

# Children of Hope Child Development Center

April 2022

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

Lynn Hockenberger  
Preschool Director



**Happy Birthday!**



April 16 - Mrs. Angilletta

April showers may not come very often here in the desert, but the excitement of spring is still in the air. Have you noticed the Butterfly students who have almost grown too tall for our tricycles? Can you hear them counting by 10s and sounding out words? Can you hear the Penguin students offering empathy and problem solving with their friends? Do you see them writing their names on their unique works of art? Do you hear their “I Wonder” and “I Know” statements? And the language explosion in the Duckling room is certainly not to be overlooked! Do you hear our Ducklings talking about the relationships and friendships that are becoming so important to them? Do you see them gaining independence and confidence? Can you hear them asking questions and making connections? Spring has sprung and so has the growth of our kiddos, in so many ways!

There are many things to look forward to these next two months. We will celebrate Easter and enjoy an Easter Egg Hunt on our playground. We are working on a Bike & Trike Day with a potential visit from a Phoenix Policeman who happens to be a former Hope dad. We will enjoy Water Day, Drive In Movie Night, Tile Wall Painting, and more! And would you believe it if I said we are already prepping for our Mother's Day celebrations? We really look forward to this special morning with our moms. **Save Thursday, 5/05, Moms!**

I am also proud to tell you that in a constant effort to provide high quality experiences for our kiddos, we will once again welcome Quality First assessors to our campus to provide us with informal feedback on our environments, practices, relationships, and lessons. We also continue to work closely with our Smart Support consultant, and we have some exciting things in the works that will aid in the support and encouragement plans for our team of dedicated teachers. Stay tuned!

Kindly,  
Mrs. H

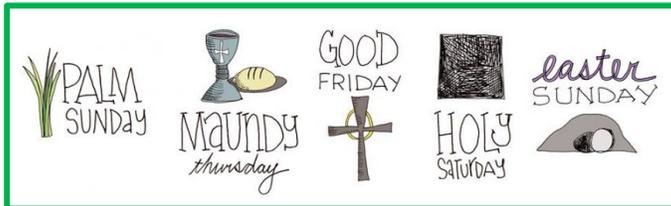


***You are Invited!***

***April 17 – Easter Morning  
@ 10:00am between services***

Bring your basket and join Deacon Connie for Esperanza's Annual Easter Egg Hunt!

## **HOLY WEEK SCHEDULE**



***Palm Sunday: 8:30 or 10:30am***

***Maundy Thursday: 7:00pm***

***Good Friday with Choir Cantata:  
7:00pm***

***Saturday Easter Vigil: 7:00pm***

### **Easter Sunday Schedule**

- ***Sunrise Service: 6:30am***
- ***Traditional Service: 8:30am***
- ***Traditional Service: 10:30am***

***Pancake Breakfast 9:30 - 10:30am  
Easter Egg Hunt: 10:00am***

***ALL ARE WELCOME!***

## **FAMILY CHAPEL TIME**



**April 19: Ducklings**

**April 20: Penguins**

**April 21: Butterflies**

**11:10am in the Sanctuary**

**PARENTS! We invite you to be a part  
of Family Chapel Time!**

Please join us where you will sit on the floor with your child in your lap and participate in monthly Family Chapel Time with Deacon Connie, Pastor Annemarie, and Mrs. H. (If a parent cannot attend, no worries...we will take great care of your children and keep them happy & engaged)

**Children:  
WEAR YOUR SCHOOL SHIRT**

**April Songs  
He's Got the Whole World in His  
Hands  
My God is So Big**

**Lesson: Fruit of the Spirit: Peace  
Galatians 5:22-23**

# WHY 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 Thursday, April 21<sup>st</sup> (due to Staff Meeting)**

# VIDEO:

## Top 5 tips for reading with your toddler (and preschooler)

- June 27, 2019
- [First Things First](#)

WATCH: This episode of Parents Playbook breaks down the top 5 tips for reading with your toddler, with expert commentary from Terri Clark of [Read On Arizona](#).

<https://youtu.be/Vo350dOaqmM>

Reading with your toddler is quality time together. Sharing books also helps them develop the language skills and vocabulary they'll need to be a good a reader later on. Children's books introduce kids to new and unusual words that you might not use in everyday conversation at home. That's important, because studies show that a toddler's vocabulary is a strong predictor of their later success in school and in life.

Check out the video for more on these top 5 tips for reading with your toddler:



**1. HAVE FUN.** Your goal is to help your child grow to love books and love reading, so cuddle up and keep it fun. There's no wrong way to read together as long as you're both enjoying it.



**2. READ TOGETHER EVERY DAY.** Make spending time together with books part of your daily routines. Just a few minutes at a time is fine.



**3. ASK QUESTIONS** about what's happening in the story or what's on the page. Give them a chance to think and respond, and have a little back-and-forth conversation.



**4. POINT THINGS OUT** on the page. You're helping your child's brain make the connection between what a word looks like in print and what it sounds like when spoken. You can point the pictures and illustrations, too.



**5. LET THEM CHOOSE** the books you read with them. Follow their lead and go with it, even if you've read that same book a million times.

(2021 Update: Tom Brady has now won five Super Bowl MVP awards: XXXVI, XXXVIII, XLIX and LI with the New England Patriots, and Super Bowl LV with the Tampa Bay Buccaneers.)

First Things First is a founding partner of [Read On Arizona](#), committed to improving language and literacy outcomes for Arizona's children from birth through age 8.



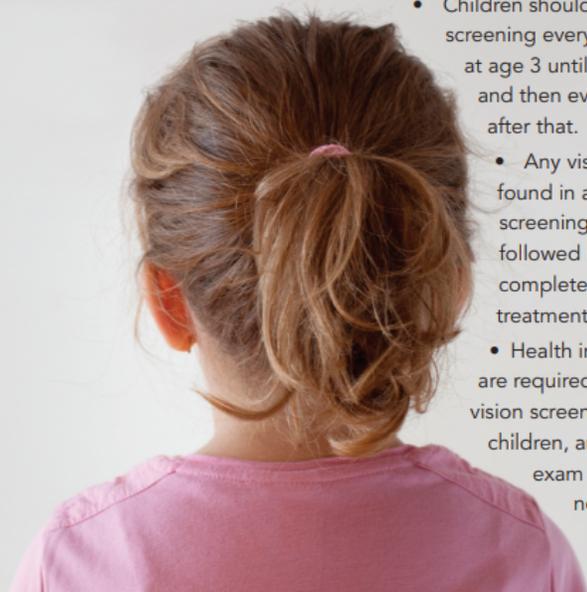
When Arizona Reads. Arizona Thrives

## Vision Matters

Healthy vision in children is important for their growth, learning in school, and well-being. Children's eyes develop from the time they are born.

Children rarely complain about vision problems. They think everyone sees the same way they do. **But vision problems are found in about 5% of children age 3 to 5, and up to 25% of children in school. It is important to find and treat vision problems when children are young.** Regular vision screenings are important as a child grows.

- Babies should have their first eye exam around 6 months of age during a well-child visit, and at every well-child visit until age 3.
- Children should have a vision screening every year starting at age 3 until third grade, and then every other year after that.
  - Any vision problems found in a vision screening must be followed up with a complete eye exam and treatment.
  - Health insurance plans are required to pay for a vision screening for children, and a full eye exam and glasses if needed.



# 11 soothing phrases to say when your child is crying

These calming phrases work a whole lot better than "don't cry."

By [GoZen!](#) August 31, 2020

It's no secret that hearing our kids cry makes us uncomfortable. Just think about how anxious you feel when [your little one tears up without an obvious reason](#). We know that a [newborn's main way to communicate is to cry](#), yet we still look at it as something to be "fixed." Once that infant becomes a walking, talking toddler, we sometimes expect them to process emotions the way we do, rather than the way they have always done: through crying.

In fact, [studies](#) have found that our brains are hard-wired to have an instant reaction to a crying child, making us more attentive and ready to help—and fast. A crying infant triggers our fight or flight response, increasing our heart rate and pushing us into action, even if that child is not our own.

It seems we *have* to react to a crying toddler, but how?

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## Your crying toddler is not necessarily sad

For many toddlers, crying is not a reflection of sadness—it's a way to process any emotion. They may cry out of anger, frustration, fear, excitement, confusion, anxiety or even happiness. The trouble is, they may also lack the verbal ability and self-awareness to explain how they're feeling. This means asking them, "What's wrong?" will rarely yield a productive response.

## Saying "don't cry!" makes life harder for you

You may think that making the crying stop will also stop your child (and your heart!) from hurting, but when you tell your toddler, "Stop crying!" or "Don't cry!" they'll immediately think that you don't understand how they're feeling. Their message is therefore likely to become louder and more persistent.

By asking or telling them to "stop," you're also telling your child that their emotions are invalid and unimportant. Regardless of how trivial the reason may seem to you, your failure to acknowledge how they are feeling in that moment deprives both of you of the opportunity to learn how to process that emotion in a more positive way.

Our goal as parents, no matter how tricky it can seem, is to support our little one's development of emotional self-regulation—something we can only do when we treat them with empathy and understanding.

## As tempting as it is, don't distract

Many of us view distraction as the ultimate tool in our emotional arsenal. Figuring that if we can distract our crying toddler from whatever it is they are crying about, we can stop the crying altogether. We've all dangled a favorite toy in front of tear-streaked faces or sung a song through clenched teeth in high-pitched desperation! Sadly though, distraction misses an opportunity to connect with your child and teach them how to deal with their emotions.

Yes, if he's fighting over a toy with another child, distracting your boy with a second toy is completely appropriate. But if your child is crying because you helped them put their shoes on instead of letting them do it by themselves, distraction is likely to only make them respond louder and more fervently in order to be heard.

It's true that sometimes a distraction can work, but it's often just a band-aid. It doesn't [help your child to learn how to cope with a similar situation or emotion](#) in a more positive way in the future.

## What to say when your child is crying

The next time you're faced with a crying toddler, try to take a moment to make sure you are calm. If you're angry, stressed or frustrated, the things that you say will just add to your toddler's distress.

Take a breath or two, acknowledge how you're feeling, focus on what's going on inside your body (your heart may be beating a little faster; your jaw may be clenched; you may be feeling tense).

When you're ready, use a low voice, and try saying this when your child is crying:

**1. "We're on the same team. I will help you."**

Even if your child says they do not want your help, they do want to feel as though you will back them up when they need you.

**2. "I can see this is hard for you."**

This simple phrase acknowledges that you hear and see them.

**3. "I understand you're sad/disappointed/scared/anxious/happy and that's okay."**

Reinforce the notion that feeling an emotion is what makes us human.

**4. "That was really sad/frustrating/disappointing."**

Acknowledging the event that triggered your child's crying helps them also see what triggered their emotion and figure out what to do next.

**5. "Let's take a break."**

Removing you both from the situation helps your toddler understand that sometimes you need to walk away in order to compose yourself. Your child may legitimately be tired or over-stimulated and simply need to have time in a quiet, soothing place before rejoining the activity.

**6. "I love you. You are safe."**

This invites connection with your child rather than separation. They may need a hug, a snuggle, or to hold your hand in order to feel that you are indeed there to help them.

**7. "Would you like help/a break/to try again?"**

Many times when your child cries out of frustration, they need one of three things: help to perform the task, a break from the emotional situation, or to try to do the task again, possibly with assistance. Asking them, not telling them, what they would like empowers your child, helping them to feel important and significant.

**8. "I can hear you are crying, but I don't know what you need. Can you help me understand?"**

Even if your child cannot verbalize why they are crying at first, this can give them a chance to practice.

## 9. "I remember when you..."

While it may seem like a distraction technique, helping them recall a time when they felt happy and peaceful helps prepare their brain for rational thought. Trying to reason with a toddler who is in a highly emotional state is kind of like negotiating with a tiny dictator. They are not prepared to listen to reason when they are in the midst of feeling helpless or angry or sad or exhausted.

## 10. "Let's come up with a solution together."

Ultimately we want to help our children to develop problem-solving skills. Coming up with a solution that will help process their emotions teaches them how to look at the situation objectively and come up with possible solutions.

## 11. Maintain silence and hold loving space for your crying child.

Be a pillar of empathy and strength for them.

*Originally posted on [GoZen](#).*

It's incredible what kids are able to take to heart from a young age. By helping them believe in themselves and their resilience, you are giving them a gift that can last a lifetime.

**Parenting is hard.**  
**Help is a phone call away.**



**Birth<sup>to</sup>Five HELPLINE**   
"Nothing Out of the Question" **877.705.KIDS**



**I Love You Rituals** are structured connecting activities that include eye contact, touch, presence and playfulness. Families benefit from I Love You Rituals at bedtime, morning routine, before or after meals, when saying goodbye, while on the diapering table, and more. Classrooms benefit from I Love You Rituals in routines like the Brain Smart Start, during circle time and after transitions.



## Twinkle Twinkle

"Twinkle Twinkle Little Star,

(Hold child's hands above their head. Wiggle your fingers together.)

What a wonderful child you are!

(Bring your arms down and rest them on each other's shoulders.)

With bright eyes and nice round cheeks,

(Touch next to each other's eyes then cheeks.)

talented person from head to feet.

(Take your child's hands and swing them up high then down low.)

Twinkle Twinkle Little Star,

(Hold child's hands above their head. Wiggle your fingers together.)

what a wonderful child you are."

(End the song with a hug.)

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## Here's the Bunny

(Have the child pretend to be the bunny and the adult is the hole.)

"Here's the bunny with the ears so funny.

(The child makes two bunny ears with their fingers above their head.)

Here's the hole in the ground.

(The adult makes a circle shape by extending both arms and linking fingers.)

When a noise she hears, she picks up her ears,

(Child makes their pretend bunny ears perk up straight.)

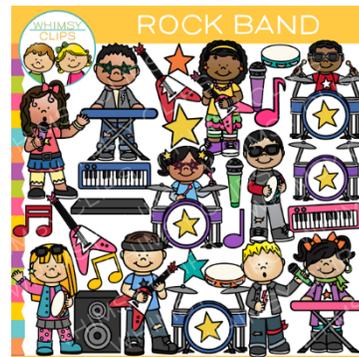
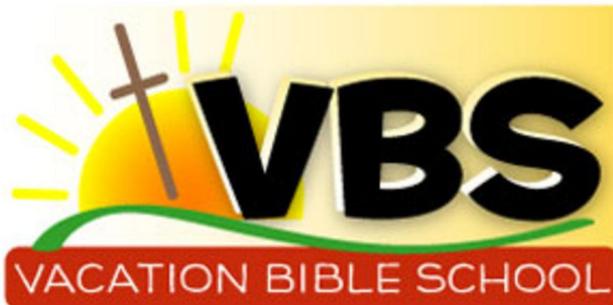
And jumps in the hole in the ground!"

(The child then goes into adult's extended arms, ending with a hug and some loving squeezes.)

5/5



## SAVE THE DATE!



More info coming soon from Deacon Connie!

May 31 - June 2 9:00am - Noon

# Upcoming Events

## FUN FRIDAY



**Friday, April 22**

**8:30 – 11:30am**

Send Mrs. H a message on Brightwheel to let her know if your child will join us on our final Fun Friday of the school year!

**Earth Day Fun** with Mrs. Johnson & Mrs. Gerrish  
**Penguins & Butterflies:** \$30

**Transportation Fun** with Mrs. Dolny, Mrs. Angilletta, & Mrs. Mueller  
**Ducklings:** \$35 per class

Invoice will bill via Brightwheel

## FAMILY NIGHT!



We are looking for a few parents who would like to help us plan a Family Drive- In Movie Night in early May.

Please contact Katie Eagan (Nash's mom, Penguin Class) if you would like to help.



## LEAVE YOUR MARK!

**Tile Painting at Drive In Movie Night!**

Add your name and artwork to our special tile wall to mark your time here at Hope!



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.



Cleaning & Disinfecting  
Services



**FORCE SHIELD**  
FOG • DISINFECT • PROTECT



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Ahwatukee