

# Children of Hope Child Development Center

February 2020

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

Lynn Hockenberger  
Preschool Director



As you may have noticed, our Quality First Assessment window is now open which means we are now welcoming kind folks with clipboards on to our campus to evaluate our program.

The assessors are looking at 3 main components of our program:

1. Environment (ECERS)
2. Relationships (CLASS)
3. Documentation (Points Scale)

Classroom arrangements, materials, transition times, safety procedures and routines are all looked at during our environment (ECERS) assessment.

### Happy Birthday!



No February  
Birthdays for Staff

Interactions between students and teachers, lesson implementation, vocabulary used, conversations, scaffolding, problem solving and affect are areas looked at during the relationship (CLASS) assessment.

Lesson plans, handbooks, anecdotal notes, child portfolios and teacher qualifications are all evaluated in the Documentation (Points Scale) assessment.

Wish us luck! We are working hard for you!

*Mrs. H*



**ALL ARE WELCOME!**

**8:30am Traditional Service  
10:30am Contemporary  
Service**

**Sunday School for Kids ages 4-5<sup>th</sup>  
grade during the 10:30am Service**

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

**ESPERANZA IS HIRING!**  
**Part Time  
Children's Ministry  
Coordinator**

Please see Joni Thorpe and/or  
Pastor Carol in the church office for  
more info



## CHAPEL



**February 19 & 20  
@ 11:10am**

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

This month's lesson will focus on  
**FAITHFULNESS**

**Jesus was a faithful friend**

**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



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.**

**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.**

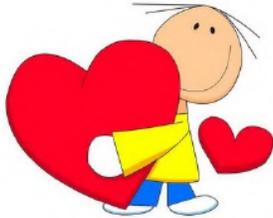
**Not available to our Toddler Class due to diapering/licensing issues.**

**\*NO LUNCH BUNCH ON WEDNESDAY, February 12<sup>th</sup>  
due to STAFF MEETING**





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



**Looking Ahead: March 2020**

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.

**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!**

**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.





A JOINT PROGRAM OF

Nemours.

Children's Health System

# FEBRUARY Healthy Way to Grow Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p><b>Food is a great conversation starter!</b> Guess how many potatoes I used to make the mashed potatoes! What's the most delicious food on the table? 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>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>Dinnertime.</b> Prepare grilled chicken strips with carrots and red peppers and serve with whole grain pasta.</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>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>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>Winter Wonderland.</b> Watch the snow flakes and dress in snowsuit, boots, mittens and hats. Jump and roll in the snow.</p>	<p>Read <b>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>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>Dental Health.</b> Listen to the song Brush Your Teeth, and practice up and down brushing motions.</p>
<p>Celebrate <b>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>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>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 <b>sources of 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 <b>Baby Love</b> by Anita Jeram and 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>



## FIRST THINGS FIRST

*Ready for School. Set for Life.*



**February is National Children's Dental Health Month**, which promotes the benefits of good oral health. It's a good time to remind you how to help prevent tooth decay, even before your child gets their first tooth.

Untreated tooth decay in baby (primary) teeth puts young kids at risk for future health problems. It can cause damage to permanent teeth and even lead to being more vulnerable to ear or sinus infections. Tooth decay can also affect a child's speech development and hurt their self-esteem. And it's a leading cause of school absences later on.

"Tooth decay is the most common chronic disease faced by young children," said Joe Fu, First Things First's senior director for health. "It is also 100 percent preventable."

FTF offers these tips for families of babies, toddlers and preschoolers:

- **1. Prevent baby bottle decay.** Don't put your baby to bed with a bottle at night or at nap time. The sugar in milk, formula, juices and soda can cause tooth decay. Beginning at 6 months, give your child water to drink to help keep their mouth clean and healthy.
- **2. Take your child to the dentist.** By baby's first tooth or first birthday, take them to the dentist to check that their mouth, gums and teeth are healthy.
- **3. Clean your child's teeth.** When your baby's first teeth come in, brush them after each feeding, especially before bedtime. Use a soft toothbrush and a rice-sized amount of fluoride toothpaste. When your child turns 3, you can use a pea-sized amount of fluoride toothpaste.
- **4. Serve healthy food and snacks.** Sugary and sticky foods cause tooth decay, so give your child fruits, vegetables or cheese instead.

For more information about caring for your child's teeth, visit the Parent Kit.

Ofelia Gonzalez is public information officer at First Things First.

# **BACK BY POPULAR DEMAND!**



**Saturday, April 18<sup>th</sup>, 2020  
6:00 - 10:00pm**

**Gather a Team of 6 Adults**  
**Pick a theme, Name your team,**  
**Decorate your table and enjoy the fun!**

## **Cost**

**\$25 per person**

**Includes buffet dinner - each table is B.Y.O.B.**

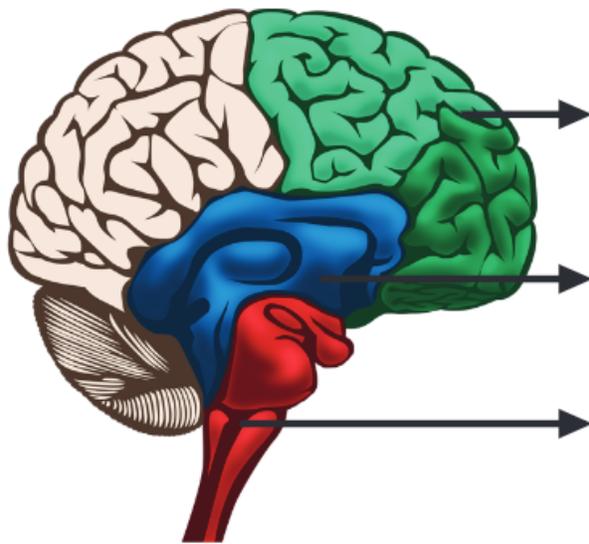
## **Prizes**

**Winning Team receives \$500 cash prize!**  
**Prize for best decorated table and more!**

**Bring 3- \$1 bills for a game of Heads or Tails  
at intermission! Winner gets half the pot!**

**Mulligans (free answers) will be for sale for \$5.00!**

# Conscious Discipline® Brain State Model



## Executive State

**Need:** Problem solving opportunities

**Looks like:** Wisdom, unlimited skills

**Message:** What can I learn?

## Emotional State

**Need:** Connection

**Looks like:** Back talk, sass, yelling, verbal reactions

**Message:** Am I loved/connected?

## Survival State

**Need:** Safety

**Looks like:** Hiding, fighting, surrender, physical reactions

**Message:** Am I safe?

The Conscious Discipline Brain State Model helps us understand how the brain works in relation to discipline. An upset adult is always a threat to children's sense of safety. We must actively calm ourselves if we are to help children calm themselves. Taking three deep breaths helps us calm down by shutting off the stress response in the body.

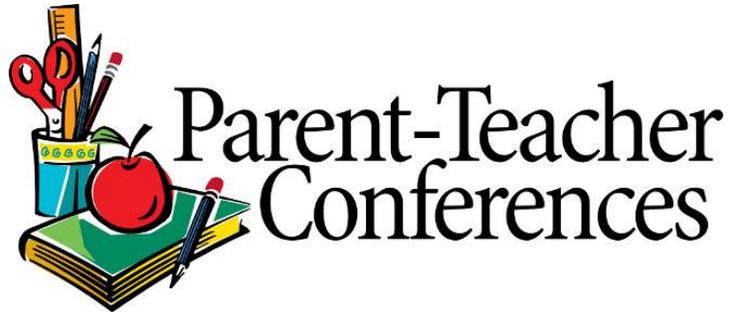
Do not try to reason with your child when he/she is in **Survival State** (ex: in the throws of a tantrum). Wait until your child is calm to try and reason. Deep breathing helps a child to calm.

Once he/she is calm, the upset can be revealed and conversation can begin in the **Emotional State** (ex: he won't share with me, I don't want to leave the park, she pushed me, etc).

Feelings of upset can be discussed (ex: Your arms are folded like this and you are crying. I see you are frustrated. You wanted the blue truck and you are angry that your brother won't share).

The goal is to get your child to the **Executive State** of their brain where problem solving can occur. The Executive State of the brain is in the frontal lobe and is the last area of the brain to fully develop, at age 25. You may have to lend **your** Executive State/Frontal Lobe to your child to help solve the problem by modeling a solution (ex: let's talk to your brother and tell him that when he's done with the blue truck that you want a turn).

See more at [consciousdiscipline.com](http://consciousdiscipline.com)



**Begin February 24<sup>th</sup>**

**Be sure to sign up on Bloomz for your conference.**

To help us best prepare for your conference, please return the ASQ Questionnaire to your child's teacher by 2/14. The ASQ allows us to compare *your* insight and knowledge of your child with what we see at school. A child's reaction and behavior can often be different at home vs. school, due to the different environments. This is normal. With this knowledge, together, we can assess and plan lessons that will best help your child grow and thrive. The ASQ is a valuable tool we can use to give your child what he/she needs to succeed. Together we are better for your child.



**For 2020-21 School Year Begins March 4<sup>th</sup>  
Enrollment Packets will be on our website soon!**



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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