

Children of Hope Child Development Center

October 2023

Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger
Preschool Director



We hope you all enjoyed some time with your family over the Fall Break. This break was very exciting in the Hockenberger house as we celebrated the marriage of our daughter! The timing of the break was coincidental, but so helpful as we prepared for and celebrated the wedding. I hope your time with your kiddos was wonderful, too!

With Kyrene's new school calendar, the end of each semester will coincide with a break. We are now coming into a fun semester at preschool with several holiday activities. More on our upcoming Halloween party later in this newsletter.

Happy Birthday!



No October Birthdays
for Staff

We look forward to resuming school on TUESDAY, October 10th. This semester usually goes pretty fast with all of the holiday fun, and before you know it, Christmas is here!

And, sales of Butter Braids are back this month! YUMMY!

Please mark your calendars for the following important dates this semester (more info in newsletter):

Tuesday, 10/10: School Resumes

Friday, 10/13: Fun Friday

Sunday, 10/22: 5 Star Celebration

Tuesday, 10/31: School Wide Halloween Party

Tuesday, 11/21: School Wide Thanksgiving Feast

Saturday, 12/02: Breakfast with Santa, 9:00am

Thursday, 12/14: Annual Christmas Program, 9:00am

Mrs. H 😊
#fillyourchildwithhope



ALL ARE WELCOME!

PLEASE JOIN US
for a special worship service
on Sunday, 10/22
9:00am



Help us celebrate!

**Mrs. H will be presented the
ELEA Director of the Year
Award and we will celebrate
our 5 Star Rating from
Quality First**

FAMILY CHAPEL TIME



PARENTS!
We invite you to
Family Chapel Time!
WEAR YOUR SCHOOL SHIRT

8:30AM

Frogs: Monday, 10/16
Ducklings: Tuesday, 10/17
Penguins: Wednesday, 10/18

**Donations to Kyrene Resource Center will
be accepted at Chapel Time.**

These include:
Cereal
Rice
Beans
Canned Meat (chicken, Spam, tuna)
Shampoo
Conditioner



LUNCH BUNCH

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

Will invoice via Brightwheel

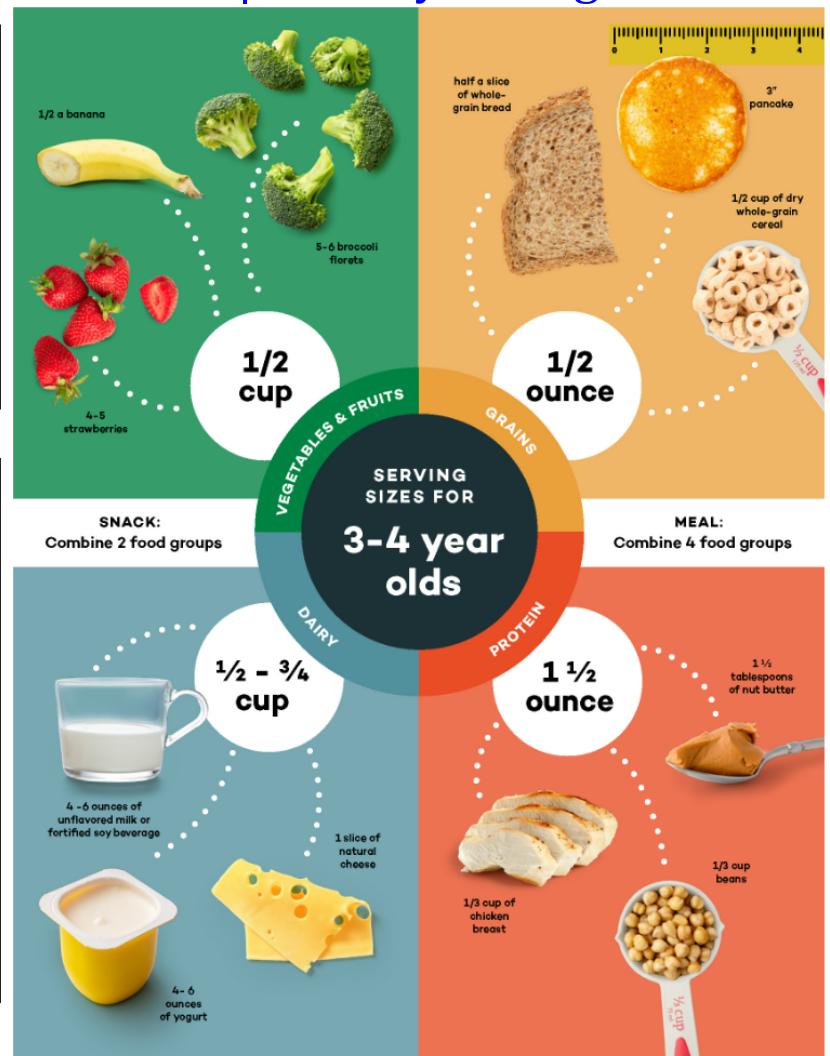
**NO LUNCH BUNCH Thursday, October 19th
due to Teacher Staff Meeting**

Ages 2-8 Feeding Recommendations | Healthy Eating Research

- **Snacks** should include items from **2 of the food groups** (e.g., fruit and dairy).
- **Meals** should include items from **3 or more food groups** (e.g., protein, grains, vegetables).

It's important to keep in mind that your child might not eat the exact amounts suggested at every meal, or even every day. THAT'S OKAY!

Just remember to keep offering a variety of healthy foods and drinks at all meal and snack times, and things will balance out over the course of the week.



Mealtime Routines and Tips

Did You Know?



Routines can help children know what to expect when it is time for meals or snacks.

For more information, watch these videos from [1,000 Days](#).

Ready to feed your 6 to 24 month old? Mealtime can be a messy and fun learning experience. Your child may have about 3 meals and 2 to 3 snacks every day. Having a routine can help children know what to expect when it is time for meals or snacks.

Here are some routines and tips for mealtimes:

Clean

- Wash your child's hands before mealtime.
- **Tip:** Worried about a mess? You can put newspaper or a plastic mat on the floor under your child's high chair or booster seat. This can help with cleanup.

Be Safe

- Sit your child in a safe place. A high chair or booster seat are good options.
- Strap your child into the high chair or booster seat.
- Watch children at all times to make sure they are safe.
- **Tip:** Learn important food safety steps to keep your child safe from foodborne illness. Visit [Foodsafety.gov](#) or CDC's page on [Safer Food Choices for Children Under 5 Years Old](#).

Focus

- Face your child toward you or other family members at the table.
- Limit distractions. Avoid letting TV, videos, cell phones, or pets distract your child from eating. These can also distract you too. Focus on your child during mealtimes.

Did You Know?

Children should not watch screens.

The American Academy of Pediatrics [recommends](#) children avoid using screens until they are 18 months old, unless video-chatting with friends or family.

See the [reasons](#) for this recommendation.

Talk with your child during mealtimes. This can be a fun time, and it is important for your child to have your attention.

- **Tip:** Mealtimes do not have to be long. Mealtimes can last 10 or 15 minutes, or for as long as your child can pay attention.

Fingers, spoons, forks, and cups

- When babies first starts eating foods, you may use a spoon or they may use their fingers.
- As children get older, they will develop different skills to help with mealtimes. Learn more about when children will begin to use their [fingers, spoons, forks, and cups](#).
- **Tip:** Are you worried about breaking dishes or cups? Use dishes and cups that are not breakable and do not have sharp edges.

Family meals

Did You Know?

Children may eat different amounts of food each day.

This is normal. Talk with your child's doctor or nurse if you are concerned about how much, or how little, your child is eating.

- **Sitting down as a family for mealtime can teach your child how to eat and helps your child develop social skills.**
- Give your child healthy food options at each meal.
- **Tip:** Want your child to [try new foods](#)? Model healthy eating. It can help your child learn what to do.

Amount

- Let your child decide how much to eat. Your child does not have to finish all the food on the plate or drink all the liquid in the cup or bottle.
- **Tip:** Watch your children for signs that they are [hungry or full](#).

Last Reviewed: September 1, 2023

Source: [Division of Nutrition, Physical Activity, and Obesity, National Center for Chronic Disease Prevention and Health Promotion](#)



The D.N.A. Process for Empathy

Describe:

"Your arm is going like this (demonstrate), your face is going like this (demonstrate).

Name:

You seem (sad, scared, angry, etc.).

Acknowledge:

You wanted ____.

or

You were hoping ____."



2/3

D.N.A. Process Example

Describe:

"Your arm is going like this (demonstrate), your face is going like this (demonstrate).

Name:

You seem disappointed.

Acknowledge:

You were hoping for more time to play with your friend. That's hard. Keep breathing. We'll get through this together."



3/3

The D.N.A. Process, which stands for: D- Describe N- Name A- Acknowledge, gives us a simple process for consciously offering empathy.

With this process, we can coach children from the lower centers to the higher centers of their brains in moments of upset, allowing us to solve problems effectively. We also provide children with language that helps them develop healthy, self-regulatory inner speech.

Want to learn more?

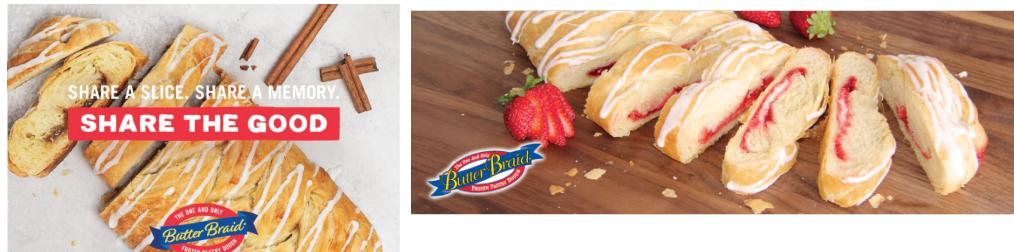
Check out this free webinar "Using Conflict to Teach-Part 1" with Master Instructor Jill Molli: <https://bit.ly/2DUvjHy>.

Children of Hope Child Development Center Online Fundraiser! YUMMY!

Dear Families,

If you know, you know! I am very excited to announce this upcoming fundraising event! **Butter Braid® pastries** are sold exclusively through fundraisers, and you will likely come across friends, family and co-workers that have been waiting to order!

The flavor lineup includes: **Apple, Bavarian Crème, Blueberry Cream Cheese, Cherry, Cinnamon and Cream Cheese pastries.** They sell for \$15 and we earn a \$6/40% profit on each item! Visit <https://upliftingpromotions.com/products/> for pictures & nutrition information.



You can register to set up your unique online store here:

<https://store.myfundraisingplace.com/RegisterSeller/190b6069-f0e8-42f1-9ebb-810b9c6b5bed>

While you should only take pastry orders from people you can personally deliver to as the products are frozen and cannot be shipped, the online store does include a ‘Support the Cause’ donation option for your out-of-town supporters.

Buyers placing orders through the online store pay via credit card or mobile wallet (\$15 per pastry, plus a single \$1.50/transaction fee).

You should collect payment as you take paper form orders and turn it in with your form on the sale end date.

Participants that have promoted their fundraiser on Facebook, Instagram, Twitter and Nextdoor have great success – often doubling their sales over the previous year! It’s a great way to catch people you may not be in everyday contact with – you never know how many of your followers have been hoping for a chance to connect with a Butter Braid pastry fundraiser! Adding a personalized video or picture to your post about your fundraiser helps! Feel free to contact me with any questions, and thanks for doing your part to make this fundraiser a success!

Important Details To Remember!

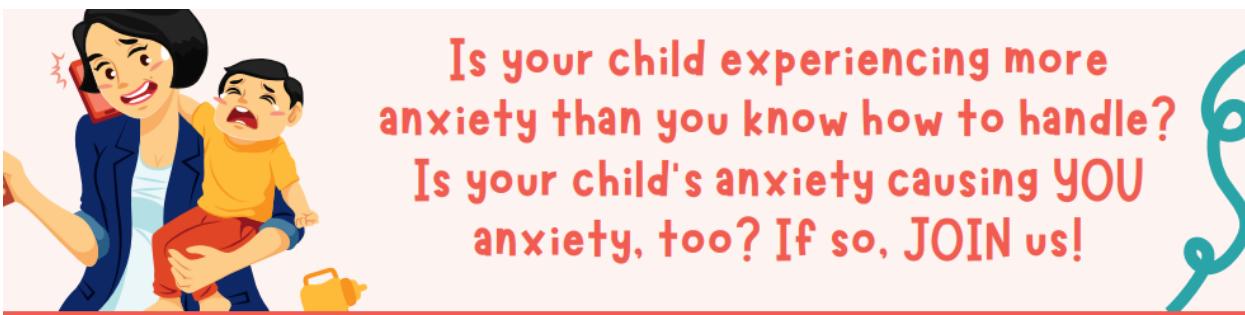
Fundraiser Purpose: Playground Landscape/Ground Cover

Group Goal: \$3000

Fundraiser Starts: 10/09/2023

Fundraiser Ends: 10/23/2023

Delivery Date: 11/08/2023



Is your child experiencing more anxiety than you know how to handle?
Is your child's anxiety causing YOU anxiety, too? If so, JOIN us!

Tools for Parents OF ANXIOUS KIDS

An 8-Week Psychoeducational Group

**WEDNESDAYS
12PM-1PM**

**OCTOBER 18TH –
DECEMBER 13TH**

SKIPPING WEDNESDAY, 11/22,
DUE TO THANKSGIVING

**\$520
FOR ENTIRE SERIES**



SESSIONS WILL BE HELD IN-PERSON AT CORAL VALLEY PSYCHOLOGICAL SERVICES.
REGISTRATION WILL BE LIMITED AND OFFERED **ON A FIRST COME, FIRST SERVED BASIS.**

TO REGISTER, EMAIL
ADMIN@CORALVALLEY.ORG

OR CALL US AT 480.382.4416
FOR MORE DETAILS.

OFFERED BY:



Coral Valley
Psychological Services,
PLLC



Dr. Lauren Taveras, Psy.D.

BILINGUAL LICENSED CLINICAL PSYCHOLOGIST

UPCOMING EVENTS

Preschool Board Meeting



Tuesday, October 17th

6:00 - 7:00pm

Fellowship Hall

If you would like to volunteer for our preschool board, please see Mrs. H. We would love to have you as we plan and implement our school year.

7 Meetings total will be held the 3rd Tuesday in September, October, November, January, February, March, and April

FUN FRIDAY!



Friday, October 13th

Offered to kiddos enrolled in the Penguins & Frogs

Join Mrs. Gerrish & Mrs. Pierce for an extra day of fun!

\$30 per child
will invoice via Brightwheel

8:30 - 11:30am

Sign up with Mrs. H in the office

It's a School Wide Halloween Party!

Tuesday, October 31st



8:30am: Drop off your child in the classroom in their costumes

8:50am: Halloween Parade will begin (we will parade through the parking lot, stopping for group photos)

9:15 – 11:30am: **Parents:** Please take your child to each station and enjoy this fun morning with your kiddos!

**Each child must have a grown-up to stay with them all morning,
as teachers will all be manning stations**

- Food & Ice Cream Sundae Bar
- Crafts
- Obstacle Course
- Donuts on a String
- Pumpkin Pounding
- Games
- & More!



Please make drop off and pick up times with your child

Cell Phone Free Zones ☺ Your child really wants your attention at this time and it's helpful too if we need to communicate any blessings or concerns with you.

Thank you!

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, child care providers, and parents.



Cleaning & Disinfecting
Services



FORCE SHIELD
FOG • DISINFECT • PROTECT



Like our Facebook
Page/Follow us on
Insta!

Also, join our Private