

Children of Hope Child Development Center

November 2020



Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger
Preschool Director

Thankful...

In this month of thankfulness, I would like to take this time to send you all our most heartfelt thanks for the trust you placed in us as you enrolled your child in school this year. We know what confusing times we live in right now, and we thank you for trusting us to care for your child safely during Covid. Thanks to your trust and the mindfulness of my wonderful teachers, we have been able to successfully hold in-person classes these last several months, where the children are happy and thriving. I am so thankful to this group of teachers who work every day to keep our children happy, engaged in fun learning activities, and safe. Thankfulness has gone to a whole other level this year and we are most thankful that our community has remained healthy. I am confident that even if we have a Covid situation, we have the tools to properly address it and keep it under control. I am a thankful person for you all, for my teachers, and am most thankful to spend my days with your children. It's a privilege and a joy.

Happy Birthday!



November 11:
Mrs. Paterson

November and December are always full of really fun times at preschool! We will look forward to many holiday festivities! From Thanksgiving Feasts, to Polar Express Days to classroom Christmas parties, we are excited for it all! This year we will record our annual Christmas program so you can view it and share it with family and friends, as we shouldn't gather in the sanctuary with that many people. We simply can't cancel it though as it is a real rite of passage for our Pre-K kiddos to don the nativity costumes, and for our younger kiddos to sing their holiday songs. In the midst of all the festivities, our teachers continue to plan some really engaging lessons that grow those brains!

So very thankful this year,

Mrs. H

NO SCHOOL: THANKSGIVING BREAK

Monday, 11/23 - Friday, 11/27

School resumes Monday, 11/30



ALL ARE WELCOME!

In -person services to resume soon!

Times & Details to come!

Until then, check out some Sunday School lessons on Esperanza's website. These lessons from Deacon Connie can be done at home with your child.

<https://myesperanza.org/education/sunday-school/>



CHAPEL



November 18 & 19

We have been so thankful to spend Chapel Time each month with Deacon Connie as she has been teaching the children about The Fruits of the Spirit! So far, we have learned about Joy and Goodness. This month we will talk about Kindness through the story of Zacchaeus.

Each month we introduce the students to a **Fruit of the Spirit**, (these being love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control) and illustrate how Jesus and other characters from the Bible personified these traits, and how we can, too!

We will also enjoy singing a monthly themed song and we finish each Chapel Time with our Chapel Song, "My God is So Big"

Wear your school shirt for Chapel!

Optional Chapel Offering

THANK YOU to everyone who donated peanut butter & jelly last month. We filled a whole shopping cart for Kyrene Resource Center!

- In November we are collecting Bars of Ivory Soap and Newborn Diapers for the Arizona Needy Newborns organization supported by the Mary's Circle group here at Esperanza

WHY LUNCH BUNCH?



Lunch Bunch offers our students opportunities for additional socialization through mealtime, extended activities and play. We provide a safe, nurturing place where the children can eat lunch with their peers, while learning to manage and clean up their own space, with the bonus of added time to socialize and play with their friends.

With the company of our supportive teachers, Lunch Bunch kiddos can acclimate to a longer school day, can make mistakes (such as spills) and be helped to fix them, and can gain confidence and independence.

Lunch Time is very fast in elementary school and here at Hope we believe in providing Lunch Bunch as an opportunity for our students to practice the “soft skills” needed for kindergarten success.

**Available Daily
Sign up Book is located outside Mrs. H's office**

Pick Up at 12:30pm: \$10

Pick Up at 1:30pm: \$15

Pick Up at 2:00pm: \$20

Must be enrolled in 3's or Pre-K.

Not available to our Toddler Class due to diapering/licensing issues.

***NO LUNCH BUNCH ON Wednesday, November 18th
due to STAFF MEETING**

Parenting in the time of coronavirus and social distancing

March 25, 2020

Being the parent of a young child can be stressful under any circumstances, but our current reality makes it even harder. Families have lots of questions, so we reached out to [Rebecca Parlakian, ZERO TO THREE's senior director of programs](#), for her thoughts and advice for parents with babies, toddlers and preschoolers during this period of social distancing.

CHALLENGING TIMES

“You don’t have to be perfect.”

First Things First: Many families are at home together 24/7 and will be for some time to come. What are the challenges for parents with young children?

Rebecca Parlakian: Social distancing and rules about staying at home have totally changed daily life for many Americans, my family included. No change is easy, and this has been a particularly rapid and difficult change to adjust to. So when I think about what’s challenging for families, the answer is probably: Everything.

The rhythm of our days and weeks have changed completely, with schools closed and community resources limited. As we manage these changes, we’re also dealing with very real stressors about health, finances and even finding toilet paper! So this is a very hard time for families. It’s also the perfect time to remember that you don’t have to be perfect! You are allowed to feel tired, stressed and worn out.

FTF: So what’s your advice to parents in these challenging times?

RP: The only two things that need to be on a parent’s to-do list right now are taking care of themselves and connecting with their children.

Taking care of ourselves is the oxygen mask approach, like in a plane, when the flight attendant tells us to put on our own mask before helping others. This is a reminder that we need to care for ourselves in order to care for our children. So parents shouldn’t feel bad about carving out time each day to do something that makes them feel good, whether it’s a workout, a shower or a chapter in a book.

And connecting with our children is not about creating detailed activities that cover every minute of the day. It’s not possible or practical to be engaged with them all the time. Especially if you’re also working from home. Connecting means finding times across the day to share moments of nurturing and affection. To cuddle, hug and kiss them. To read a story, play a game, watch them play, let them help us cook or sort laundry. In times of intense change, children feel safe and secure when they can trust you to be there. That’s when they become free to do their “work” — playing, learning, exploring and creating.

DEALING WITH STRESS

"When we make time to 'share our calm' with children, they feel safe and secure."

FTF: Parents are going to get stressed, frustrated and upset at times. What would you advise them to keep in mind when they're not at their best?

RP: I would first encourage parents to keep in mind that it's okay if they are not 100% right now. The goal isn't perfection. The goal is being able to meet the needs of our little ones with love.

All parents have moments when they make missteps and wish they had a "do-over." If that happens — actually, *when that happens* — remember that it's the repair that matters most to your relationship with your child. What does "repair" mean? It's what we do after our misstep to reconnect with our child and re-establish our connection. So, I might say to my toddler: "Mama didn't mean to yell when you spilled your juice. I shouldn't have done that, and I'm sorry. Let me give you a great big hug! Everyone spills sometimes. Would you like to help me wipe it up with a towel?"

A final thought is that parents may want to consider strategies they can use on a daily basis to bring down their stress level. ZERO TO THREE has some great mindfulness practices for parents to check out, for example. Mindfulness has been shown to reduce stress and increase a parent's ability to be present and compassionate with their children, even during tough times.

FTF: How can parents help their young kids deal with the stress around them?

RP: The first and most important thing parents can do is find times to connect with their children across the day. Think of ways to get cozy together, cuddle and check in. Young children regulate their emotions with the help of their loved adults. This process is called "co-regulation." So when we make time to "share our calm" with children, they feel safe and secure.

Notice how your child communicates their feelings through behavior and be patient with any changes — like your child seeming to "lose" potty-training skills, being more clingy, or waking more at night. These are often signs that a child is struggling or feeling stressed, so extra patience is job one for parents.

Another strategy is using a consistent routine that children, even babies, can come to depend on. First, breakfast, then tooth-brushing, then dressing, then play time, then a story, then lunch, and so on. Routines organize us and help us feel secure.

Parents can also try age-appropriate ways to help children to communicate their feelings. Turn on some music for a "dance party" that lets children get their "worry wiggles" out. Paint a "feelings picture" to show each other how you are feeling. Try some simple pretend play with a stuffed animal or puppet; start by asking your child, "This is my stuffed dog, Spot. How do you think Spot is feeling right now?" Talk about and act out your child's

suggestions. Sometimes young children express their worries and thoughts through play before they can describe them in words.

You can also make calming routines part of the day like sharing simple yoga moves before nap time or trying some of ZERO TO THREE's [mindfulness exercises for toddlers and preschoolers](#). Offer your child a gentle massage before bedtime. Sit together and share a familiar song or lullaby when they need some time to recharge.

FTF: How about families with babies? Are infants affected by the stress of those around them?

RP: Even babies are picking up on their parents' and caregivers' stress. They notice when our voices, posture, expressions, touch and "way of being" is different.

You can help your baby feel secure, even when so much is changing by the day, by making lots of time for physical touch and holding. By responding lovingly to their cues and cries. By being patient with their fussiness — it's how they show us they are feeling unsure! And by using a fairly consistent schedule that they can trust and anticipate.

DAILY SCHEDULES AND ACTIVITIES

"Be flexible."

FTF: Some families are making daily schedules, with time for reading, art, exercise, games, etc. Is that a good idea?

RP: One of the biggest stressors for many families at home right now is that there is no schedule. Both adults and children feel a little unsure about what to do with their days. A schedule can provide some consistency and daily routines, which are very helpful for young children. And creating a schedule helps us to focus on the need for a variety of activities, from reading together to physical play, free play and other activities. We all do better when we have a balanced "diet" of activities.

While I see the value in schedules, I really encourage parents to be flexible. You should be in charge of the schedule; don't let the schedule be in charge of you. Identify a few main activities that happen every day — mealtimes, diaper changes, naps, bath time — to form your basic daily schedule. Then, list categories of activities that your child enjoys, like physical play, reading, drawing/art, quiet play (like puzzles or blocks), free play, play with parents, chores and screen time (if you choose). You can slot in these other activities across the day, or ask your child to choose activities from this list, to fill out a daily schedule.

Contact the Birth to Five Helpline at 1-877-705-KIDS

Free help for Arizona families and caregivers of young children. Early childhood experts are available by phone, text or email to answer any parenting questions.

[**Connect with an early childhood specialist**](#)

FTF: What activities can families do at home with toddlers and preschoolers?

RP: There are so many fun activities out there for little ones, it's hard to choose just a few ideas! If parents want to browse play suggestions, ZERO TO THREE offers a range of age-based resources for babies [birth to 12 months](#), [12 to 24 months](#), and [24 to 36 months](#).

While it's fun for children to play *with* parents, it's also important for children to have some time to play on their own or with parents nearby, watching, but not involved. Time for independent play builds a child's problem-solving skills, attention, and persistence — and it also gives parents a few much-needed minutes to just *be*.

FTF: How can families stay connected with grandparents, relatives and friends?

RP: Right now, video chat is a great tool to stay in touch. Young children — even babies — can recognize and build a relationship with someone who they interact with regularly on video chat. Here are some [tips for making the most of video chats](#) with your little one, based on the research.

Another idea is to work on a project together, but apart. For example, a colleague of mine sent photos back and forth via text with her 4-year-old granddaughter. Together, they sent one another pictures of things in their houses from A to Z. My colleague sent a picture of toilet paper for T, while her granddaughter sent back a picture of underwear for U. You can also send videos of songs, stories and jokes back and forth.

ONE LAST REMINDER

"You have what it takes."

FTF: Thank you very much for sharing your expertise and encouragement. Any last reminder for parents of young kids in the time of coronavirus and social distancing?

RP: The most important thing for parents to remember is that you are your child's favorite person in the whole world. You have what it takes and what they need.



[Rebecca Parlakian is senior director of programs for ZERO TO THREE](#), a national nonprofit organization that informs, trains and supports professionals, policymakers and parents in their efforts to ensure all babies and toddlers have a strong start in life. She 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 is currently serving as adjunct faculty.



Trick of the Trade: D.N.A. (Describe, Name, Acknowledge)

Often when children come to us throughout the day with a problem or frustration, they aren't always looking for a solution. Rather, they simply want to be heard. Sometimes we do not offer a solution right away, we simply acknowledge the upset or the feeling. We use the Conscious Discipline D.N.A. Process described below.

D = DESCRIBE

Describe the behavior you are seeing *without judgment* and take a deep breath to download calm. You may use the following phrase, "Your arm is going like this (demonstrate), your face is going like this (demonstrate)," to encourage eye contact. Take a deep breath to download calm when the child looks at you.

N = NAME

Begin to manage the [**Emotional State**](#) by naming the feeling the child is communicating. "You seem angry." Use a questioning tone of voice and your best educated guess. (This gives the child the opportunity to correct you if your guess is off.) Then move quickly to the next step.

A = ACKNOWLEDGE

Acknowledge the child's desire and offer positive intent while validating the experience: "You wanted ____" or "You were hoping ____." These statements acknowledge the child's wishes and facilitate problem solving. Make these statements as tentative guesses to be confirmed or adjusted (just like naming the feeling). Also, be certain to maintain focus on the child's experience. Phrases like, "I know you wanted____" and "I understand you were hoping ____," make the experience about you rather than the child, and are a form of false empathy.

D.N.A. Example:

Describe:
"Your hand went like this (demonstrate), and your mouth went like this (demonstrate)."

Name:
You seem disappointed.

Acknowledge:
You were hoping for more time with your tablet. That's hard. Keep breathing.
You can do this."

 Conscious Discipline®

Sometimes we may want to use D.N.A. to revisit an event after the fact. The process might look like this:

D = Describe, without judgment, what happened. "I yelled at you earlier today." Breathe deeply to download calm.

N = Name your feelings at the time. "I felt really frustrated."

A = Acknowledge your desire at the time. "I wanted us to have lunch together."

Empathy through the D.N.A. process sets the stage for the willingness to solve the problem. Problem solving is an [**Executive State**](#) function in which we reflect on the original conflict and come up with a solution for handling it next time.

See more at consciousdiscipline.com



PRESCHOOL PORTRAITS

Lifetouch
Picture Day

Preserving
Picture Perfect
Faces



**School Picture Day is
Monday, November 9th
Return your info forms to your teacher**



FREE Flu Shots

Administered on our campus
for adults and children over 6 months old
Monday, November 9th
10:00am – 1:30pm
Forms available in preschool office
COH children can receive flu shots *after* school

Gratitude

Scavenger Hunt for Kids

1. Find something outside you enjoy looking at
2. Find something that is useful for you
3. Find something that is your favorite color
4. Find something you know someone else will enjoy
5. Find something that makes you happy
6. Find something that tastes good
7. Find something that smells amazing
8. Discover something new
9. Find something that makes you feel safe
10. Find something that makes a beautiful sound
11. Find someone you are grateful for
12. Find something that is unique to you
13. Find something that makes you laugh
14. Find something in the night that you enjoy
15. Find something in the morning that you enjoy
16. Find a friend/pet that you love spending time with
17. Find your favorite place to spend alone time
18. Find something that reminds you of the people you love
19. Find something that you enjoy doing outside with friends
20. Find a place that you love

Natural
BEACH LIVING



Friday Enrichment Class for Pre-K



Storybook Forest

With Mrs. H & Mrs. A

8:30 – 11:30am

11/06 – 12/11/20

\$115 for all 5 Fridays

Join us as we adventure through some of Mrs. H's favorite storybooks with art, drama, math, STEM and more!

Book Study for our Moms!

Join other CoH moms in a book study of "Mom Set Free" by Jeannie Cunnion. Only one chapter of reading every 2 weeks. Each night will include a discussion with video guide led by Mrs. Pierce and Mrs. Gerrish. See Mrs. H to sign up.

Book not needed for first meeting.

We meet the 2nd and 4th Tuesday nights of each month at 7pm.

Our first meeting will be October 27 at 7pm in Fellowship Hall.

MOM'S NIGHT OUT!

Tuesday, 11/10
7:00pm
Fellowship Hall

**Grab another mom in
your class and enjoy!**



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.



Cleaning & Disinfecting
Services



FORCE SHIELD
FOG • DISINFECT • PROTECT

find us on
Facebook

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

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