

# Children of Hope Child Development Center

January 2025

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

Lynn Hockenberger  
Preschool Director



Welcome to 2025 – sounds like a weird number, right? What's crazier is that our Froggies will graduate high school in the year 2037! Wild!

But for now, we embrace 2025 and we wish you all a happy and healthy new year! You will notice a huge growth spurt in your kiddos over these next 5 months, physically, emotionally, and academically. Owlets who started the year with chubby cheeks and binkies will bloom into confident, capable, playful pals with one another. The skills and competence of our Penguins explode as they grow in their relationships and abilities. And our Frogs, many of whom we nurtured since they were 2, stand tall with confidence and ready to take on the “big school”. These next 5 months will amaze you! They do us, every year.

As we begin this new semester, be sure to check out the lesson plans that your teachers share on Brightwheel. They are chock full of intentionality, based on how young children's brains develop, to give your child the very best early childhood experience. Together with you, we are building brains...what important, amazing work we do!

And stay tuned for some lessons from the team on how to foster a socially-emotionally healthy child...one who can problem solve, manage emotions, and build self-esteem and relationships, as we continue our training on the Pyramid Model. Mrs. Guete, Deacon Connie, Mrs. Smith and I will attend several trainings as we work to become a Pyramid Model classroom, school, and state.

Warmly,

Mrs. H 😊

#fillyourchildwithhope

### Happy Birthday!



STAFF BIRTHDAYS

No January Birthdays



*This year Esperanza celebrates its 35<sup>th</sup> year as a congregation. All are welcome to join the celebration on Sunday, February 23<sup>rd</sup>.*

*More information here:* [Come Home to Hope! Sign Up Today for Esperanza's 35th Anniversary Celebration on 02/23/25 - ESPERANZA LUTHERAN CHURCH](#)

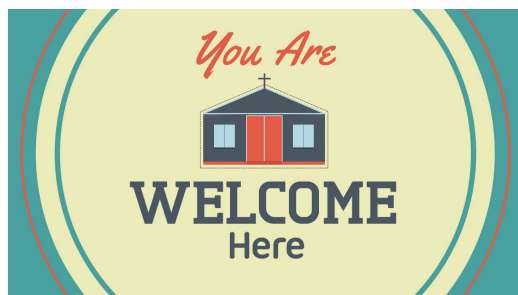
*Ever wonder how Esperanza came to be? Check this out:* [Hope Grows in a New Neighborhood - Esperanza's Story in Pictures - ESPERANZA LUTHERAN CHURCH](#)

### *Prayin' & Playin'*



*with Deacon Connie*  
**Sunday, 01/26**

*Fun activities for the kids in the Owlet classroom with Deacon Connie during worship. She will bring the children back to the sanctuary in time for communion.*



***New Member meeting-*** January 19th after service (approx. 10:15am). If you want to know more about Esperanza and considering membership, Pastor Heller will be holding a new member meeting. Please join us!

## **FAMILY CHAPEL TIME**



**PARENTS!**  
We invite you to  
**Family Chapel Time!**

### **WEAR YOUR SCHOOL SHIRT**

**Frogs: Monday, January 13**  
**Owlets: Tuesday, January 14**  
**Penguins: Wednesday, January 15**

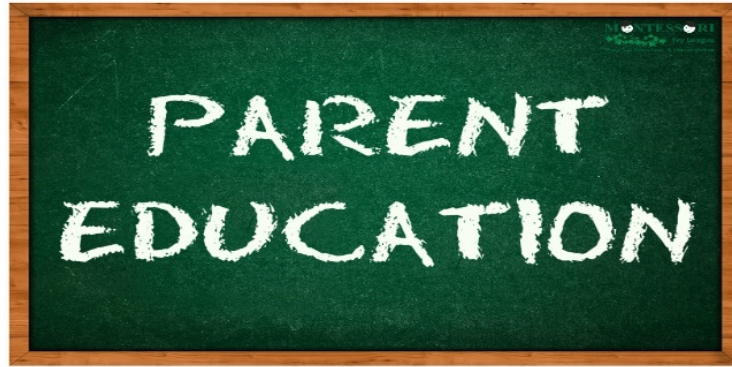
### **Collection for Kyrene Family Resource Center**

This family resource center helps children in our school district who are facing food insecurity. If you would like to donate, please bring items to Chapel each month and place in the shopping cart.

### **Needed: Peanut Butter**

**BUT THE FRUIT  
of the Spirit IS...**





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](http://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](http://www.bodysafetybox.com)

# LUNCH BUNCH



**NO LUNCH BUNCH ON THURSDAY, 01/16**

**for teacher staff meeting**

**Pick Up at 1:00pm: \$15**

**Pick Up at 2:00pm: \$20**

**Will invoice via Brightwheel**



## Healthy Tips for Picky Eaters



### Do any of the statements below remind you of your child?

**"Ebony will only eat peanut butter sandwiches."**

**"Michael won't eat anything green, just because of the color."**

**"Bananas used to be Matt's favorite food, but now he won't even touch them."**

Your child may eat only a certain type of food or refuse foods based on a certain color or texture. He or she may also play at the table and may not want to eat. Don't worry if your child has some picky eating behaviors. Picky eating behavior is common for many children from the age of 2 to 5 years. As long as your child is growing as the doctor suggests, he or she is most likely eating enough to be healthy. If you have concerns about your child's growth or eating behavior, talk to your child's doctor.

### How to cope with picky eating

Your child's picky eating is temporary. If you don't make it a big deal, it will usually end before school age. Try the following tips to help you deal with your child's picky eating behavior in a positive way. Check the ones that work for you and your child.

- Let your kids be "produce pickers."** Let them pick out fruits and veggies at the store.
- Have your child help you prepare meals.** Children learn about food and get excited about tasting food when they help make meals. Let them add ingredients, scrub veggies, or help stir food.



- Offer choices.** Rather than ask, "Do you want broccoli for dinner?" ask "Which would you like for dinner, broccoli or cauliflower?"
- Enjoy each other while eating family meals together.** Talk about what family members did during the day, what made you laugh, or what you did for fun. Turn off the TV and keep phones away from the table to focus on family time.
- Offer the same foods for the whole family.** Serve the same meal to adults and kids. Let them see you enjoy a variety of healthy foods. Talk about the colors, shapes, and textures on the plate.



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Food and Nutrition Service  
FNS-455  
Revised March 2018



# Parent-Teacher Conferences

Week of February 24<sup>th</sup>

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 as well with activities to do **WITH** your child. Watch for these in your mailboxes.

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 March 3<sup>rd</sup>. Packets will be distributed in late January/early February.



National Center for  
**Pyramid Model  
INNOVATIONS**



# Help Us Calm Down

Strategies for Children

Try these strategies with your child! The more you use a calming strategy and practice the strategy with your child, the more likely they are to use the strategy when experiencing anger, stress, sadness, or frustration.

## I can...



take deep breaths



count



go for a walk



take a drink



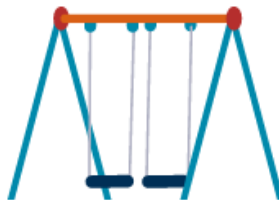
take a break



listen to music



draw a picture



swing



rock



read a book



hug a favorite toy



do a puzzle



National Center for Pyramid Model Innovations | [ChallengingBehavior.org](http://ChallengingBehavior.org)

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Pub: 05/05/20

**IT'S BACK! IYKYK!**



**Saturday, March 1, 2025  
6:00 - 9:30pm**

**Gather a Team of 6 Adults**  
Name your team, Pick a theme,  
Decorate your table, Enjoy the fun!

### **Cost**

\$30 per person

Includes buffet dinner - each table is B.Y.O.B.

**Reserve your spot here:**

**[https://www.signupgenius.com/go/20F0849ADAA2F  
A5FB6-39587642-trivia](https://www.signupgenius.com/go/20F0849ADAA2FA5FB6-39587642-trivia)**

### **Prizes**

Winning Team receives \$600 cash prize!  
Prize for best decorated table and more!

**Bring 3- \$1 bills for a game of Heads or Tails  
at intermission! Winner gets half the pot!  
Mulligans (free answers) will be on sale for \$5.00!**

# UPCOMING EVENTS

## Preschool Board Meeting



Tuesday,  
January 21, 2025  
6:00 - 7:00pm

Fellowship Hall

Members include Esperanza  
& COH staff, COH parents,  
and Esperanza church  
members.

## *PICNIC AT THE PARK with COH friends*

Thunderhill Park (across the street)  
Friday, January 17<sup>th</sup>  
3:00pm



**Presents...PICNIC AT THE PARK!**

WHAT: BRING A SNACK/PICNIC DINNER, BLANKET, & YOUR LITTLES TO PLAY, CONNECT, & CELEBRATE COMMUNITY!

WHERE: THUNDERHILL PLAYGROUND\* (Across from Esperanza Lutheran Church)

2578 E. Thunderhill Place

\*Parking available at park & at church parking lot

WHEN: FRIDAY, JANUARY 17<sup>th</sup> FROM 3:00 - 5:00 PM

WHAT TO EXPECT:

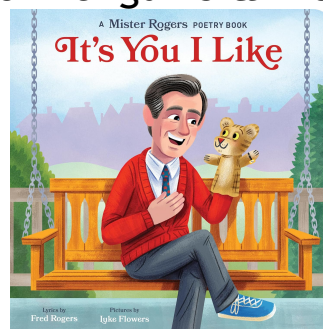
- COH BOARD WILL HOST AN OPTIONAL SEASONAL ACTIVITY
- TIME TO CONNECT WITH OTHER FAMILIES IN AN EASY-GOING & WELCOMING ENVIRONMENT
- COME & GO AS YOU PLEASE - NO NEED TO STAY FOR THE FULL TWO HOURS (BUT, WE HAVE A FEELING YOU'LL WANT TO!)
- SIBLINGS WELCOME!

*We hope to see you there!*

CAN'T MAKE IT THIS MONTH? NO WORRIES! WE WILL HOST PICNIC AT THE PARK EVERY 3<sup>RD</sup> FRIDAY THROUGH APRIL

© Mark your calendar: 2/21, 3/21, 4/18 (Please note: There will be no Picnic at the Park in December)

## FUN FRIDAY For Penguins & Frogs



January 17<sup>th</sup>  
8:30 - 11:30am  
\$35 per child

It's You I Like...a morning with Mrs. H and Mrs. A  
and the wisdom of Mr. Rogers





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