

Children of Hope Child Development Center

January 2026

Hope Happenings: News from Mrs. Mueller's Office

Jessica Mueller
Preschool Director



Welcome Back . . .

I hope that you had a joyous holiday season and made some memories with your little ones. I know that I missed the sound of laughter and joy outside my office door and I am ready to have some of the noise and energy back on campus. Remember that we follow the Kyrene calendar so we start back on January 6th which is a Tuesday. The second half of the year tends to fly by, so I invite you to be present in this time and enjoy the memories we are making. We might need a few days to transition back into our school routines. The teachers will be reminding our students of our classroom expectations and how to treat each other.

Happy Birthday!



STAFF BIRTHDAYS

This month we will be talking about winter (a slightly foreign concept here) and hibernation. Be sure to check with your class newsletters to see when your class is hibernating. We will have visits from our Smart Support Coordinator and Quality First will be on site a time or two.

We will have another Munchies and Mingle time to visit and share time with one another. This is meant to be an informal time to just share in the journey of raising littles and find a tribe that understands yours. I have seen many friendships blossom from COH that continue into the teenage years and beyond.

We will finish the month off with a Fun Friday on January 30th. Mrs. Paterson and Mrs. Mueller are preparing for a fun day. More info will be coming in the following weeks.

Warmly,
Mrs. Mueller 😊

#fillyourchildwithhope



Church Events:

Sunday School January 11th and 25th

Praying and Playing January 25th

Chapel this month:



**January 12th-Gliders
January 13th- Owlets
January 14th- Penguins**

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

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

LUNCH BUNCH



Pick Up at 1:00pm: \$15

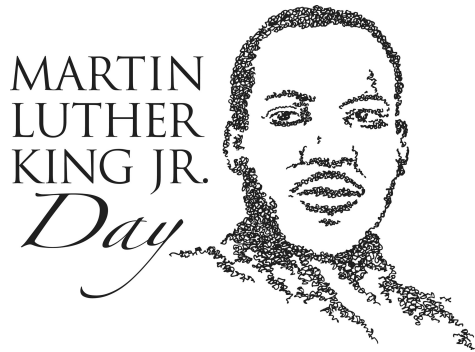
Pick Up at 2:00pm: \$20

Will invoice via Brightwheel daily.

NO LUNCH BUNCH January 22nd due to Staff Meeting

UPCOMING EVENTS

Martin Luther King Jr. Day- No school Jan. 19th



Preschool Board Meeting
Jan 20th @ 6:00 pm in the
Fellowship Hall



Munchies and Mingle

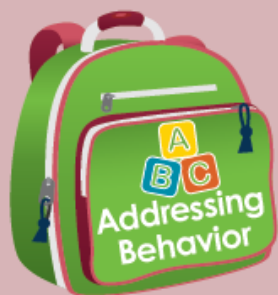
Jan 27th @ 8:40 in the Garage



Fun Friday
January 30th
8:30-12:00

Mrs. Paterson and Mrs. Mueller





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.

How to Understand the Meaning of Your Child's Challenging Behavior

Brooke Brogle, Alyson Jiron & Jill Giacomini

As a parent or caregiver, you may see your child behave in a way that doesn't make sense and ask yourself, "Why does she keep doing that?" It can be very frustrating, especially when it seems like it should be easy for your child to figure out on her own a more appropriate way to behave. In moments like this, it is important to remember that children continue to use a behavior because it works! Your child's behavior is a powerful communication tool that she uses to tell you what she needs or wants. Sometimes, when a child does not know the appropriate way (such as words, sign language or pointing to pictures) to express her needs or wants she may use challenging behavior (such as hitting, screaming or spitting) to communicate. Challenging behavior gives children the ability to send a message in a fast and powerful way. Children will use challenging behavior to communicate until they learn new, more appropriate ways to express their wants and needs. To change the behavior, it is important for you to first discover what is causing the behavior. If you know why your child is choosing a behavior, you can then teach her to communicate her wants and needs in a new way that everyone feels good about.

Children use challenging behavior to either:

- 1) get something, such as attention, a toy or a nap, or
- 2) get out of doing something, such as going to bed, eating a new food or getting buckled in the car seat.

The first step you must take to help your child learn a new behavior is to determine if she wants something or wants to avoid doing something.

Try This at Home

- **Observe.** Pay careful attention to what is happening when your child displays challenging behavior. Keep a chart to see repeated patterns in behavior. What happens before the behavior starts? What happens after?
- **Track.** Keep track of when the behavior occurs. Do you always see the behaviors just before nap time? Perhaps your child is tired and you can change your routine to include errands in the morning and quiet, at-home activities before nap time.
- **List.** Brainstorm ideas about what your child is trying to get, or avoid doing, by using challenging behavior. The more you watch your child, the more you will be able to narrow your list down to a few possible reasons why the behavior is occurring.
- **Teach.** Once you have an understanding of why your child chooses to use a challenging behavior, you can teach him a new way to behave in that situation. Pick a time outside of the situation when you can:

» **Role play:** Use puppets, trains, dolls or other toys to act out the new skill with your child. For example, you can make the doll say, "I really want to play outside. I want to open the door and run, but Mommy says I need to wait for her. I won't scream. I will say 'Hurry up Mommy. I am ready to play.'"

» **Read books:** Children often tell you how they are feeling when they are trying to guess how others are feeling. Ask your child questions about a character in a book as a way to start to talk about your child's own behavior. For example, "That little girl doesn't want to go to bed. I wonder why?"

» **Talk about the situation ahead of time:** Sometimes, children simply want to know about what is planned ahead of time or to be included in the planning. Parent schedules are busy and you often need to get things done quickly. However, quick transitions can feel overwhelming to young children. If you take a few minutes to include your child in the plan, you will likely see a dramatic decrease in challenging behavior. For example, you could say, "We are going to get in the car and go to the store when you finish this puzzle. Would you like to pick a special toy to bring with you to the grocery store?"



Practice at School

Teachers are detectives too! When a child uses challenging behavior at school, teachers watch to see what caused the behavior and then teach the child a new way to communicate. For example, Ethan is playing with cars alone when Jacob tries to grab a car from him. Ethan hits Jacob and grabs his toy back. Jacob cries. Ethan was frustrated that a friend was taking a toy from him before he was done and used hitting as a way to tell Jacob that he wanted his toy back. The teacher might say to Ethan, "You looked frustrated when Jacob took your toy. Next time, you can use your words and tell him 'It's busy. I'm still using this toy.'" Teachers can also use puppets to reinforce the skill of saying "It's busy" during circle time or during other activities throughout the day.

The Bottom Line

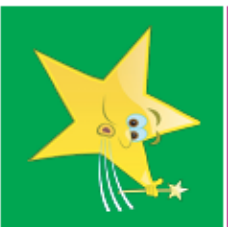
It can be fun and rewarding to figure out what your child is thinking and why! The more familiar you are with how your child reacts to everyday situations, the easier it is for you to teach him appropriate ways to deal with challenges like frustration, stress and fatigue. Children who learn how to manage these situations feel more confident and are less likely to use challenging behavior to communicate their needs.

ABC's for parents of little ones...



AWARENESS

Be aware of your own inner state. Is your heart rate elevated? Are you feeling tense/frustrated, etc.? Children can FEEL our upset, so the next step is BREATHE DEEPLY and bring yourself back to the present moment.



BREATHE

Take deep belly breaths. Inhale through your nose for at least 5 seconds, and exhale through your mouth for at least 10 seconds. Do this at least 3 times.



CLOSENESS

They want to be close to you because you are their Safe Place™. Co-regulation and connection/bonding happen when they are close to you. Take deep breaths with them in moments of closeness.



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.



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Page/Follow us on
Insta!**

Also, join our Private Group
Children of Hope Preschool/
Child Development Center of
Ahwatukee