

Children of Hope Child Development Center

January 2020

Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger
Preschool Director



HAPPY NEW YEAR!

I don't know about you, but to me, 2020 seemed a long way off at one time. But it sure arrived fast! We are happy to welcome this new decade with all of you!

January may seem like a time to catch our breath after the hustle and bustle of the holidays, but at preschool we are hitting the new year running. This month we will be preparing for our upcoming parent/teacher conferences with you in February and will continue to gather observations and evaluations on each child, noting milestones and accomplishments. We will also continue to prepare for our upcoming Quality First assessments. Your teachers are working very mindfully to provide the best environments and lessons for each student, backed by research and brain science. Don't forget to give them a big high five and encouragement as they put in this worthwhile work.

Happy Birthday!



No January Birthdays
for Staff

Here we go, 2020...let's do this thing!
Mrs. H



ALL ARE WELCOME!

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

**SUNDAY SCHOOL resumes
January 12th**

for kids ages 4 - 5th grade
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

WELCOME PASTOR CAROL!



Please help me welcome our
interim pastor, Carol Breimeier!
She and her husband, Fred, also
a pastor, have joined us from
the Chicago area. Pastor Carol
will serve Esperanza until a
permanent replacement for
Pastor Steve has been called.

CHAPEL



**January 22 & 23
@ 11:10am**

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

This month's lesson will focus on
PATIENCE and SELF CONTROL

Wear your school shirt

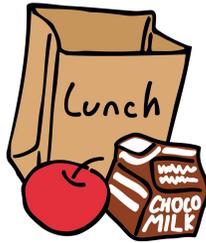
Optional Chapel Offering

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, January 15th**

due to STAFF MEETING

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 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

Infant Feeding and Nutrition



Dear Families,

Having infants around brings so much joy and fun. But did you know that feeding is one of the most important jobs you have in helping your infant grow up healthy and strong? It is important to provide your infant with a positive environment during feeding. Just think, when you are providing responsive feeding, your infant is learning:

- Trust;
- Communication;
- Patterns;
- Self-soothing— with your help; and
- Nutritional foods (milk).

Remember, your child is constantly learning and you are their first teacher.

Looking Ahead: February 2020

Go Red: Living a Heart Healthy

Get ready to go red! Celebrate National Heart Month by doing activities with your family to keep everyone healthy and fit. Next month will focus on:

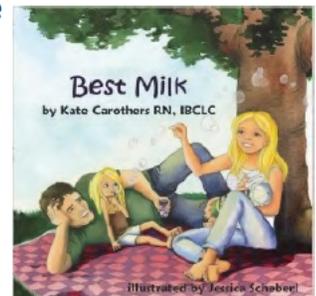
- Healthy eating;
- Physical activity; and
- Self-care.

Breastfeeding

Breastfeeding doesn't have to be the only option for feeding your infant. If you choose to breastfeed, there are many benefits to you and your infant's health. Breastfeeding should be a choice and supported in all environments. Your infant's child care program should support your decision and provide a welcoming environment for you to breastfeed comfortably.

Book: *Best Milk*, by Kate Carothers.

Best Milk is a delightful children's book that helps explain and normalize breastfeeding. The book shows animals nursing, various positions and the convenience of breastfeeding anywhere.



Fun Time with Tummy Time

As infants grow, they need opportunities for physical activity. Tummy time is a quick and easy way to support infant's physical development. Provide infants 3-5 minutes of tummy time to give infants time to practice raising their heads and upper bodies, leading to rolling over and crawling. You can support tummy time by:

1. Gently moving their arms and legs back and forth, and side to side
2. Encourage them to wiggle and move, by placing their favorite objects in front of them to reach and grasp
3. Place pillows and cushions on the floor for infants to creep, crawl, roll and climb over and around



Is Your Infant Hungry or Full?

Since infants cannot talk, they have different ways to let us know when they are hungry and full. Responsive feeding makes meal times easier and even enhances the relationship you have with your infant.



Hungry

1. Makes sucking noises and motions
2. Clenches their fingers or fists over their tummy
3. Flexes their arms and legs

Full

1. Starts and stops feeding often
2. Spits out or ignore the bottle or breast
3. Fidgets or gets distracted easily



A JOINT PROGRAM OF

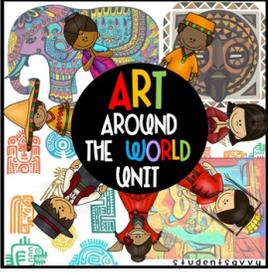
Nemours.

Children's Health System

JANUARY Healthy Way to Grow Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>Happy New Year! What is your family tradition? Black-eyed peas? Potato soup? Involve your whole family in the meal preparation</p>	<p>Wednesday begins with 'W'. Think of and use the moves in 'w' words: waddle, wave, walk, wink, write, wiggle, wobble, wag, whirl!</p>	<p>Resolution: Fun Family Physical Fridays. Each week try a new physical activity! Tonight, let's dance!</p>	<p>Rainbow Meal. Prepare dinner for the family with an eye to all the colors of the rainbow. Green spinach, orange carrots, white potatoes, red beets. What colors will you add?</p>
<p>Recipe exchange! Ask family members and friends to share recipes. Begin a cookbook!</p>	<p>Babies need activity too! Lay your infant across your lap, raise one leg to create an incline so it is easier for him to see. As he develops upper body strength, he'll no longer need the lift.</p>	<p>Create weekly menus together. At the store, identify different fruits and vegetables. Have you tried clementines or kiwi? Brussels sprouts or beets?</p>	<p>Water. Start the new year by having water available to all family members at all times. Have individual cups for each family member and see that it is filled with water throughout the day, including meal time.</p>	<p>Air Walk. When you go outside, show your child how to wave a hand and feel the air move on your skin. Look for things the air is moving such as flags, branches, scarves and mufflers.</p>	<p>Winter Soup! Preparing soup can be as simple as cooking veggies in a pot of low sodium chicken or vegetable broth. The natural flavors will combine and you can choose whether to blend to make a creamy soup by blending in the blender or keep the chunky texture.</p>	<p>Gather balls, hula hoops, jump ropes and ribbons to play with your child and practice throwing, catching, rolling, kicking and batting. Have fun!</p>
<p>Library. Check out the book, <i>Peek-a-Moo</i> by Marie Torres Cimarosi; copy the movements.</p>	<p>Sit down as a family for a meal. Ask your child questions about the food: <i>How do these beans taste to you? I like the way they are a little soft and a little crunchy.</i> Describe baby food to your baby.</p>	<p>Healthy Snacks help keep the heart, muscles and bones strong. Help your child make the connection between eating healthy snacks and being strong! <i>These veggies and hummus are making me strong!</i></p>	<p>Morning Breakfast routine. Set the table the night before with dishes, bowls, and cups. Have healthy breakfast options available, like whole grain cereal and fruit. Set a timer to have plenty of time and begin healthy habits.</p>	<p>Explain to your child that you're going on a listening walk. <i>Let's put on our listening ears and walk quietly and share what we hear.</i> Walk at least 10 minutes. Describe what you hear for younger children.</p>	<p>Sweet Potato Vine. Poke 4 toothpicks into the sides of the potato. Fill a jar with water. Set the potato into a jar, resting toothpicks on the rim. Place on a windowsill. Shoots, roots and leaves will emerge. Replenish water as needed.</p>	<p>When everyone is home, create a new tradition of joining together just for a few minutes before dinner to play ring around the rosy or to have a race.</p>
<p>Return to the library and check out the book <i>Rah, Rah, Radishes! A Vegetable Chant</i> by April Pulley Sayre to learn a new food.</p>	<p>Martin Luther King Holiday Home Parade. Celebrate this special day with a parade around the house to the beat of your wooden spoon on pots and pans.</p>	<p>Prepare your favorite family meal. Have a conversation about the food: <i>These grapes look so sweet and juicy. I can't wait to taste them! What do you want to taste first?</i></p>	<p>If your child refuses to eat certain foods, respond saying, <i>Oh, you don't like it yet?</i> to remind her that food preferences change.</p>	<p>Run like the Wind. Outdoors, have children hold ribbon sticks above their heads; notice the wind moving the ribbons? Move like a gentle breeze or wild wind.</p>	<p>Family Friday. Did you know that children learn to write by holding markers and crayons and scribbling? Invite your child to join you in drawing their favorite healthy foods.</p>	<p>Turn off the TV! Some children get too much screen time. Without electronics, they'll find other ways to keep themselves entertained.</p>
<p>Moppie! Hand your toddler a child sized mop and invite them to help you clean the kitchen floor. They will love being your helper!</p>	<p>Jose Luis Orozco Find a copy or download <i>Arrullos/Lullabies in Spanish; De Colores; Diez Deditos/Ten Little Fingers</i></p>	<p>Touch your toes Tuesday! Bend, touch and stretch. Look at each other while down</p>	<p>Jingle keys, tap a glass with a spoon or cluck your tongue. Encourage your baby to locate the sound. Hide and whisper his name until crawling baby finds you. Older children can close their eyes and move to the sound.</p>	<p>Tummy Time! Place the baby on his/her tummy: After nap, after diaper change, after feeding - two or three or more times a day! Toddlers and preschoolers can roll themselves up in a blanket.</p>	<p>Prepare healthy snacks and lunches for your child, increasing fruits, vegetables and whole grains. No need for sugar or salt when you have carrot sticks, sweet apples and low-fat cheese that has a tangy taste</p>	

ENRICHMENT CLASSES!



Wednesdays (11:30am – 2:00pm)

Beginning 1/22

Art Around the World with Mrs. Palomaa

7 weeks for \$130



Fridays (8:30 – 11:30 AM)

Beginning 1/10

Kindergarten Boot Camp (for our Pre-K Kiddos)

with Mrs. Luken

2 Sessions, 8 weeks each

\$150 per session



Fridays (11:30am – 2:00pm)

Beginning 1/10

Storybook Forest

with Mrs. H

7 weeks for \$130

Sign up in the office NOW!

FIRST THINGS FIRST

Ready for School. Set for Life.



If families and caregivers can provide quality early childhood development, then children will start school ready to learn. Early experiences promote future learning, behavior and health.



If children start school ready to learn, they are more likely to read at grade level by 3rd grade. Remedial costs go down, potential lifelong gaps could be eliminated, and our entire school system is better for **all** kids.



If children read at grade level by 3rd grade, they're more likely to graduate from high school. High school dropouts are 4x more likely to be unemployed, apply for public assistance, and make up 82% of the prison population.



If children graduate from high school, they are more likely to go on to higher education. Businesses benefit from a better-educated workforce, and high school graduates also can enter the job market as tax-paying citizens.



Confident, accomplished adults contribute to a responsible community. Employable, tax-paying citizens are critical to a vital economy.

School Readiness = Workforce Readiness

Allocating resources to support the health and learning of young children is a critical economic development strategy. The business community agrees, because the competitiveness of small, medium and large companies depends on having a pipeline of talented, educated employees with the skills needed in today's economy:

- Problem-solving
- Communication
- Decision-making
- Critical thinking
- Motivation
- Collaboration

95% of CEOs indicate that their companies suffer from skills shortages.

Business Roundtable (2012). Workforce Skills Survey

“The return on investment from early childhood is extraordinary.”

Federal Reserve Bank of Minneapolis

90% of critical brain development occurs before kindergarten. And the skills and abilities employers are looking for — focus, self-discipline, motivation and collaboration — all start to take root in the first five years of life. The ROI from investing in quality early childhood education programs for kids birth to age 5 is well established, with strong, positive effects on:

- Kindergarten readiness
- Language, math and social skills
- K-12 test scores
- High school graduation
- College enrollment

Investing in early childhood programs for infants, toddlers and preschoolers is the only proven strategy to produce such returns. It also correlates strongly to less crime and less dependence on social services later in life.

We know the importance of investing in early childhood. But don't take our word for it:

U.S. Chamber of Commerce

“(T)he capacity for developmental skills begins in the first five years of life. This is the beginning point for a person’s creativity, communication, team working, problem-solving and critical thinking skills.”

The Committee for Economic Development

“Business leaders and policymakers should consider investment in young children one of the most effective strategies to secure the future economic strength of their communities and the nation.”

The Business Roundtable

“America’s continuing efforts to improve education and develop a world-class workforce will be hampered without a commitment to early childhood education.”



Discipline is not something you do to children; it is something you develop within them.

Becky Bailey PhD

www.consciousdiscipline.com | 800.842.2846 Conscious Discipline Copyright 2010 Loving Guidance, Inc.

POWER OF ACCEPTANCE REVIEW

The moment is as it is.

SKILL: D.N.A. Process for emotional regulation

D= Your face is going like this (demonstrate).

N= You seem ____.

A= You wanted ____ or you were hoping ____.

STRUCTURES:

We Care Center

DNA

(Describe the body language, Name the emotion, Acknowledge the situation)

Instead of just “No” and/or “Stop” try this: Example: “Your **face** is frowning like this. You **seem** (sad, frustrated, angry, etc). You **wanted** the blue truck but your brother has it. You were **hoping** to play with it. Let’s ask him to give you a turn when he’s done playing with it.”

Know someone looking for a preschool home?

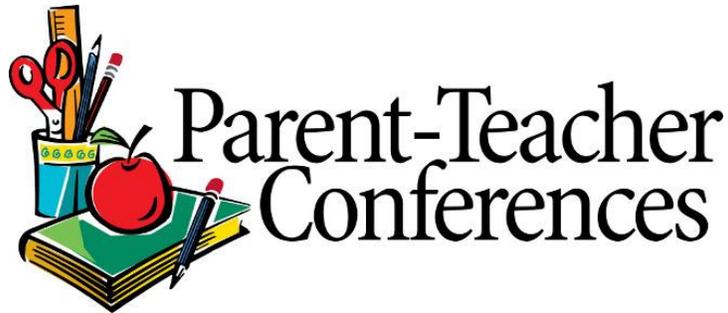


Bring a friend...if that friend enrolls, you get a month's FREE TUITION as our thanks!

SAVE THE DATES!

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

April 18 for Adult Teams of 6



Parent-Teacher Conferences

Begin February 24th



For 2020-21 School Year Begins March 4th



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