

# Children of Hope Child Development Center

February 2023

## Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger  
Preschool Director



Before I get into the business of the day, I have to congratulate our Trivia Night winners...Team Urine Luck...from our very own Penguin classroom! A great time was had by all! Congrats Urine Luck on the big win!



### Happy Birthday!



No Staff Birthdays in February

As we move into February, we will be busy preparing for our upcoming Parent/Teacher Conferences with you. We really love this time to come together with you and share all the growth and learning that is happening in the classroom. Assessments are taking place each and every day, but at this time of the year, even more concentrated. It's really amazing what these young scholars learn in these important first five years of life when the brain is developing the most.

We will also be preparing for registration for the 2023-24 school year! The relationships we build with you, our school family, really matter to us and we are always so happy to welcome a younger sibling or a friend. Registration for current families will begin on March 1<sup>st</sup>, and new families will be accepted starting on March 3<sup>rd</sup>. Packets will be available soon!

It's the month of love, and we sure love your child. Thanks for sharing them with us.

Warmly,  
*Mrs. H*



**ALL ARE WELCOME!**  
*Sunday Worship Service  
9:00am*

*Children's & Adult Sunday School following worship*

**First Communion Class**



*Esperanza will be holding First Communion workshops on Sunday, February 5<sup>th</sup> and 12<sup>th</sup> 11:15am - 1:00pm (lunch included), with First Communion on February 26<sup>th</sup>.*

*There is no set age limit. If you feel your child is ready to receive communion and grow in their faith, we invite you to join us.*

*Please contact Deacon Connie for more information*

*Deacon.connie@myesperanza.org*

## FAMILY CHAPEL TIME



**Frogs:** Monday, February 13 @ 8:30am...please check in, drop off backpacks, and proceed to Chapel

**Ducklings:** Tuesday, February 14 @ 8:30am...please meet in the Chapel

**Penguins:** Wednesday, February 15 @ 8:30am...please check in, drop off backpacks, and proceed to Chapel

### PARENTS!

Join us at Family Chapel Time! Please join us where you will sit on the floor with your child in your lap and participate in monthly Family Chapel Time with Deacon Connie, Pastor Sarah, and Mrs. H. (If a parent cannot attend, no worries...we will take great care of your children and keep them happy & engaged)

We will hear stories, sing songs, and learn about Jesus. We hope you will join us!

**Children:  
WEAR YOUR SCHOOL SHIRT**

**Lesson: Fruit of the Spirit  
Galatians 5:22-23**

# 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**

**Billing via Brightwheel**

**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 Tuesday, February 16<sup>th</sup>, due to Staff Meeting**



# I LOVE YOU RITUALS



## Twinkle Twinkle

"Twinkle Twinkle Little Star,

(Hold child's hands above their head. Wiggle your fingers together.)

What a wonderful child you are!

(Bring your arms down and rest them on each other's shoulders.)

With bright eyes and nice round  
cheeks,

(Touch next to each other's eyes then cheeks.)

talented person from head to feet.

(Take your child's hands and swing them up high then down low.)

Twinkle Twinkle Little Star,

(Hold child's hands above their head. Wiggle your fingers together.)

what a wonderful child you are."

(End the song with a hug.)

2/5

**Conscious Discipline**



## Here's the Bunny

(Have the child pretend to be the bunny and the adult is the hole).

"Here's the bunny with the ears so  
funny.

(The child makes two bunny ears with their fingers above their head.)

Here's the hole in the ground.

(The adult makes a circle shape by extending both arms and linking  
fingers.)

When a noise she hears, she picks up  
her ears,

(Child makes their pretend bunny ears perk up straight.)

And jumps in the hole in the  
ground!"

(The child then goes into adult's extended arms, ending with a hug and  
some loving squeezes.)

5/5

**Conscious Discipline**

Come join our growing community on TikTok!

I Love You Rituals are playful, one-on-one interactions that build loving bonds while increasing attention span, decreasing power struggles, and promoting language and literacy at school or at home.

Click the link below to learn more about I Love You Rituals a link to a playlist with over 70+ I Love You Ritual videos! [#iHeartCD](#)

<https://www.facebook.com/watch/143088605106/767607073980666>



## Oral Health

Healthy teeth are important. Between 6 months and 3 years, children get 20 baby teeth. Even though baby teeth fall out, they help your child eat healthy foods and learn to talk and smile normally. Start good dental care from birth so your baby's gums are healthy and his first teeth do not have decay.

### Prevent Tooth Decay

Tooth decay is caused by bacteria and sugar in the mouth. To help prevent it, try to avoid sticky, chewy, high-sugar foods. Do not let your child carry around a bottle or sippy cup of milk, juice or sugary drinks between meals. Do not put her to bed with a bottle or food. And brush her teeth twice a day.

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FIRST THINGS FIRST

## PREVENTING TOOTH DECAY

Tooth decay is caused by bacteria and sugar in the mouth, but you can help prevent it.

**BRUSH HER TEETH TWICE A DAY.**

 **AVOID** sticky, chewy, high-sugar foods.

 **DON'T** let her carry around a bottle or sippy cup of milk, juice, or sugary drinks between meals.

 **DON'T** put her to bed with a bottle or food.

 **Take her to a dentist** around her first birthday.

### Treat Tooth Decay

Tooth decay causes pain and infections. It can lead to serious problems with eating, speaking, sleeping and learning. Take your child to the dentist if she:

- Has brown or black spots on her teeth.
- Has tooth pain.
- Has a tooth injury or other dental problem.

## THINGS YOU CAN DO

### Take Care of Your Baby's Teeth

- Starting from birth, wipe your baby's gums with a clean, damp cloth or gauze pad every day.
- When your baby has his first tooth, start to brush 2 times a day with a smear of fluoride toothpaste. Increase to a pea-sized amount of toothpaste when your child turns 3.
- Ask your baby's doctor about fluoride supplements or varnishes, starting at 6 months. Fluoride helps prevent tooth decay, and your water may not have it.
- The bacteria that cause tooth decay can spread from mouth to mouth. So do not pass food, toothbrushes, pacifiers or spoons from your mouth to your baby's mouth.
- You will need to help your children brush their teeth until they can do it themselves. This is usually not until ages 6 to 8.

### Find a Dentist

- To find a dentist for your child, talk to your own dentist. Or visit the [Arizona Dental Association](#).
- For low-cost dental care, check with local clinics and dental schools. Visit the [Arizona Office of Oral Health](#).
- For dental care for children with AHCCCS, contact [AHCCCS](#) or your child's health plan.

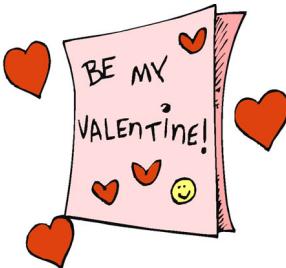
### When You Are Pregnant

- You need to take extra care of your gums and teeth. Gum disease can cause your baby to be born too early and too small.
- Keep your teeth clean. Brush twice a day with a fluoride toothpaste. Floss daily between the teeth, close to the gums.
- Try to see a dentist as soon as you are pregnant.
- Make sure you are eating a well-balanced diet so your baby develops strong teeth and bones. And take your daily prenatal vitamins.

# **FUN FRIDAY**

**February 10th**

**8:30 – 11:30am**



**Join us for some extra Valentine Fun!**

**\$30 for Frogs and Penguins**

**\$35 for Ducklings**

**Message Mrs. H on Brightwheel to sign up**

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**February 21-28**

**Your child's teacher will post a sign up on Brightwheel.**

**Mrs. H and Mr. Caleb will watch your child for you on the playground during your conference time.**

**We look forward to sharing your child's progress with you!**



In preparation for our Parent/Teacher Conferences, we will be asking you to complete the Ages & Stages Questionnaire WITH your child. Thank you for taking the time. We really value your input as you are your child's first and most important teacher.

ASQ-3 is a set of simple questionnaires trusted for more than 20 years to check child development. There are 21 ASQ-3 questionnaires for use with children from 1 month to 5½ years old (one questionnaire for each age range). Here are the five important areas of development that each questionnaire looks at:

1. **Communication:** Your child's language skills, both what your child understands and what he or she can say.
2. **Gross Motor:** How your child uses their arms and legs and other large muscles for sitting, crawling, walking, running, and other activities.
3. **Fine Motor:** Your child's hand and finger movement and coordination.
4. **Problem Solving:** How your child plays with toys and solves problems.
5. **Personal-Social:** Your child's self-help skills and interactions with others.

The "Overall" section asks you open-ended questions about your child's development and lets you weigh in with any concerns you may have.

### Can a questionnaire really capture my child's true skills and developmental progress?

Yes! Studies have shown that parent-completed screeners like ASQ® are very effective at pinpointing child progress. Information parents give about their children is usually highly accurate. Plus a parent-report tool like ASQ calls for *your* unique perspective on how your child behaves and performs skills in natural settings like your home. That means it can capture the big picture of your child's development better than a screening that takes place in an unfamiliar setting.



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