

Children of Hope Child Development Center

February 2025

Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger
Preschool Director



I recently saw a quote online from a 4-year old who was asked, "What is love?" The reply: "Love is what makes you smile when you're tired."

Throughout the month of February, we will be talking a lot about love. The love we have for one another, the ways we share love with others, the love of Jesus, and the love of learning. We will also be sharing with you the love we have for your children and the pride we have in their growth as we meet with you at the end of the month for Parent/Teacher Conferences. We really look forward to these.

Happy Birthday!



STAFF BIRTHDAYS

No February Birthdays

February will also bring continued learning and growth for our teachers. We continue our trainings with the Pyramid Model and how to foster social-emotional health in our students, ourselves, and in our classroom environments so children can be successful with supportive tools and strategies. We will also be opening our classrooms to Quality First who will conduct mock assessments in our rooms in early February. This process will provide informal feedback that we then use to ensure our environments, interactions, lessons, language & math use, transitions, and more are designed to best support our young learners.

We will also be sharing our love with our Esperanza family as we first remember our long-time buddy and all-around Mr. Fix-It, Mr. Denzil. Sadly Mr. Denzil passed away recently, and we will celebrate his life on 2/22. All the children knew Mr. Denzil and his chickens, and that he could be called upon day or night if ever a need arose on our campus. We all love and miss him. The following day on 2/23 Esperanza will celebrate 35 years as a congregation and your kiddos are a big part of this - see details further in my newsletter.

With love,
Mrs. H



This year Esperanza celebrates its 35th year as a congregation. All are welcome to join the celebration on Sunday, February 23rd at 8:45am



As part of this special worship service, all COH students are invited to sing "This Little Light of Mine" during the service. We would love to have you there!

If you would like your child to be part of this special celebration, sign up to attend here!: [Come Home to Hope! Sign Up Today for Esperanza's 35th Anniversary Celebration on 02/23/25 - ESPERANZA LUTHERAN CHURCH](#)



First Communion Class

*March 30: Class & Baking bread
April 13: First Communion on Palm Sunday*

See Deacon Connie if you would like your child to participate.

FAMILY CHAPEL TIME



WEAR YOUR SCHOOL SHIRT

**Frogs: Monday, February 10
Owlets: Tuesday, February 11
Penguins: Wednesday, February 12**

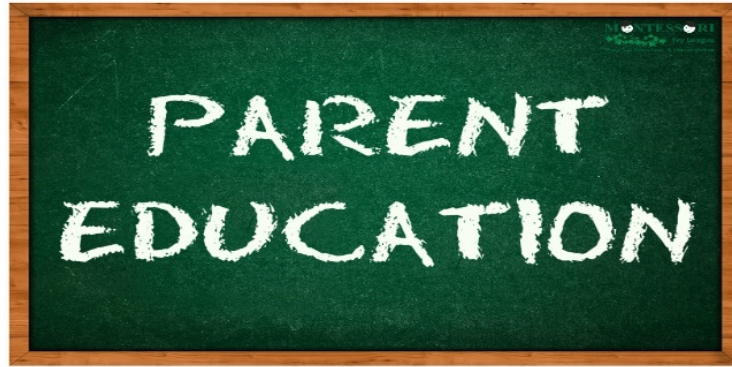
Blessing of the Stuffedies



Kids can bring their favorite stuffie for a special blessing

**Special Food Collection for
Kyrene Resource Center**
Please bring any of the following:

**granola bars
jelly
rice
cereal
black beans
dried pinto beans
spaghetti
spaghetti sauce**



Hello Children of Hope Families!

FREE PARENT EDUCATION AT YOUR FINGERTIPS!

[Tame Tough Feelings Intro Video.MOV](#)

Mrs. H has purchased a Video Series for you, **Tame Tough Feelings**

Tame Tough Feelings takes **four lessons** from the signature course, Meeting Kids' Needs, all on feelings, and makes them instantly available to watch *all at once*.

Here, you'll find the latest on helping your child to develop a rich emotional vocabulary, recognizing where your child feels challenging emotions in his or her body, and **managing challenging emotions with a menu of research-backed and ready-to-use practices!**

Here's how to access Tame Tough Feelings at **no cost to your family**. No credit card information is needed. It's quick and easy to watch your lessons!

- 1) Visit meetingkidsneeds.com/tame-tough-feelings.
- 2) Scroll down and press the ONE-TIME PAYMENT button.
- 3) Press the BUY NOW button again on the next page.
- 4) **Enter discount code ESPERANZATTF and you'll see your cost at \$0.**
- 5) Register with your contact info: your email, full name, and make a password to create your account. Please make note of your password for future access.
- 6) Check the box to accept the terms of service, and you're all set!

Kindest regards,
Missy
Dr. Missy Gryder
Founder, The Body Safety Box and Meeting Kids' Needs

p. 602.320.0374
w. www.bodysafetybox.com

LUNCH BUNCH



NO LUNCH BUNCH ON THURSDAY, 2/20
for teacher staff meeting

Pick Up at 1:00pm: \$15

Pick Up at 2:00pm: \$20

Will invoice via Brightwheel

February is National Children's Dental Health Month

Children need healthy teeth.

Healthy teeth help them to chew and to speak clearly. Baby teeth also make space for adult teeth. Young children want to brush their own teeth, but they need help. Until your child is about 7 or 8, you should brush her teeth.

Give your child a healthy start! Here are tips to keep your child's teeth and gums healthy.



Take Care of Your Child's Mouth

- Brush your child's teeth with toothpaste with fluoride (floor-ide) twice a day, after breakfast and before bed. Use a soft toothbrush made for young children.
- For children under age 3, use a small smear of toothpaste. For children ages 3–6, use toothpaste the size of a pea.



Smear



Pea-size

- Brush the front and back of your child's teeth. Lift his lips to brush at the gum line of his front teeth.
- Make sure your child spits out the toothpaste after brushing. Do not have your child rinse with water. The toothpaste that stays in your child's mouth is good for his teeth.
- Floss your child's teeth if they touch each other. Ask dental office staff for help.
- If your child has sore gums from a tooth coming in, give him a cold teething ring, cool spoon, or cold wet washcloth. Or you can rub your child's gums with a clean finger.
- Germs can pass from your mouth to your child's mouth. Use a different spoon to taste your child's food. If your child's pacifier falls on the floor, clean it with water.
- Do not dip pacifiers in sweet foods like sugar, honey, or syrup.

Give Your Child Healthy Foods

- Give your child healthy foods. Give her foods like fruits, vegetables, whole-grain products like bread or crackers, and dairy products like milk, yogurt, or cheese. Lean meats, fish, chicken, eggs, and beans are also good for your child.
- Wean your child from a bottle to a cup by age 12 to 14 months.
- Do not put your child to sleep with a bottle filled with milk, juice, or sugary drinks like fruit-flavored drinks or pop (soda).
- Serve juice in a cup with no lid, not a bottle. Do not give your child more than 4 to 6 ounces of juice each day. Give your child 100-percent fruit juice only. It is even better to give your child fruit instead of juice.
- Give your child water several times a day. The water should have fluoride.
- Give your child fewer sweets like candy, cookies, or cake. And give your child fewer sugary drinks. If you give your child sweets or sugary drinks, give them at mealtimes only.
- Reward your child with a big smile or a hug, not with food.





Parent-Teacher Conferences

Week of February 24th

We look forward to sharing your child's progress with you at our upcoming **conferences**. At these conferences we will discuss both the social-emotional and the academic growth your child has gained (and kindergarten readiness skills in the Frog classroom). A sign up will be posted on Brightwheel soon.

An **Ages & Stages Questionnaire** will go home soon with activities to do **WITH** your child. Watch for these in your mailboxes and return them to your child's teacher by 2/18.

Frog Parents: We recognize that **Kyrene kindergarten enrollment** begins in January. We encourage you to visit your home school and attend any Kindergarten Round-Ups they offer. If you have any questions about kindergarten readiness and/or schools before our conference with you, Mrs. Mueller, Mrs. Gerrish, Mrs. A, and I are here to answer any questions you may have.

ENROLLMENT FOR 2025-2026 will take place the week of February 24th for current families and will open on March 3rd for new families. Packets will be distributed in mid-February.



National Center for
**Pyramid Model
INNOVATIONS**

Help Us Stay Calm

Strategies that help you and your child during challenging behavior

Stay Calm | Reflect | Re-Connect

When your child is engaged in challenging behavior or experiencing anger, stress, sadness or frustration, it is important to stay calm. If you express your anger and frustration, it might result in more challenging behavior from your child. Remaining calm will provide the safety and support your child needs as they learn how to calm themselves.

Step 1:

Calm Yourself



Drink some water;
Have a snack



Count until calm



Connect with a friend



Think something positive or fun about your child



Take deep breaths



Ask for help

Step 2:

Reflect

What feelings and thoughts came up?

How do you think your child is feeling?

What might your child need to prevent the behavior from occurring again?

Are you calm enough to re-connect with your child?

Step 3:

Re-Connect

When you re-connect, you can help your child learn new skills. Once you feel calm, and your child appears calm, here are a few tips.

#1



Make sure your child is calm

I see that not getting a turn made you angry.

Acknowledge feelings



Offer choice

Let's find a new toy.

Redirect to a new activity



Talk and play with your child



More family resources at ChallengingBehavior.org/Implementation/Family.html

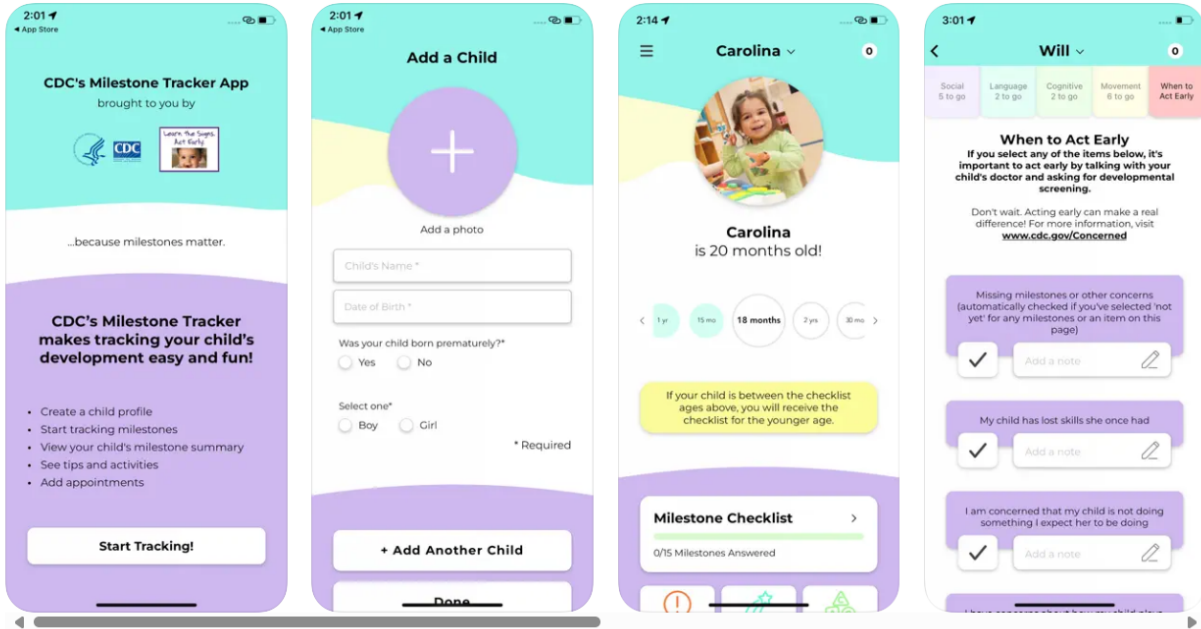


CDC's Milestone Tracker

Milestones matter! Track your child's milestones from age 2 months to 5 years with CDC's easy-to-use checklists; get tips from CDC to support your child's development; and find out what to do if you ever have concerns about your child's

development. [CDC's Milestone Tracker App](#) | CDC

iPhone Screenshots



myIR Mobile



Access your family's immunization records online, right when you need them.



UPCOMING EVENTS

FUN FRIDAY

For Penguins & Frogs

**I Like to Move It,
Move It!**



Friday, February 21st
8:30 - 11:30am
\$35 per child

Join Mrs. Mueller and Mrs. Pierce
for some active fun!

Preschool Board Meeting



Tuesday,
February 18, 2025

6:00 - 7:00pm

Follow-up Hall

PICNIC AT THE PARK

Thunderhill Park (across the street)



Friday, February 21st
3:00 - 5:00pm

A Special Morning with Grandparents!



Wednesday, March 5th

Owlets: 11 - 11:30am
Penguins & Frogs: 8:30 - 9:00am

We would like to honor our many
grandparents who play such an
important role in our students' lives.

Grandparents are welcome to join us for
some special time with your preschooler
in the classroom!

For those who do not have a grandparent available,
a special grown-up can attend



Please make drop off and pick up times with your child

NO CELL PHONE 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 childcare providers. Due to hazards from exposure to second-hand smoke and as a recognized Empower childcare facility, it shall be the policy of this childcare 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