

# Children of Hope Child Development Center

May 2024

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

Lynn Hockenberger  
Preschool Director



It's here...our final month of preschool. Bear with me as this can be such an emotional time for me as we send our Frogs off into the world, some of whom I have known since they were in their mama's tummies. It's also so emotional to see the Ducklings and Penguins spread their wings, they grow SO much physically and emotionally, and we are so ding dang proud of them! We have been blessed over the years to continue our relationships with so many families and it is my hope that you all know that just because you may not be on our campus in the fall, we treasure you and will hold you in our hearts always. We will always want to hear how your children, and you, are doing. Send help, I'm crying already!

**Happy  
Birthday!**



Mrs. Pierce:  
June 2<sup>nd</sup>

But, before May 23<sup>rd</sup> is upon us, we have some very special moments to share with the kiddos, and events to prepare for to celebrate you, our families. See further in my newsletter and additional information from your teachers for all the details. Cheers to some April events that my teachers planned such as Pastries with Parents with the Duckling families (Slippery Fish is ringing joyfully in my head), all the Mystery Readers in the Frog room (Mr. Pickle has set the bar!), and to the AMAZING Art Show that the Penguins put on! I have said it before...the view from my desk is awesome! I love my job.

As we finish out our 17<sup>th</sup> school year, let's celebrate all the of growth and friendships that have sprouted here at our happy little place. What a privilege it has been to be on this journey with you. My teachers and I take the care and education of your children very seriously, as their brains grow so much in these important first five years. You have given your child such a wonderful start and we are so glad you chose us to walk with you.

I'm feeling all the feels!  
*Mrs. H*



Let's go on a  
**Vacation Bible School**  
Adventure!

Join us for this EPIC three-  
day VBS Adventure!

Tuesday, May 28<sup>th</sup> through  
Thursday, May 30<sup>th</sup>  
9:00am - Noon

Sign up online

<https://myesperanza.org/vacation-bible-school-registration-opens-april-1-2024/>

Cost: \$50 per child  
Ages 3 (must be potty trained)  
through 5<sup>th</sup> grade  
(Maximum cost \$125 per family)

Hope to see you there!

## FAMILY CHAPEL TIME



We loved having all of you at Family  
Chapel Time this year! Thank you  
for making this a special time with  
your child.

On behalf of Deacon Connie, Pastor  
Chris, and myself, thanks for sharing  
your child and your time with us this  
year at Chapel.

It is wonderful to watch how the  
little seeds of the Fruit of the Spirit  
grow!



# LUNCH BUNCH



**\*NO LUNCH BUNCH on  
Wednesday, May 22 and Thursday, May 23  
our last two days of school**

**We serve snack Family Style and the kids LOVE serving themselves, scooping and pouring. They CAN do it! Give it a try!**

**USDA** Food and Nutrition Service  
U.S. DEPARTMENT OF AGRICULTURE

## Serving Meals “Family Style”



Your child is learning new skills through family style meals at child care. Food is offered in serving bowls and plates, and children serve themselves and talk with others at mealtime. Family style meals can help your child:

- Build confidence with practice.
- Strengthen the small muscles in the child’s hands.
- Decide how much to eat.
- Talk and connect with others.

### Try Family Style Meals at Home

- **Place each food on its own serving plate or bowl.** You can start small by choosing one food item to pass around the table.
- **Sit down together.** Turn off the television and put down the phones for fewer distractions.
- **Pass each serving plate or bowl around to each person at the table.** Help young children pass the bowl or plate if needed.
- **Let each person serve their own food.** Teach children to keep the bowl on the table when serving themselves. Use the serving spoon to scoop the food.
- **Talk with one another.** Check out “Talk With Me” on the next page for ideas.

### Support Young Children at Mealtime

1. **Sometimes new foods take time.** Children don’t always take to new foods right away. You may need to offer a food more than 10 times before your child might like it.
2. **Patience works better than pressure.** Offer your children new foods. Then, let them choose how much to eat. Children are more likely to enjoy a food when eating it is their own choice. It also helps them learn to be independent.
3. **Accept that it may be messy at first.** It will take practice for children to learn to serve themselves. But, the mess is worth the benefits. Letting them continue to practice will strengthen their skills—creating less mess.






## Backpack Connection Series

### About this Series

The Backpack Connection Series was created by TACSEI to provide a way for teachers and parents/caregivers to work together to help young children develop social emotional skills and reduce challenging behavior. Teachers may choose to send a handout home in each child's backpack when a new strategy or skill is introduced to the class. Each Backpack Connection handout provides information that helps parents stay informed about what their child is learning at school and specific ideas on how to use the strategy or skill at home.

### The Pyramid Model



The Pyramid Model is a framework that provides programs with guidance on how to promote social emotional competence in all children and design effective interventions that support young children who might have persistent challenging behavior. It also provides practices to ensure that children with social emotional delays receive intentional teaching. Programs that implement the Pyramid Model are eager to work together with families to meet every child's individualized learning and support needs. To learn more about the Pyramid Model, please visit [ChallengingBehavior.org](http://ChallengingBehavior.org).

### More Information

More information and resources on this and other topics are available on our website, [ChallengingBehavior.org](http://ChallengingBehavior.org).



[ChallengingBehavior.org](http://ChallengingBehavior.org)

# How to Use Positive Language to Improve Your Child's Behavior

Brooke Brogle, Alyson Jiron y Jill Giacomini

"Stop it." "No." "Don't do that!" As a parent, you might find yourself using these words and phrases more often when your child begins to make his own choices. Now, stop for a moment and consider how the conversation might feel if you couldn't use these words? What if, rather than telling your child what he can't do, you instead chose words to tell him what he can do? While this shift in language might seem small, it actually provides a powerful positive change to the tone of the conversation. When you focus on using positive language with your child, you will likely find that he has fewer tantrums, whines less and overall experiences fewer challenging behaviors.

How can such a small change make such a big difference? While it is obvious to adults, young children are not able to make the logical connection that when they are told not to do something, what they actually should do is the opposite. For example, the directions, "Don't climb on the counter" can be very confusing to a child. However, "Please keep your feet on the floor" tells the child exactly what the expectation is and how he can change what he is doing. Using positive language also empowers a child to make an appropriate choice on his own, which can boost his self-esteem. When you are specific in your directions by telling your child exactly what he can do and when, it is easier for him to comply and he is more likely to cooperate with the request.



### Try This at Home

- **Replace "don't" with "do."** Tell your child what she can do! If you saw her cutting the leaves of a plant, rather than saying "Don't cut that!" you could say, "Scissors are for cutting paper or play dough. Which one do you want to cut?" It is more likely that your child will make an appropriate choice when you help her to understand exactly what appropriate options are available.
- **Offer a choice.** When you provide your child with a choice of things that he can do, wear or go, he is more likely to select one of the options you have offered because it makes him feel like he is in control. This strategy also works for you as a parent because you approve of either choice.
- **Tell your child "when."** When your child asks to do something, rather than saying no, acknowledge her wish and tell her when she might be able to do it. This answer feels more like a "yes" to a child. For example, if your child asks to go to the park, but you are on the computer finishing up a work project, you could say, "The park sounds like a great idea! I need to finish this letter for work right now. Would you like to go after your nap today or tomorrow morning after breakfast?"
- **Use "first-then" language.** Another way to tell a child when he can do something in a positive way is to use a "first-then" statement. For example, if he wants to watch TV but you would like for him to pick up his toys, you could say "First, pick up your toys and then

you may watch a TV show."

- **Give your child time to think.**

Sometimes, you may feel frustrated when your child does not respond quickly to requests and feel tempted to use demands and raise your voice.

When that happens, remember that your child is learning language and how to use it. She needs time to think about what you said and how she is going to respond. It can take her several seconds, or even minutes, longer than you to process the information. If you remain calm and patiently repeat the statement again, you will see fewer challenging behaviors and enjoy more quality time with your child.

- **Help your child to remember.** Children are easily distracted. Sometimes your child may need you to help him remember what you asked him to do in order to do it. "I remember" statements are very useful in these situations. For example, imagine you have asked your child to put on his shoes so that he can go outside, and he comes over to you without his shoes on and is trying to go outside. You can say, "I remember you need to put your shoes on before you can go outside." Stating the information as a simple fact, rather than a command, gives him the information he needs to make the right choice on his own without blaming him or making him feel like he has failed.



### Practice at School

Teachers use positive language at school to help children become more confident and independent. When teachers tell children what they can do, children begin to manage themselves, classroom routines and interactions with peers by themselves. For example, a child who is throwing sand on the playground can be shown that, instead, she can use a shovel to put the sand in a bucket. The teacher might say, "If you want to play with the sand, you can fill this bucket. Would you like a blue bucket or this red one?" In this way, the teacher honors the child's interest, but directs it to a more appropriate play choice.



### The Bottom Line

Positive relationships with parents, teachers and other caregivers provide the foundation for a successful and happy child, are the building blocks for your child's self-esteem and ability to empathize and predict future positive behavior choices. The manner in which you talk to your child has a significant impact on his behavior. Making positive changes to your communication style can be hard work, but with a little practice, you will see a big difference in your relationship with your child. Your child will feel more encouraged, positive and independent and, as a result, you will enjoy better overall cooperation.



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## Preschool Board



Thank you to the following parents who served on the preschool board:

**Matt Grams (Riley's dad)**

**Stacey Proctor (Lukas' mom)**

**Amber Shatswell (Ella's mom)**

We are happy to welcome Erin Krafft (Eli & Luke's mom) who will be joining the board in the fall!

We are looking for 1 or 2 more parents to join us this fall. Please let Mrs. H know if you are interested.



Penguins & Frogs:  
**Donuts with a Dude,**  
5/02 @ 8:30am

Penguins & Frogs:  
**Mother's Day,** 5/09

Frogs:  
**Movin' On Celebration,**  
5/20 @ 8:30am

All Classes:  
**Water Day & Foam Party,** 5/22

**Last Day of Preschool,** 5/23

Further detail on all events  
in your teachers' lesson plans and  
newsletters 😊

# Healthy Kids in a Digital World

Remember  
to unplug!

## Unplug to **CONNECT**

### Children need nurturing relationships!

Kids who spend less time with screens spend more time with their families.

### Caring adults help children:

- Feel comfortable with themselves
- Have successful friendships
- Love learning

### HEALTHY KID TIPS

Screen-free connections don't have to take a lot of time; they can easily happen every day:

- Chat on the way home from child care.
- Cook meals together. Kids love stirring and measuring.
- Share songs and stories during bath time.

*No app or program is as interactive as a teacher, parent, or playmate.*

### Children benefit from connecting with nature, too

Watch clouds • Splash through puddles • Collect leaves

## Unplug to **LEARN**

### How do preschoolers learn best?

- Exploring with all their senses
- Through hands-on, free play
- Having lots of conversations
- When grown-ups read to them

### Children who spend less time with screens:

- Do better in school
- Have more time for creative play and interacting with caring adults, two activities essential to learning

### HEALTHY KID TIP

Choose books without added noises and moving pictures—let kids imagine their own. Digital features can interfere with story understanding, which is an important step toward literacy.

*Smart phones, tablets, e-books, TV, apps, digital games, videos...*

*Screen-free time is more important than ever!*



Campaign for a Commercial-Free Childhood

[commercialfreechildhood.org](http://commercialfreechildhood.org)



# Unplug for **HEALTH**

## Children who spend less time with screens:

- Fall asleep faster
- Sleep longer
- Eat healthier
- Get more exercise

## Be a positive role model

Kids learn screen-time habits from parents and caregivers.

## HEALTHY KID TIP

- Encourage outdoor, free play as often as possible—it helps develop strong, healthy bodies.
- Make bedtime routines screen-free—kids who use screens at night have more sleep problems.
- Keep screens out of bedrooms.
- Enjoy screen-free, family meals—they encourage healthy eating.

*Given the chance, young children love to run, skip, jump, dance, and climb.*

# Unplug and **PLAY**

Children naturally create their own fun. But if they ever need help getting started, here are a few suggestions:

## Alone or with a friend

- Draw with sidewalk chalk
- Dig in mud
- Make sheet tents for indoor camping
- Play dress-up
- Build with cardboard boxes

## During chores

- Play “I Spy” at the grocery store
- Make sorting laundry a game
- Sing songs while cleaning up

## Traveling and eating out

- Find cars in different colors
- Count stops until your station
- Draw on paper napkins and placemats

## CELEBRATE SCREEN-FREE WEEK

[screenfree.org](http://screenfree.org)

## FOR MORE IDEAS

[screenfree.org/screen-free-activities](http://screenfree.org/screen-free-activities)

# Did You **KNOW?**

- There’s no evidence to support the popular view that children must start using screen technologies early on to succeed in a digital world.
- How children spend their time is important—lifelong habits and behaviors are formed in childhood.
- TV, digital games, and the internet can be habit-forming.
- Content matters: Even a little exposure to fast-paced, violent, sexualized, or commercialized games and programs can be harmful.
- The American Academy of Pediatrics recommends avoiding screens for children under 2 and no more than 1 to 2 hours of screen time a day for older kids.

Citations available at: [commercialfreechildhood.org/unplug](http://commercialfreechildhood.org/unplug)

# Frogs!

## Leave Your Mark on the COH Tile Wall



You are invited to add a tile to our wall! Leave your mark and be a part of our history!  
Join us and paint a tile with your child.  
Tiles will be mounted to the north wall, outside Mrs. H's office.

**When:** Thursday, May 9<sup>th</sup> following the Mother's Day celebration

**Time:** 11:30am – 12:30pm

**Where:** Children of Hope garage (behind the building)

**Price:** 6" tile = \$0 (tiles, paint, firing, and installation will be paid for by the school)

Please return the completed form to Mrs. H for an anticipated count.

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## Water Day & Foam Party!

Wednesday, 5/22



Bathing suits, sunscreen applied at home, and a towel are needed.  
Please see your teacher's newsletters for further details.





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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Children of Hope Preschool/  
Child Development Center of  
Ahwatukee