

Children of Hope Child Development Center

December 2023

Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger
Preschool Director



It's here! December is so much fun at preschool! We enjoyed having some of our families at Breakfast with Santa, we are having fun with some holiday activities and songs in the classroom, and we are very busy preparing gifts for you and rehearsing for our Christmas performance on 12/14! Love this time of year when we can see the holidays through a child's eyes. What a gift. They are so excited!

And speaking of gifts, many of us were so thankful to be able to attend the NAEYC Conference in Nashville last month. Along with some excellent learning, we enjoyed some great country music and food and fellowship. We have already implemented some strategies learned at the conference and look forward to expanding on them as the school year continues.

Happy Birthday!



December 30:
Deacon Connie

You will notice soon that we are doing some playground landscape projects. New sand has been added to the sand area, a border will be installed to help keep mulch in place (my nemesis), and soon any gravel on the playground will be replaced with turf and pavers. Grant money from last year helped us save for these projects and we are very happy to get them done!

We have some wonderful things planned for 2024! As part of that we are always looking for substitute teachers. Do let us know if you or anyone you know may be interested.

We wish you all a very Merry Christmas and a most wonderful new year!

Mrs. H 😊
#fillyourchildwithhope



ALL ARE WELCOME!



*FAMILY FRIENDLY
WORSHIP SERVICES*

*Christmas Eve
Children's Worship
Service*



12/24 @ 4:00pm

*Join us for this interactive worship service
designed especially for families with
children.*

*Playin' & Prayin'
with Deacon Connie
December 17, January 21*

On these designated Sundays, Deacon Connie will take **children ages 2-6** to the Duckling classroom for some playin' & prayin' time (Bible story & activities), allowing parents to remain in worship for the service and sermon!

FAMILY CHAPEL TIME



PARENTS!

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

8:30AM

**Frogs: Monday, 12/11
Ducklings: Tuesday, 12/12
Penguins: Wednesday, 12/13**

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

These include:

**Cereal
Rice
Beans
Canned Meat (chicken, Spam, tuna)
Shampoo
Conditioner**

**BUT THE FRUIT
of the Spirit IS...**



LUNCH BUNCH



NEW LUNCH BUNCH PICK UP TIMES STARTING IN JANUARY

Pick Up at 1:00pm: \$15

OR

Pick Up at 2:00pm: \$20

Will invoice via Brightwheel

We have found that the 12:30pm pick up time barely allows the children time for play and to eat their lunch. Starting in January we will offer two pick up times for Lunch Bunch that are more conducive, allowing the kids ample opportunity to play and not rush through their lunch.



Try taking the word “Don’t” out of your parenting vocabulary



A few years ago we flipped our messaging to our students based on tips from Conscious Discipline by stating the action/behavior we wanted them TO DO, instead of focusing on the behavior we didn't want.

For example:

“Don’t run.” changed to “Walk like this.”
“Don’t touch.” changed to “Put your hands at your side like this and look with your eyes.”

Children this age think in pictures, so we when say “don’t run”, they think RUN!
State the action/behavior you want them TO DO. We promise, it’s a game changer.

It takes a lot of practice, but it works!

Check out this video from CD Master Instructor Kim Jackson

Do versus Don’t Commands <https://fb.watch/oLckfqNsT4/>

By Karen Hickman

Pretend with me for a moment: You just purchased a new riding toy for your child. It requires assembly. You pull out all of the pieces and find the sheet with the printed directions. Imagine what would happen while constructing the toy if the directions read like this:

1. Don't put part A on top of part B.
2. Don't make a mess.
3. What did I say?
4. Are you listening to me?
5. Stop whining.
6. Don't leave the tools all over the floor.

How are you feeling so far? Encouraged? Frustrated? Confident about how to assemble the toy?

Now think about how we sometimes talk to our children:

- "Don't hit your sister."
- "Don't leave your toys on the floor."
- "Don't lean your chair back like that!"
- "Did you hear me?"
- "What did I say?"
- "Don't make me pull this car over!"

A very helpful skill that I have learned through studying Conscious Discipline® is to teach children what **to** do. Dr. Bailey teaches that you will get more of the behaviors you focus on. She refers to this as the Power of Attention.

If we want children to learn to behave appropriately, it requires us to clearly teach what the expected behavior looks like, sounds like and feels like.

Young children have immature inner speech. They think in pictures, much like seeing a movie playing in their mind. (Adults, on the other hand, have a never-ending diatribe of words going through our minds.) The more the adults use words, gestures and visual pictures to paint clear pictures for children, the better children understand what is expected.

- "John, when you want your sister's attention, touch her like this."
Demonstrate.
- "Sue, pick up the puzzle pieces and put them in this box like this."
Demonstrate.
- "Devon, keep your chair legs on the floor like this."
Demonstrate.

- “I am going to pull the car over so we are safe.” *Once the car is pulled over, continue*, “Jena, reach over and pull the seatbelt strap out like this and then put it in the buckle.”

Think of one small, everyday behavior that often triggers you with one of your children. It could be leaving a bath towel on the floor, not hanging up a jacket, running through the house, etc. In your mind, picture what you want your child **to** do. Next, write down what to do with a clear command. State your child’s name, followed by a verb that tells the action you want him/her to do and then paint a clear picture of the expectation using words and gestures. In Conscious Discipline, we call this process “**Name, Verb, Paint.**”

Name: Say child’s name.

Verb: What you want child **to do.**

Paint: Paint a picture with words and actions

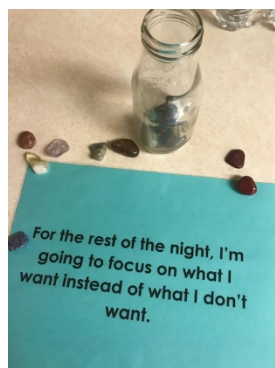
Let’s say your trigger is Jamie sitting sideways at the dinner table and subsequently dropping food.

Name: “Jamie.”

Verb: “Turn your whole body to face forward...”

Paint: “...like this.” *Demonstrate.* “Your knees will be under the table and your smiling face will be pointing toward me.”

My blog post *Encouraging Words to Feed Children’s Brains* might be a helpful refresher in encouraging your children as they learn expected behaviors. Also, I highly recommend Dr. Becky Bailey’s free webinar on the [Power of Attention](#) (Part 3 of the [Becoming The Best You Can Be Series](#)).



Wishing you well,
Mrs. H

UPCOMING EVENTS

Preschool Board Meeting



Tuesday, January 16th

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



Register now!

<https://www.eventbrite.com/e/azeca-early-childhood-day-at-the-capitol-2024-tickets-78421892027>

Early Childhood Day at the Capitol is back!

Come join us for some fellowship and fun! Early childhood champions are gathering to raise awareness of the need to invest in the early years at Early Childhood Day at the Capitol.

Join us for breakfast and gourmet coffee while you network with friends and legislators. We will show how early childhood development and health contribute to healthy children, third grade literacy, enhanced economic development and strong communities!

This is a vital opportunity to show policymakers how early childhood builds a bridge to their priorities and the impact early childhood investments have made in communities across our beautiful state. You can choose to participate in learning session, including a panel with state lawmakers and join in on fun activities. There is also the opportunity to schedule group visits with your legislators.

[AZECA Early Childhood Day at the Capitol 2024 Tickets, Mon, Jan 22, 2024 at 8:00 AM | Eventbrite](#)

Annual Christmas Program

Thursday, December 14th



8:30am: Drop all children off in the classroom as usual

Ducklings: will perform some songs for you in the classroom right away and will be finished by 9:00am so parents of Penguins and/or Frogs can go to the sanctuary for their performance

Penguins: dress your child in their favorite Christmas outfit and we will meet you in the sanctuary at 9:00am for our performance

Frogs: Please arrive in costume (coming home soon) and we will meet you in the sanctuary for our performance at 9:00am

Don't miss this very special morning!



**Saturday, February 24th
6:00pm**

Gather your team of 6 adults!

IYKYK!

More info coming soon!



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



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Instagram

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Page/Follow us on
Insta!**

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