

Children of Hope Child Development Center

October 2021

Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger
Preschool Director



Can you feel it? The cool mornings mean fall is nearby and with that our busy, exciting season at preschool kicks off! Beginning with our first of two Parent/Teacher Conferences, (we look forward to and appreciate this time to give you an update on how your child is acclimating to school), leading into our Usborne Book Fair (the kids LOVE Usborne books in our classrooms), to our school wide Halloween party (which will have a Candy Land theme this year with lots of outdoor activities), followed by our Thanksgiving Feast, and wrapping up with our Breakfast with Santa and Christmas Pageant in December...this season at preschool is always a hit!

Happy Birthday!



No Staff Birthdays this month

We are currently looking for a few parents who would like to serve our school as a preschool board member. Our first meeting will be October 19th at 6:00pm. Please let me know if you are willing to serve or have any questions.

Purpose: To serve the board as a voting member:

1. By developing policies, procedures, and regulations for the operation of Children of Hope Preschool
2. To monitor finances of the program and its services
3. To strive for and maintain a quality program

Here's to a Fun Fall Season at preschool! Have a safe and happy Fall Break!

Kindly,
Mrs. H

#fillyourchildwithhope



ALL ARE WELCOME!

Worship Services
8:30am Traditional
10:30am Contemporary



With Deacon Connie

*All children ages 4 through 5th grade are invited to join Deacon Connie for **Sunday School!** She would love to welcome our preschool kiddos to her fun program!*

9:40am - 10:20am
In between services

FAMILY CHAPEL TIME



October 19: Ducklings
October 20: Penguins
October 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)

We continue to collect donations for the healthcare workers at the VA Hospital (energy bars, 2 liters of pop, individually wrapped snacks)

Children:
WEAR YOUR SCHOOL SHIRT

October Songs
This Little Light of Mine
My God is So Big

Lesson: Intro to Fruit of the Spirit:
Goodness
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 on Thursday, October 14th, due to Staff Meeting**

AM BUTTERFLIES:

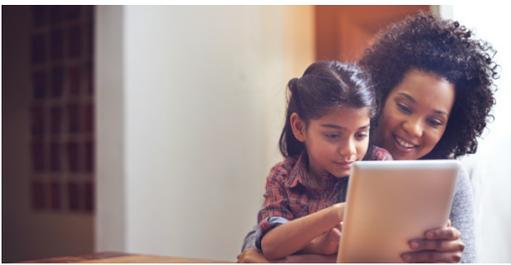
Consider staying for our Extended Mondays and Wednesdays in October (there are only 5 of them this month due to Fall Break)

Must sign up (via Brightwheel message to Mrs. H) by Monday, 10/04

Special Offer \$90.00

Children and Technology

It is hard to imagine life without TV, computers, tablets, and smartphones. We use them in work, play and school. Children are also interested in these “toys” at a very early age. Try to protect babies and toddlers from screen time. They learn best from real-life play and conversations. As your child gets older, you may decide to allow her to use electronic devices. You can help her use these devices safely and wisely by setting limits and knowing how the devices are being used.



Set Limits on Screen Time

The American Academy of Pediatrics recommends that you:

- Keep children 18 months and younger away from TV, videos and computer games.
- Limit older children and teens to 1 or 2 hours of screen time a day.
- Keep TVs, computers and tablets out of your child’s bedroom.
- Shut the TV off during dinner and when you’re not watching it.

Learn more about [screen time recommendations](#) from the AAP.

Be a Role Model

If your child sees you watching TV or playing on your phone, she will want to do the same. Be a good role model for your child and limit your own technology use. The steps you take now will teach your child how to manage technology throughout her life.

THINGS YOU CAN DO



Know What Your Child Is Watching

- Don't let your child see a show or use an app just because the ads look OK. Review it yourself and ask "What will my child learn from this?"
- Talk about the ads you see. Help your child learn to say "No" to advertising. To learn more, see [Campaign for a Commercial-Free Childhood](#).

Get Involved

- Sit with your child as she explores a new app or program.
- Find apps and programs that make your child think, ask questions and discover new information.
- Do activities together, like calling grandparents with Skype, looking at digital photos and reading e-books.
- Learn about using technology to connect with your child from the [Joan Ganz Cooney Center](#).

Use the Ratings

- Use a show's ratings to learn if it is suitable for your child's age. Violence in shows and games can lead to nightmares and aggressive behavior.
- Find ratings at [Common Sense Media](#).



How can I say “no” and be heard?

In its simplest terms, saying “no” and being heard is called “assertiveness.” It is a key skill that both adults and children must cultivate in order to develop healthy relationships. Assertive commands focus on what you want to have happen, give clear information about what to do, and are given in a tone of voice that says “just do it.” [Conscious Discipline](#) (educators) and [Easy to Love, Difficult to Discipline](#) (parents) spend ample time focusing on the skill of assertiveness. The following tips from these publications will get you started:

Focus on What To Do: When you are upset, you are always focused on what you don’t want. Use active calming techniques to regain your composure as necessary, and then shift your focus away from what’s wrong. Instead, **focus on what you want to have happen**. Have you ever heard an Olympic athlete visualize “not losing?” No! They focus on diving their cleanest dive or running their fastest race in order to achieve their goal. You must do the same with your goal is to paint a picture with your words and gestures of exactly what you want the child to do.

“Don’t you dare touch anything in this store” focuses on what you don’t want (don’t touch). Pivot and reframe it in the positive, “Keep your hands in your pockets.” All assertive commands give usable information. “Don’t ____” is not usable information because it doesn’t tell what to do. “Don’t hit your brother” becomes: “When you want your brother to move say, “move please.”

Give the Command Assertively: There are three tones of voice we use when we communicate: passive, aggressive and assertive.

A passive approach says, “Approve of me, love me, is it okay with you if____.” A passive approach does not engender respect or compliance, so a passive person often resorts to manipulation or ‘going through the back door’ to get their needs met. Passive communication is not effective communication.

An aggressive approach says, “I am right and you are wrong, no matter what.” It often includes threats, blame, severe consequences or “you” statements that are focused solely on the other person. An aggressive approach invites a defensive response and engenders fear. Aggressive communication is not effective communication.

An assertive approach says, “Do this,” in a clear and respectful manner with a voice of no doubt. With children, follow these steps to deliver an assertive command:

1. Establish eye contact by approaching the child, getting down on his/her level and moving closer until he/she notices you. For easily distracted children, you may need to get as close as six inches.

2. Verbally tell the child what you want him/her to do. State your expectations clearly and simply. Be certain that the statement is formulated in the positive... focus on what you want them to do and paint a clear picture with your words. "Hold my hand so you are safe when we cross the street." "Give me the scissors. They are sharp and could cut you." "Use a quiet voice while we are in the museum." "Pick up the markers and put them in the shoe box."
3. Give visual, auditory and tactile cues as often as possible. Demonstrate a gentle touch, gesture in the direction you wish the child to move, practice what a soft voice sounds like, etc.
4. Send the nonverbal message "just do it" with the tone of your voice and with your nonverbal stance as you give the command. If your nonverbal cues are passive, your child may easily refuse. If your nonverbal cues are aggressive, your child will resist in self-defense. When nonverbal and verbal communication both say, "Just do it," you let the child know your command has meaning.
5. Celebrate your child's success. The minute the child begins to show any degree of compliance, jump in with praise. Even if s/he wasn't really going to comply, s/he likely will comply once you begin to praise him/her. "Good for you," "You did it," and "way to go" followed by a description of the child's action are great ways to celebrate them without judging. "Way to go! You're reaching for my hand so we can cross the street safely!"
6. If your child chooses not to comply, repeat the request and say, "I'm going to show you what to do." Lead the child gently and instructively in completing the request. Say, "I'm going to show you how to cross the street safely" and take the child's hand in yours.

ASSERTIVENESS

Requires clear communication that focuses children's attention on what we want them to do.

PASSIVE VOICE:

Sounds like a question: "Can you start cleaning up?"

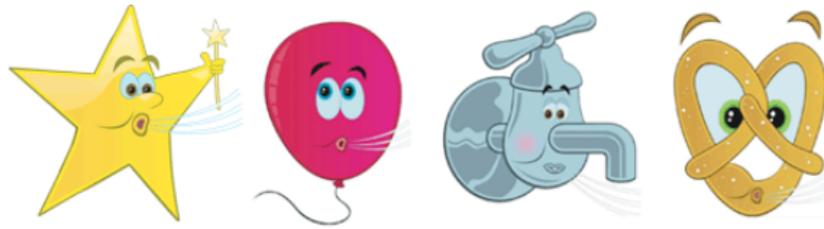
AGGRESSIVE VOICE:

Sounds like a threat: "Clean up now or else!"

ASSERTIVE VOICE:

Sounds like a statement of fact: "Pick up the blocks and put them in the bucket like this."





Breathing Tools we use in class to calm our bodies, hearts, and minds

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|---|---|
|  <h3>Drain</h3> <p>Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a "sssshhh" sound and release all your muscles, draining out the stress.</p> |  <h3>S.T.A.R.</h3> <p>Smile, Take a deep breath And Relax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.</p> |
|  <h3>Pretzel</h3> <p>Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.</p> |  <h3>Balloon</h3> <p>Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a "pbpbpbpbpb" sound.</p> |

Upcoming Events

Show & Tell Night



We are so disappointed that this event was cancelled.

Please stay tuned for future opportunities to visit the classrooms.

Fun Fridays with Ms. Leslie
JOIN US FOR A 5-WEEK FUN FRIDAY SESSION
Join all 5 Fridays for \$150
(Penguins & Butterflies)

The Earth ^{and} Me
Mindfulness



Dates: Oct 15, Oct 22, Nov 5, Nov 12, Nov 19

A little bit about Ms. Leslie:

“I am a mom of three kids, my youngest who went to preschool at Children of Hope. My degree is in Sport Psychology and coaching with a background working with children with developmental delays, challenging behaviors, and autism. I have coached gymnastics, taught art, music, sports, and other recreational therapies with children of all ages. I come with a lot of positive energy to give your child a fun learning experience and I am eager to work with your kiddos this year.”

Sign up in the office with Mrs. H or send a message to Mrs. H on Brightwheel

USBORNE BOOK FAIR



Preview Days: October 25 – 28

Shopping Day: October 29

See Mrs. Pierce to help!

Books make GREAT Christmas gifts!

School Wide Halloween Party!

Friday, October 29th



Kids – wear your costumes and bring your grown-up to school with you this day as we turn our campus into Candy Land! More info coming 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.



Cleaning & Disinfecting
Services



FORCE SHIELD
FOG • DISINFECT • PROTECT



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