

Children of Hope Child Development Center

September 2025

Hope Happenings: News from Mrs. Mueller's Office

Jessica Mueller
Preschool Director



What a Great Start to the School Year!

Our school year is off to a wonderful start! The children are settling into their routines beautifully, and I've loved visiting each classroom to see our learners in action. It's also been a joy getting to know many of our grownups—please don't hesitate to stop by and say hello if you haven't yet!

We've had some tears, lots of giggles, a bit of sweat, and a whole lot of heart. In true Arizona fashion, we started the year with a bang—*all three* of our classroom air conditioners decided it was just too hot to function! Thankfully, they're all back up and running now, and we're enjoying the cool air once again. We continue to monitor heat advisories closely and limit outdoor time when temperatures are high.

Looking ahead, **Fall Conferences** will be held the week of **September 22–25**. You'll receive more details from your child's classroom teacher soon. These conferences will focus on the **social and emotional well-being** of our students—the foundation for all learning and lifelong success.

Finally, a reminder that **Fall Break** is coming up! There will be **no classes from September 29–October 13** as we align with the Kyrene school calendar. I hope you're able to make some lasting memories and enjoy some extra family time.

Here's to a fantastic school year ahead!

Blessings,
Mrs. Mueller 😊

Happy Birthday!



STAFF BIRTHDAYS

Mrs. Gerrish Sept 12th

#fillyourchildwithhope



Church Events:

September 28th New Member Class

Chapel this month:



Chapel starts this month.

Sept 22nd -Gliders

Sept 23rd - Owlets

Sept 24th - Penguins

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

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

LUNCH BUNCH

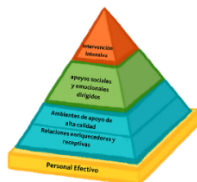


Pick Up at 1:00pm: \$15

Pick Up at 2:00pm: \$20

Will invoice via Brightwheel weekly

NO LUNCH BUNCH Thursday, September 25thst due to staff meeting



National Center for
**Pyramid Model
INNOVATIONS**



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 Teach Your Child to Take Turns

Alyson Jiron, Brooke Brogle & Jill Giacomini

Taking turns can be hard, even for adults. It can be frustrating to wait for something that you really want. Think about the last time you waited in line for groceries or gas. How did you feel when you didn't know how long it would be until your turn or when someone who wasn't waiting got a turn before you? Young children often feel especially frustrated in these types of situations. Objects become "mine," and everyone wants to be "first," which can make playtime challenging for children and parents. Why does this happen? Children are not born knowing how to take turns. Taking turns is a skill that children must be taught and given many opportunities to practice. If a child is not taught how to take turns, she will continue to play with only her interests in mind and demand turns when she wants them. A child who knows how to take turns has learned valuable skills about how to make friends, empathize, wait, negotiate and be patient. Teaching your child how to take turns takes time, but can also be a rewarding experience that will benefit your child for a lifetime.



Try This at Home

- **Play games that require turn-taking.** Board or card games are a perfect way to teach older preschool children to wait for a turn. Outside games, such as basketball or catch, are also ideal games to practice taking turns. For young children, use very simple turn-taking games such as rolling a toy back and forth.
- **Build turn-taking into play time.** You can make just about any toy or activity into an opportunity to practice taking turns. Take turns doing activities such as stacking blocks, sliding down the slide, using the swing, racing a car down a track, scooping sand into a bucket, or wearing a crown.
- **Use a timer or a song to measure a turn.** Waiting is hard and children want to know when to expect their turn. Show children how to manage taking turns by using a sand timer or singing a song. These tools can help them to predict when their turn will end or begin and makes it less likely that they will become frustrated and use challenging behavior. You can say something like, "I see you want a turn on the swing too. Let's sing a song and when we are done it will be your turn. Do you want to sing the Itsy-Bitsy Spider or Twinkle, Twinkle Little Star?"
- **Incorporate turn-taking into your everyday routine.** There are many ways to include turn-taking into the activities you already do on a daily basis such as choosing a TV show, cooking, or picking books to read. Simply pointing out to your child that you are taking turns helps to reinforce the skill. You can say, "You put in the chocolate chips and I put in the walnuts. We are taking turns! This is fun!"
- **Practice waiting.** Help prepare your child for turn-taking by giving him opportunities to practice waiting. For example, play "stop and

go" games at the park, with toy cars, or in the pool. The more comfortable your child is with the concept of waiting and self-control, the more successful he will be with taking turns.

- **Celebrate successes.** Encourage your child with positive language when you see him waiting during a difficult situation or taking turns with a friend. You can say something like, "You are waiting for a turn on the swing. Waiting can be hard. You are doing it! High five!" or "I love the way you and Ben took turns using your special car. I bet you feel really proud!"

Practice at School

There are many opportunities to practice taking turns at school. Teachers often intentionally create opportunities for children to practice taking turns as well as learn from watching others take turns. For example, a teacher may set out only one train to use on the track. Children must then practice taking turns and learn to work together to enjoy the same toy at the same time.

The Bottom Line

Children are not born knowing how to take turns. It is a skill that they must be taught. Taking turns can be hard. In order to learn how to take turns successfully, children need lots of practice, help and encouragement from parents. When children learn how to take turns they also learn other valuable skills such as:

- Being a good friend
- Self-control
- Problem-solving
- Patience
- Communication
- Listening
- Negotiation



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UPCOMING EVENTS

School Pictures



Lifetouch will be on Campus September 10th to do our school pictures. We will start photos at 8:30 that day. Please note backgrounds on your picture slip.

Preschool Board Meeting



Monday,
September 8th, 2025
6:00 - 7:00pm



Mariposa
Therapy Services

Mariposa Therapy Services will be on campus on September 17th. They will do brief observations for children that may need referrals for OT, PT or speech therapy.

Welcome!



Munchies and Mingle
Tuesday, September 16th @8:45

Parents, please join us as we share some time together for snacks and getting to know one another.

We will meet in the garage, behind the penguin classroom.

Fall SE Conferences



Our fall conferences are September 22nd-25th and will be based on the Social/Emotional leaning and needs of our students.

Look for signup times from your classroom teachers.

Mrs. Mueller will have the Sugar Gliders from 12-2 on Monday September 22nd so that the classroom teachers can do conferences.



How do I handle my toddler's temper tantrums?

The core skill that will help you through a temper tantrum is keeping your cool. Your upset will only fuel your child's fire. Instead, use active calming techniques such as deep breathing to help manage these difficult, but developmentally normal fits.

As in any conflict situation, focus on what you want your child to do, model this behavior or state yourself, and notice any hint of success. In terms of tantrums, the behavior or state of being that you want from your child is "calm." Your job is to focus on "calm" and model calmness yourself. This may sound particularly difficult in the face of a screaming 3-year-old, but can we really expect a 3-year-old to keep his cool if we can't stay cool ourselves? Here's an example: Your toddler wants a bag of candy he's spied in the grocery aisle. You say, "No." He crashes to the floor, screaming. You're feeling angry, embarrassed, exhausted and at your wits end. You feel like everyone's looking at you.

First, take three deep breaths to help calm the stress response in your body. Then, discipline yourself with the affirmation "I'm safe. Keep breathing. I can handle this." Way to go! You've just set the internal foundation needed to teach your child how to handle frustration and become calm! Now you can address your upset child.

Be encouraging. Get down at eye level with him and say, "You can handle this. Breathe with me. You're safe." Scoop him up, hold him in your arms and breathe deeply with him. When his body relaxes a little, say, "There you go, you're calming down." Then tell him he has a choice, "You can sit in the cart and hold the list, or you can sit in the cart and hold your truck." Once he makes his choice, celebrate your success together, "You did it! You calmed yourself down and that's hard to do."





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



**Like our Facebook
Page/Follow us on
Insta!**

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