

Children of Hope Child Development Center

April 2026

Hope Happenings: News from Mrs. Mueller's Office

Jessica Mueller
Preschool Director

Happy Birthday!



STAFF Birthday:
Pastor Chris- 22nd

We are back for an action-packed full month of school! April will be filled with learning, laughter and lots of campus excitement. We'll start the month with some cuddly and fuzzy friends from Carter's Petting Zoo- visiting on April 1st. They will bring several animals for the children to pet and enjoy. (You might want to come a few minutes early that day to catch all the cuteness!)

We have also begun transforming the upper playground into a special outdoor classroom and play area. Phase one-completed over spring break-included resurfacing and adding in a water source, thanks to our Grand Canyon Synod Grant. Next, we will be adding a mud kitchen and outdoor tables to enhance this space. When the weather allows, we will enjoy our lunch bunches outside!

On April 2nd, we will celebrate Easter with our annual Easter Egg Hunts out on the playground. Please see your child's class newsletter for more information on this as to what to bring and what time.

Our final Fun Friday of the year will be April 17th with the theme "Fairytale and Stories." Children are welcome to come dressed as their favorite fairytale character. We will read some tales together and dive into themed activities to let our inner heroes shine.

Registration is continuing throughout the month, We still have a few spots left in both our Penguin and Glider classes, and several openings in the Owlet class. Please share this news with friends, family or anyone at the park or gym who might be interested-we'd love to welcome more families into our school community.

As temperatures begin to rise in our desert home, we'll stay mindful of the heat by providing extra water breaks and following all state guidelines for high-temperature advisories.

Blessings,

Mrs. Mueller



Church Events:

Sunday School April 12th, 19th 26th

Playing and Praying with Deacon Connie

April 26th



Easter Service April 5th @ 9:00AM

followed by an egg hunt!



Chapel starts at 8:30 and everyone is welcome to attend.



March 30-Gliders

March 31- Owlets

April 1-Penguins

Final School Chapel is May 13th for all classes!

Don't forget to wear your purple school shirt on your chapel day!



Pick Up at 1:00pm: \$15

Pick Up at 2:00pm: \$20

Will invoice via Brightwheel daily.

NO LUNCH BUNCH April 23rd due to Staff Meeting



Carter's Petting Zoo will be here
April 1st from 10:30-12:00

Easter Egg Hunts

April 2nd



Annual Ahwatukee Easter Parade, April 4th.

***Join the Esperanza community with your
bike, stroller or legs!***

***Or wave from the sides when you see the
parade march on!***



Final Fun Friday April 17th

Fairytales and Stories

Mrs. Mueller and Deacon Connie will
attend this Fun Friday.

Feel free to come dressed as your
favorite character.

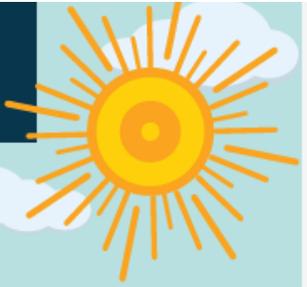


***Preschool Board meeting April
21st @ 6:00 PM***



Earth Day April 22nd

Limit the sun, but not the fun! Be SunWise!



Follow these tips to be SunWise and help protect yourself from the sun's rays.

Wear sunscreen & lip balm everyday!



- Wear SPF 30+ sunscreen & lip balm.
- Apply 20 minutes before going outside. Check the label to see when to reapply.

Wear a wide-brimmed hat!



- Wear a wide-brimmed hat to keep your scalp, nose, ears, neck, and face protected.
- These areas are at risk of sunburn & sun damage.

Check your local UV index!



- Check your local ultraviolet (UV) index.
- The scale ranges from 1 to 11+. The higher the number, the more careful you should be.

Take cover!



- Stay inside or in the shade when UV rays are strongest.
- Move your outside activity so that you are in the shade.

Wear sunglasses!



- Wear sunglasses to reduce your risk of eye damage.
- Choose a pair that block UVA and UVB rays.

Cover up!



- Wear long sleeves and pants when working, playing, or exercising outside.
- Dark colors and tightly woven fabrics provide the best protection.

Limit time in the midday sun!



- Limit the time you spend outside between 10am and 4pm

Avoid tanning booths!



- There is no such thing as a safe tan. To get tan, skin damage has to happen.
- UV light from indoor tanning can cause as much damage as the sun.



ARIZONA DEPARTMENT
OF HEALTH SERVICES

If you have questions or want more information, please visit azdhs.gov/sunwise or contact the Arizona SunWise Skin Cancer Prevention Program at SunWise@azdhs.gov.



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.

More Information

More information and resources on this and other topics are available on our website, ChallengingBehavior.org.



ChallengingBehavior.org

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

Brooke Bragle, Alyson Jiron & 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.



UNIVERSITY OF SOUTH FLORIDA

Reproduction of this document is encouraged. Permission to copy is not required.

This publication was produced by the Technical Assistance Center on Social Emotional Intervention (TACSEI) for Young Children funded by the Office of Special Education Programs (OSEP), U.S. Department of Education (H26807002) and updated by the National Center for Pyramid Model Innovations also funded by OSEP (H26807002). The views expressed do not necessarily represent the positions or policies of the Department of Education, July 2013/January, 2016.



Songs

Lyrics



Twinkle Twinkle

SONGS FOR I LOVE YOU RITUALS VOL. 1

Lyrics: Dr. Becky Bailey & Music: Mar. Harman

Twinkle, twinkle, little star.
What a wonderful child you are!
With bright eyes and nice round cheeks,
A talented person from head to feet.
Twinkle, twinkle, little star,
What a wonderful child you are!



Conscious Discipline®



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, childcare providers, and parents.

