

# Children of Hope Child Development Center

December 2019

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

Lynn Hockenberger  
Preschool Director



### HAPPY HOLIDAYS!

This is my favorite time of year with our kiddos! The magic seen through their eyes each year *never* gets old! I love to see them laugh with bewilderment when that rascally Gingerbread Man hops out of the oven. I love to see them in their PJs when we pretend we are on the Polar Express. I love hearing the children's requests of Santa and their joy when Mrs. Claus gives them a treat at Breakfast with Santa. I love when our kiddos go caroling around the campus. And, no matter what, our annual Christmas program is darling, whether they sing a note or not.

From all of us to all of you, we wish you the happiest Christmas and a healthy, joyful new year! 2020?? Who can believe it?

### Happy Birthday!



No December  
Birthdays for Staff

~ Mrs. H



**SUNDAY SCHOOL**  
for kids ages 4 - 5<sup>th</sup> grade

ALL ARE WELCOME!

8:30am Traditional Service

10:30am Contemporary Service

Children are dismissed to Sunday School  
after the Children's Message during the  
10:30am service

Nursery Care is available to children 3  
years and under in Room 2



### Christmas Eve Services @ Esperanza

**ALL ARE INVITED & WELCOME!**

4:00pm: Family Service

7:00pm: Traditional Service with  
Hymns and Carols

8:30pm: Candlelight Service with Hymns and Carols

## CHAPEL



**December 11 & 12**  
**@ 11:10am**

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

**This month's lesson will focus on LOVE**  
**(through the story of**  
**The Birth of Baby Jesus)**

**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, bars of  
Ivory soap, fleece and/or newborn  
diapers**.

# 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.**

**\*NO LUNCH BUNCH ON WEDNESDAY, 11/18,  
due to STAFF XMAS LUNCHEON**

Lunch Bunch offers our students opportunities for additional socialization through mealtime, 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 LUNCHESES 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

## Cold Weather Fun!



## Looking Ahead: January 2020

### Infant Feeding and Nutrition

Don't forget the little ones! Infants need to stay active and healthy to help support growth and development. Next month will focus on:

- Infant feeding and nutrition
- Breastfeeding
- Physical activities for infants

### Dear Families,

The winter months bring colder temperatures and more opportunities for you to do activities inside as a family. Use the winter to play with your children and celebrate the holidays. Just because you may not be able to go outdoors, doesn't mean you can't have a winter time fun experience indoors. While you are thinking of things to do with your child, don't forget to stay active and healthy. If you choose to go outside, don't forget to play safe. Try these quick tips to keep it safe.

1. Check safety conditions of sleds and other equipment
2. Bring water outside if you are playing longer than an hour. When you are physically active you sweat, even in the winter.
3. Cover your child with hat, boots, ear-muffs, gloves and scarves.
4. Don't forget to layer up to stay warm



### Get Moving:

#### Indoors and Outdoors

With the cold weather near, use this as an opportunity to spend time indoors and have family fun! Create more opportunities to play and move. Remember children need at least 60 minutes of active play daily, so get moving.



#### Indoors

- Create an obstacle course
- Turn up the music and dance
- Play "Fitness with the Leader" (This is "follow the leader using exercises.")
- Act out a story (*Snow Party*, By Harriet Ziefert)

#### Outdoors

- Make a "snow family"
- Take a nature hike and look for animal tracks
- Take a neighborhood walk
- Decorate an outdoor tree



### Winter Time Foods: Cauliflower Tater Tots

#### Ingredients

- 2 medium heads cauliflower, cut into florets
- 1/4 cup small diced onion
- 1/4 cup grated parmesan cheese
- 1/4 cup finely ground breadcrumbs
- 1 large egg



#### Directions:

1. Preheat the oven to 350degrees, grease a nonstick baking sheet
2. Boil cauliflower florets in water until tender (5-10 min). Drain.
3. Pulse cauliflower in food processor, until it forms a rice consistency
4. Add cauliflower to large mixing bowl and add remaining ingredients until it reaches consistency of mashed potatoes.
5. Scoop 1-2 tbsp. of mixture and form into tater tot shapes. Place on baking sheet about 1 inch apart
6. Bake for 20 minutes, then flip and bake for an additional 10-15 minutes until brown and crisp. Serve with ketchup. Enjoy!

### Cold Weather Healthy Eating

Did you know, the decreasing temperatures and shorter daylight hours impact children's energy levels and moods.? Children are less active during the winter season, so it is important to provide them with foods that will help them stay healthy and happy.

#### Healthy Winter Foods

1. **Salmon**— helps to support mood regulation
2. **Clementine**— helps to build strong bones and good muscle function
3. **Winter squash**— improves heart health and immunity
4. **Sweet potatoes**— packed with fiber, vitamin A and potassium
5. **Cauliflower**— provides nutrients important for growth and development, as well as digestion and stable energy levels





A JOINT PROGRAM OF

Nemours.

Children's Health System

# DECEMBER Healthy Way to Grow Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Healthy Breakfast.</b> Try unsweetened peanut butter on whole grain bread with fresh banana or apple wedges and low-fat milk.</p>	<p>Use two bottles of water and get moving. March in place while holding the water to increase your balance and strength.</p>	<p><b>Trying new foods</b> can be fun! Eat 3 different crunchy vegetables and see which one crunches the loudest!</p>	<p>Use a <b>cookie cutter</b> to cut cheese, veggies and sandwiches into fun, irresistible shapes.</p>	<p><b>Sneak activity into the day-</b>walk instead of ride in the cart at the super market; drive halfway to school, park the car and walk the rest of the way.</p>	<p><b>Set a regular sleep schedule</b> with regular naptimes and bedtime. Children and adults will enjoy the predictable routine!</p>	<p>Some activity is better than no activity. Even if you have just 10 minutes in the morning and 20 minutes in the evening, use it for playful physical activity.</p>
<p>Turn off the TV and have a Sunday Funday! Use different objects in your house to create an obstacle course all of your family can participate in.</p>	<p>Create a snowman using household materials such as cotton balls, sticks from outside, aluminum foil for a shiny hat and buttons for the chest.</p>	<p><b>Healthy Breakfast.</b> Make a smoothie using low fat milk or yoghurt, fruit and a teaspoon of bran whirled in a blender</p>	<p><b>Simple snacks for Toddlers</b> include finger friendly bite size foods such as fresh fruit sliced or cut into small pieces.</p>	<p>Cauliflower is a great winter vegetable. It includes nutrients to support development and increases energy. Make a meal including cauliflower.</p>	<p><b>Winter Games.</b> Pretend to be polar bears, hibernating in the winter or penguins waddling on the ice. Have fun making up stories and moving with your children!</p>	<p>Babies carefully watch facial expressions and listen to voices. Talk to them! At 2 months your baby will coo and smiles back at you.</p>
<p><b>Mall Walk &amp; Talk.</b> Going shopping? Hold your toddler's hand or push your baby in the stroller around the mall, resting occasionally, then walking some more</p>	<p><b>Family Recipe Exchange.</b> Write your favorite family recipe on a card and invite your family or neighbors to exchange. Get together to share the results!</p>	<p>Grab your socks and a laundry basket and have a tossing contest. See who can collect the most socks. For an even bigger challenge, move the basket away each time.</p>	<p><b>Simple Snacks.</b> Spread hummus on whole wheat pita or try lean turkey on a toasted English muffin</p>	<p><b>Food Art.</b> Place apple wedges as flower petals around kiwi slices on a plate or make faces using berries and a banana mouth.</p>	<p>Slip into your comfy pajamas and drink warm apple cider while reading your favorite stories.</p>	<p><b>Disco Night.</b> Move furniture aside, and put on dance tunes. Take turns using a flashlight to create a strobe light. Younger children will try to imitate you.</p>
<p><b>Healthy Breakfast.</b> Get those veggies in by adding them to an omelet. You can eat vegetables for breakfast!</p>	<p>Take a walk outside and enjoy the fresh air.</p>	<p>Create a <b>food rainbow</b> on each plate and let your child decide which color to eat first. Encourage infants and toddlers to touch and taste the food.</p>	<p><b>Commercial Activity Break.</b> Clap, wiggle, march, squat, pushup and wave. Move together until the show comes back on.</p>	<p><b>December Dance.</b> Dance to the table Dance to the door Dance to the bedroom And then dance some more!</p>	<p><b>Fit Friday.</b> Continue your new family tradition Prepare dinner and have family mealtime together. Have you tried grilled chicken tacos? Yum!</p>	<p><b>Healthy Breakfast.</b> Fill a whole wheat pita with chopped hard boiled eggs. Add a banana for a delicious and healthy start to the day!</p>
<p>Think of <b>foods that begin with the first letter of your child's name.</b> For ex., "Oliver" begins with "O"- okra, oatmeal, oranges, onions and omelets.</p>	<p>Use crayons and a paper plate and let your child draw their favorite meal.</p>	<p>Celebrate the last day of the year with a special family meal. Don't forget to include food from all food groups!</p>				



FIRST THINGS FIRST  
Ready for School. Set for Life.

## Preventing toddler tantrums

We've all seen it. A toddler in the middle of the cereal aisle at the grocery store. On the floor, screaming that they want a certain cereal and a parent trying their best to calm them down. If you're a parent, you've probably been there. Young kids can get overwhelmed. Research shows that a toddler tantrum is a normal response to anger and frustration. The part of a toddler's brain that regulates emotion is still developing.

Those public meltdowns may seem unavoidable. And sometimes they are. But there are things you can do to limit the chances of a tantrum.

One approach is to give your toddler clear choices. For example, go back to the cereal aisle. You probably have some preapproved options in your head, the cereals that you're willing to purchase. Present your options right away. "Corn flakes or Cheerios?" Show your toddler the two boxes and have them choose. This way they feel a part of the decision-making process but aren't overwhelmed. And you've limited the choices to two or three options that you approve of.

This approach can apply to many potentially frustrating situations. "Do you want to color or do a puzzle?" "Do you want to wear the blue or the red shirt?" By calmly offering choices that you control, you're empowering your toddler while avoiding the power struggle and hopefully a tantrum. It's part of setting limits, which young kids need to develop self-control.

It won't always work, of course. But keeping calm and being consistent in your approach should, over time, help make tantrums less likely.

*Ofelia Gonzalez is public information officer at First Things First.*

This Week's  
Conscious  
Commitment:

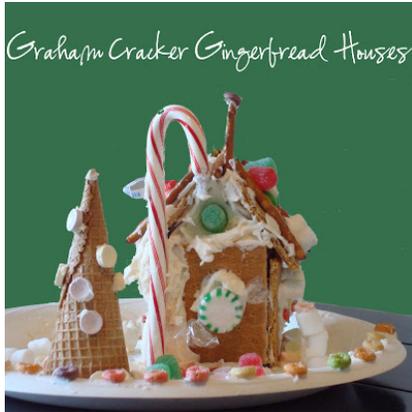
I AM WILLING TO USE THE LANGUAGE OF  
NOTICING TO ENCOURAGE MY CHILD AT LEAST  
THREE TIMES PER DAY.

FORMULA:  
"YOU \_\_\_\_\_ (DESCRIBE WHAT THE CHILD DID),  
SO \_\_\_\_\_ (HOW IT HELPED OTHERS).  
THAT WAS \_\_\_\_\_ (KIND, HELPFUL, CARING)!"

EXAMPLE: "BECKY, YOU CLEANED UP THE BLOCKS ON THE  
FLOOR, SO NO ONE WOULD TRIP ON THEM. THAT WAS HELPFUL!"

 Conscious Discipline

# HELP WANTED!



Our Pre-K and 3's classes traditionally finish out the season by making milk carton gingerbread houses with a grown up of their choosing. They love it!

We are in need of a few good elves (aka volunteers) to wrap our bases and hot glue our cartons together on Wednesday, December 11<sup>th</sup> @ 8:30am. Please let Mrs. H know if you can help!

Last Days of Class before Christmas:  
12/18 & 12/19

Christmas Break:  
12/20 – 01/05

Class Resumes:  
01/06 and 01/07/20

## ENRICHMENT CLASSES TO BEGIN IN THE NEW YEAR!

### **Wednesdays PM:**

**Art Around the World**

with Mrs. Palomaa

7 weeks for \$130

### **Fridays AM:**

**Kindergarten Boot Camp**

(for our Pre-K Kiddos)

with Mrs. Luken

2 Sessions, 8 weeks each  
\$150 per session

### **Fridays PM:**

**Storybook Forest**

with Mrs. H

7 weeks for \$130

Sign up in the office

Know someone looking for a preschool home?



Our Toddler and 3-Year Old Classes are FULL, but our Pre-K Classes have some available spots for a friend of yours!

Bring a friend...if that friend enrolls, you get a month's FREE TUITION as our thanks!  
Your good word is our best advertisement.

Invite your friend to our Quality First School!



When you get a chance, give a shout out to your child's teachers...they are working quite mindfully and purposefully to bring the highest quality and best practice of early education to your child. With support from our QF coach, nurse consultant and Smart Support consultant, our teachers are designing environments and lessons that research has proven is best for children. Please join me in giving my gals a big High Five and Thank You as they continue their work with our kiddos and prepare for our upcoming assessment!

## SAVE THE DATES!

- **Amazing Race:** Saturday, February 8th for Adult Teams of 2
- **Trivia Night:** Saturday, April 18 for Adult Teams of 6

# HOLIDAY HAPPENINGS!

Children of Hope presents

## Breakfast with Santa!



Saturday, December 7<sup>th</sup>

9:00-11:00am

For only \$8.50 per person you can enjoy some yummy continental breakfast foods and several Christmas crafts while you wait for the arrival of **Mr. & Mrs. Claus!** Don't forget your cameras!

**Please RSVP to Mrs. H  
in the preschool office**

**Bring a toy for the Toy Drive sponsored  
by Voices for CASA if you  
wish...attendance not required to  
participate in Toy Drive**

To  
Bethlehem!



A Christmas  
Performance

by

Children of Hope  
Preschool

Tuesday,  
**December 10<sup>th</sup>**  
5:00pm

Don't miss these  
wonderful events!



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/Follow us on Insta!**

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