processing fee.

Tuition amounts are posted in Mrs. H's office.

# Smoother Transitions to Help Your Child Through Daily Routines

Author: [Claire Lerner, LCSW-C](#)

“Ethan protests taking a bath every night.” “Talia takes forever to get dressed in the morning.” I have rarely met a family that hasn’t struggled in some way with getting their children through daily routines. Families with young children face these types of struggles because most toddlers have some degree of difficulty with transitions.

Children have a hard time moving from one task to another, especially during morning and bedtime routines, for many reasons, including:

- Young children want to assert some control over their world. So whenever there is a demand to follow someone else’s agenda, such as yours, there is a natural tendency to defy it.
- Sometimes children haven’t tuned in to your directions. They haven’t processed all of the information being communicated to them, so they can’t act on it.
- Some children start to follow a direction but can get distracted and lose track of what they are supposed to focus on.
- Morning and nighttime routines are associated with separations, such as going to child care/school, saying goodnight, etc. This can be emotionally challenging for young children.

## **Here are ways to help children better cope with transitions and daily routines.**

Make goodbyes easier. Feelings drive children’s behavior. The more we name and empathize with their emotions, the less likely it is that they will have to act them out. “I know, mornings can be hard. We have to get ready for work and school and then say goodbye until dinnertime.” Once you have shown understanding you can help your child cope: “But, we all have important jobs to do during the day. Yours is to play with grandma/go to school and learn all sorts of cool stuff and mine is to (fill in the blank). Why don’t we read four pages of your favorite book before we leave for school, then the first thing we’ll do when we get home is finish the book together.” Creating a bridge like this between separations can be very comforting for kids and gives them something concrete to look forward to. For goodbyes, remind your child of the *Daniel Tiger’s Neighborhood* song, [“Grownups Come Back.”](#)

Make a visual schedule/calendar. This provides cues about what will happen next that can greatly ease transitions, especially when you include your child in creating the calendar. Take photos of all your child’s daily routines: waking up in the morning, having breakfast, getting dressed, brushing teeth, etc. Be sure to include the people who help with these routines. For example, take photos of Mom helping with getting dressed in the morning, Dad giving a hug at preschool drop-off, and so on. Then, help your child [create the calendar](#). Guide her to choose photos that depict each step of the routine and tape them up on any kind of paper/cardboard in chronological order. Go through the same process for the evening/nighttime routine.

Be sure your child is paying attention. Sometimes the reason a child is not cooperating is because he is tuned into something else. (The other day, a 3-year-old was so focused on an ant crawling on the ground that he didn’t register the teacher’s direction to line up against the wall.) Try using a cue when you want your child’s attention. Parents I know place a hand on their child’s shoulder to signal, “I have something to tell you. It’s time to stop doing what you’re doing and focus on me.” The more often you use these cues, the more powerful they are.

**Communicate directions clearly.** “Austin, please place your dish in the sink.” “Rumi, it’s time to go upstairs to take a bath.” This helps your child know exactly what is expected which is comforting to kids. Because giving a direction may feel dictatorial and we want to be “polite,” most of us tend to pose a direction as a question, such as: “Rumi, can you come upstairs?” Or, “Rumi, time to go upstairs, okay?” These phrases, however, are confusing to the child, who hears a choice rather than a direction. One recent example: a mom asked her 4-year-old multiple times, “Can you please come to the dinner table?” The child (logically) responded, “No, I’m not done with my game.”

Use the concept of “two great choices!” “Charlie, it’s time to go upstairs for a bath. You have two great choices: you can go upstairs on your own, or I will carry you up. You decide.” Focusing on the fact that your child is the decider and you are just carrying out his choices makes children feel more in control and less defiant. Also give your child some sense of control over the transition. “It’s time to get into the car. You have a choice: do you want to bring a book or listen to a story on tape?” The more your child feels he has some control over the process the more likely he is to comply.

Tune-in to your child’s emotions and desires. “I know you love to color and it’s so hard to stop doing something that’s so much fun. But now it’s time for what’s next on our schedule — getting dressed!” Remember, when you validate your child’s feelings, it makes it less likely she will need to act them out.

Stay positive. Your tone is infectious. “If you don’t put the crayons down on the count of three you won’t have them for a week!” makes kid more defiant and less likely to cooperate. Try: “Mommy is going to be a helper and put these crayons away so you can focus on eating your breakfast.” The calmer you are the more likely it is that your child will get calm and comply.

Of course, every child is different. These strategies are great for some kids and not effective for others. For example, some kids respond well to making a breakfast choice the night before. For other children, it leads to a breakdown in the morning when they change their minds. You know your child best. Use your judgment and adapt these tools to best meet your child’s and your family’s needs.



Author: Claire Lerner, LCSW-C is a licensed clinical social worker and child development specialist. For over 30 years she has been partnering with parents to help them understand their young children's behavior and development. She also provides consultation and training to local preschools and pediatric residents. In addition, Claire is the author and creator of hundreds of resources for parents and professionals that translate the science of early childhood for into practical tools for promoting children's healthiest development.

## Conscious Discipline



Our school's character education and behavior management program is called Conscious Discipline. Conscious Discipline is an evidence-based, self-regulation program that integrates social-emotional learning and discipline. The program, developed by Dr. Becky A. Bailey, empowers adults to consciously respond to daily conflict, transforming it into an opportunity to teach critical life skills to children. Conscious Discipline is a way of organizing schools and classrooms around the concept of a school family. Each member of the family, both adult and child, learn the skills needed to successfully manage life tasks such as learning, forming relationships, communicating effectively, being sensitive to others' needs, and getting along with others. The skills include composure, empathy, integrity, assertiveness, responsibility, the ability to make good choices, and the ability to see the best in others. We encourage families to visit the Conscious Discipline website for additional information.



**ALL ARE WELCOME!**

**Esperanza Lutheran Church Services**

8:30am - Traditional Service

10:30am - Contemporary Service (with Sunday School for children ages 4 - 5<sup>th</sup> grade: children are dismissed to Sunday School part way through the service after the children's message with Pastor)

**Blessing of the  
Backpacks**  
and the  
School Year



Back to School - Blessing of the Backpacks  
(kids, bring your backpacks) on Sunday, August 11<sup>th</sup> @ 10:30am



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

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**Also, join our Private Group**

Children of Hope Preschool/  
Child Development Center of Ahwatukee