

Children of Hope Child Development Center

March 2019

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Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger
Preschool Director

Many teachers remember Dr. Seuss this month. One of my favorite book quotes from him is “A person’s a person no matter how small.” Though it can be interpreted in many ways, the obvious is to note that the little people we care for each day matter.

We are learning just how much these early years matter more and more. Brain science is proving that the growth that occurs before a child is five is a predictor of future success. In other words, what we put into these kiddos during these years matters. What we say, how we interact, what we teach, matters. Thank you for allowing us to partner with you during these early years. Together we are building their brains and that certainly matters.

Upcoming Events

- ◆ SPRING BREAK
March 11 - 18
- ◆ CHAPEL
March 20 & 21
- ◆ 2019-20
REGISTRATION
Opens to public
March 6

Go us!

Mrs. H





LUNCH BUNCH

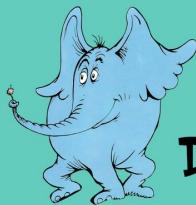


*No Lunch Bunch on
**Tuesday, 3/05 and Tuesday, 3/19,
due to staff training**

Please help us at school by cutting foods, especially grapes and other fruits, into quarter slices.

This helps avoid choking situations.
Thank you!

A person's a
person, no matter
how small



Dr. Seuss

CHAPEL



With Pastor Steve and Ms. Kathy
**Wednesday, 3/20
Thursday, 3/21
11:10am**

**Fruit of the Spirit: Gentleness
Jesus taught us to have a
servant's heart**

Washing of the Feet

Song: Ho, Ho, Ho Hosanna!

Optional Chapel Offering

Chapel offerings will be donated this year to **Kyrene Family Resource Center** and **Arizona Needy Newborns**. Children can bring donations such as toothpaste, soap, pasta, cereal, rice, canned fruits & vegetables, tuna, peanut butter, skeins of yarn, beanie babies (new or used), newborn diapers, etc. to Chapel and these items will be delivered by Esperanza members who have partnered with them. Any monetary offerings will be given to **Feed My Starving Children**.



Raising the Next Frida Kahlo or Pablo Picasso: Milestones toward Drawing

By Rebecca Parlakian

When children are very young, art is all about discovering what these cool things called crayons and markers are and what they can do. (Check out this photo of my two-year-old after he thoroughly “explored” markers at age two. How’s that for art?)

There are three basic stages of drawing, starting with scribbles at 15 months all the way through drawing a picture by age five. Don’t be surprised if your child shows some of these skills early, and others late. That’s just how children grow. The key is offering lots of chances to play with art and drawing materials, starting in the early years.

Stage 1: Random Scribbling (15 months to 2½ years)

At first, young children are just figuring out that their actions result in lines and scribbles on the page. They use large movements from the shoulder to draw, and hold the crayon or marker in their fists. They’re very interested in the sensory experience of creating art: the way the crayon, play-dough or finger paint feels and smells (and, sometimes, tastes!).



Stage 2: Controlled Scribbling: Lines and Patterns (2 years to 3 years)

As children develop better hand and finger skills, their scribbles become more controlled. Toddlers may make repeated marks on the page — open circles, diagonal, curved, horizontal or vertical lines. Over time, children begin to hold the crayon or marker with their fingers, instead of their fists.

Toddlers now understand that their drawings can convey meaning. My daughter’s first “drawing” at age 2 ½ was a series of dots on the page. She looked up at me with a grin on her face and said, “Raining!”

At this stage, toddlers know that print has meaning and that writing is made up of lines, dots and curves. While they may not write actual letters yet, you might see letter-like shapes in their drawings.



Stage 3: Pictures of Objects or People (3 years to 5 years)

Many adults think of a drawing as a picture of *something*. Adults decide what we'll draw and then do it. This ability to think of an image and then put it on the page is a symbolic thinking skill that takes time to develop. Until now, children scribble and *then* decide what their picture is.

In the preschool years, you will see your child begin to plan what she will draw before starting: "I'm going to draw Mommy." Your child will start adding more detail and using more color in her pictures. Preschoolers also start holding crayons with their thumb, pointer and middle fingers (called a "tripod" grasp), which gives them more control in drawing and writing.

Children's first pictures often build off circles. Often they will draw sun-like shapes — a circle with lots of stick "rays" shooting out — or a person drawn as a circle with arm/leg lines and some human features (eyes, mouth, hair). Your child may start to sign his picture or scribble some "words" to describe his work.



So what can you do to nurture early art experiences?

Make art a regular part of playtime. Start off with chunky crayons or washable markers. Sometimes it helps young children if you tape the paper down on the table so it doesn't move as they draw. As your child grows, he may enjoy washable paints, child-safe scissors and glue, or play-dough.

Ditch the instructions. Let your child experiment and explore. At this age, art doesn't need instructions (except reminders not to eat the glue!). Toddlers thrive on this independence and choice. By sitting nearby and taking pleasure in your child's work, you are providing all the guidance she needs.

Notice the process, not just the product. As parents, we often focus on the "what" of art: "What's that a picture of?" And sometimes we get hung up on the fact that trees should be green, not purple. Sometimes we quiz: "What color is that?" Or offer automatic praise: "That's great!" Instead, take a few moments to *really* look at your child's work and describe what you see: "Look at the lines you are making — there are so many of them!" Or, "Those colors make me feel happy." Or just: "Tell me about your picture."

Experiment with art materials. Sure, you can paint with brushes but think about letting your preschooler paint with cotton balls, q-tips, sponges, string—you name it. Give your child crayons to rub over a textured surface (like a coin or a screen). Draw with chalk outside on the sidewalk. Explore color-mixing by combining paint colors. Offer a variety of “stuff” (boxes, old magazines, the red net bag that holds onions, used corks, etc.) and let your child construct a sculpture with masking tape.

Use art to help your child express strong feelings. Is your child having a tantrum? Offer some play-dough or set out markers and paper and suggest he make an angry picture. Creative activities can sometimes help children express feelings that are too overwhelming to share in words. Early art experiences offer lots of benefits: supporting hand/finger control, problem-solving, symbolic thinking and more. These are all important skills for the transition to school. But the *most* important benefit of creative play? Giving children an opportunity to tap into the magic of their own imaginations — which is what being a child is all about.

Rebecca Parlakian is Director of Parenting Resources at ZERO TO THREE and develops resources including apps, curricula, Web-based materials, DVDs, and more, for parents and early childhood professionals. Rebecca holds a Master’s degree in Education and Human Development, with a concentration in infant-toddler special education, from the George Washington University, where she currently serves as adjunct faculty. Her daughter (13) and son (10) help her remember that parenting can be hard, but also lots of fun, and -- most importantly -- that the most well-planned, research-based parenting approach almost never works on your own children.



FIRST THINGS FIRST

Ready for School. Set for Life.

Early childhood matters.



“One of the greatest predictors of a child’s ultimate educational and economic success is their vocabulary at age 4.

Michael Crow

President, Arizona State University

vroom

Brain building moments

The Brain Story

There is no time in life when the brain develops more rapidly than during the first five years. Here's a glimpse at all that's taking place inside your baby's brain!



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Your child's brain grows the fastest from birth through age 5! Helping them learn now gets them ready for school, friends, and life.

Download the FREE Vroom app for custom activities to do with your child: <http://www.vroom.org>

March 2019

Healthy Way to Grow

Fresh Foods, Healthy Meals



Dear Families,

Every step you take eating more fruits and vegetables helps you and your child become healthier. Fresh fruits/vegetables are great ways to help your child get the nutrients they need. When shopping for different fruits and vegetables, choose those items that are in season. Although fresh produce can be expensive, choosing items when in season helps to save money. Also, try visiting your local farmers market for fresh produce. Take your child with you as you visit the grocery store or farmers market to help them learn about the different fruits/vegetables they see.

Looking Ahead: April 2019

Creating a Screen-Free Environment

Turn off the TV and turn to fun! Next month will focus on:

- Tips to reduce screen time at home; and
- Physical activities with children.

We know that fruits and vegetables are good for us, but why should you eat more? Below are some reasons to add more fruits and vegetables to your day.

1. They add color, texture and appeal to your plate
2. They provide fiber to fill you up and keep your digestive system happy
3. They are low in calories
4. They are a quick, natural snack rich in vitamins and minerals
5. They are nutritious and DELICIOUS!



Smart Shopping, Healthy Cooking

Grocery shopping and cooking meals for your family can be a fun opportunity to teach your child about fruits and vegetables. Try some of these ways to get your child involved in healthy cooking and shopping:

1. **I Spy**— play “I Spy” when you and your child are in the produce section.
2. **Cleaning Machine**— children love playing in water, so have them help clean the fresh fruits and vegetables when preparing for cooking or eating.
3. **Snap Away!**— have children snap green beans, snap peas or break the florets from broccoli or cauliflower.
4. **Tear it Up!** - let them tear up lettuce for salad and sandwiches.



Strawberry Fun!

Encouraging your child to try new fruits and vegetables can be challenging and fun! Try exploring a new fruit once a month. Strawberries are a colorful, sweet fruit that are fun to explore. Introduce strawberries by trying these fun activities.

Strawberry Pizza

Ingredients

Graham Cracker Squares

Strawberry Cream Cheese

Fresh Strawberries

Directions

Spread cream cheese on graham cracker squares, top with sliced strawberries and Eat!

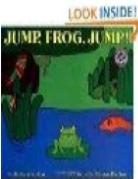


Book: *The Little Mouse, The Red Ripe Strawberry and The Big Hungry Bear* by Don and Audrey Wood



A JOINT PROGRAM OF
American Heart Association. Nemours.

MARCH 2019 - Healthy Way to Grow Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					National Nutrition Month. Ask your center director for this month's menus. See if there are any you'd like to try at home.	Healthy Saturday Snack or lunch. Cut up fresh veggies and serve with guacamole. Just a taste could do it!
Daylight Savings Time begins! Spring forward one hour! Don't forget to set your clock. Use the "extra hour" this morning for an early morning walk or run.	Baby Face! While cooking dinner, during diaper time or bath time, make funny faces at your baby and watch how your baby imitates you. Stretch those facial muscles!	Toasty Treats. Toss 2 cups tomatoes and 1 cup celery with 1 tsp minced garlic in a bowl. Mix in 1 tbsp olive oil. Preheat oven 350. Cut whole wheat baguette into slices and bake on baking sheet 5 minutes until toasted. Spoon ¼ cup tomato mixture onto each slice and serve.	Use your library card to check out the book, <i>Jump Frog Jump</i> by Robert Kalan. 	Stop Light Chicken. Coat skillet with non-stick cooking spray. Sauté chicken over medium-high heat for 10 minutes. Add chopped red, yellow, green bell peppers, and ½ tsp low sodium soy sauce. Cook 5-10 minutes until peppers are crisp. Add ¾ c cut mangos or peaches. Serve chicken mixture over cooked whole grain couscous.	Friday night dance. Move to the music while you get ready for dinner time. Hop like a bunny from one room to another.	Raised Garden Bed. Use 2x4 boards to build a frame for your spring garden. 
Get ready for Spring with this classic touch and feel book. Babies, toddlers and preschoolers will love sharing this book with you! 	Chicken Salad. Drizzle chicken breasts with olive oil. Sprinkle on basil and parsley and bake in a 350 degree oven until no longer pink inside. Toss spinach, romaine lettuce, carrots and tomatoes with low fat dressing. Top salad with chicken cut into bite-size pieces.	Celebrate St. Patrick's Day by dancing a jig! Hide green leaf "shamrocks" outside and search for them, bending, reaching and dropping in a bag.	Sometime vs. Anytime Foods. Have a separate space in the kitchen for sometime foods: Cookies, chips or cakes. Anytime foods should be readily available on the counter, in cupboards or in the fridge: Fruits, veggies, whole grains, beans and water.	Spring Games. Pretend to be butterflies, birds, frogs and rabbits, waking up with the new season. Fly, jump, stretch and move freely. Make up stories and have fun pretending with your children!	Spring Song! Sing this song with your child with the movements to the tune of <i>I'm a Little Teapot</i> . I'm a little seed- small and round. You can plant me in the ground. Give me sun and water, and you know. Soon I'll sprout and grow and grow.	Prepare Fruit Towers for the weekend. Cut apples, oranges and pears into 3 flat slices. Stack 1 slice from each fruit on top of the other to make a fruit tower. Cut each tower in half for one serving. Serve with low-fat yogurt or cottage cheese.
My Family Recipe. Send your favorite recipe with your child to his/her early learning center for all to try.	Activity Break. Take a moment from all your 'to-do's' and shake a leg and arm, wave your hands and twirl around and around	Healthy Breakfast. Oatmeal is light and quick to prepare as well as nutritious!	Water to Drink. Toddlers can drink water in their sippy cups and preschoolers can have a special cup for their water. It's a great habit to start early!	Celebrate family birthdays in a healthy way! Read a special book, go on an outing or cook your child's favorite healthy meal.	Up and Down. Use words like up, up, up while lifting a baby up, and down, down, down, while lowering to the floor. Toddlers/preschoolers can reach up and bend down	Banana Cheer. Recite the words and move, with your child imitating you. Peel, peel, peel bananas (Peeling motion) Eat, eat, eat bananas (hand to your mouth) Go bananas, go bananas (shake your whole body).
Neighborhood sprint. Join with other families to set up neighborhood activity zones. Stroll babies from one corner to the next. Walk older children to the park.	Surprise your child's center director or teacher with a clementine as a nourishing gift to brighten their day!	Children thrive on routines. They like to know what is expected of them and what to expect from you. A regular sleep time will make them happy!	March around the house, out to the car, up the steps. Keep the rhythm on the bottom of an oatmeal box.	Name and try foods that begin with the letter "m". Mushroom, mandarins, mango, melon, mint, milk and miso.	Fit Friday. Try different movements throughout the day. Take giant steps to the car. Skip to the front door. Tip toe to the bedroom.	

NEW ENRICHMENT CLASSES!

All Classes run for 7 weeks

\$130 for each session

ART MASTERPIECE



Begins Wednesday, March 20

Join Mrs. Palomaa as she helps our budding artists create pieces based on famous works

BOOKS THAT COOK



Begins Thursday, March 21

Join Mrs. Luken as she and the children cook and bake foods found in various storybooks

PREDICT IT – SCIENCE



Begins Monday, March 25

Join Mrs. Gerrish as she and the kids predict what will happen and then test their hypotheses!



Please make drop off and pick up times with your child **Cell Phone Free 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 child care providers. Due to hazards from exposure to second-hand smoke and as a recognized Empower child care facility, it shall be the policy of this child care facility to provide a tobacco-free environment for children, staff members, child care providers, and parents.



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Facebook



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