

Children of Hope Child Development Center

December 2024

Hope Happenings: News from Mrs. H's Office

Lynn Hockenberger
Preschool Director



It's here! One of the best seasons of the year at preschool...Christmas time! The excitement and joy is on another level at this time of year and we love it!

After attending a national conference in Florida last month that included Lutheran schools, hosted by the Episcopal Church & Schools, Deacon Connie and I return with creative ideas and a renewed energy for this wonderful work of early childhood education. The theme of the conference was "Let Your Light Shine". An amazing keynote speaker, Steve Pemberton, a product of the foster care system, shared moving stories of who the "lighthouses" were in his life, those who guided him with their light. Who are the lighthouses in your life? I am lucky to work with 8 amazing lighthouses here at COH.

I share this wonderful Advent resource that the ELCA sent this month as we prepare for the Christmas season.

[Little Dreamers: Children's Lessons for Advent Through Epiphany – A Sanctified Art](#)

Let December begin! We love this time of year as we see it through your children's eyes. It's a wonderful view.

Happy Birthday!



STAFF BIRTHDAYS

12/30: Deacon Connie

Warmly,

Mrs. H 😊

#fillyourchildwithhope



Thank you to Ramon (Penguins) and his family for getting the Advent season started at Esperanza. Ramon lit the first Advent candle with his dad, while his sister and mom presented a reading.



Prayin' & Playin'
with Deacon Connie
Sunday, 12/15

Fun activities for the kids in the Owlet classroom with Deacon Connie during worship. She will bring the children back to the sanctuary in time for communion.

FAMILY CHRISTMAS EVE SERVICE
12/24 @ 4:00pm



*Interactive service for families with children
with Deacon Connie*

or

Traditional Candlelight Service: 7:00pm

FAMILY CHAPEL TIME



PARENTS!
We invite you to
Family Chapel Time!

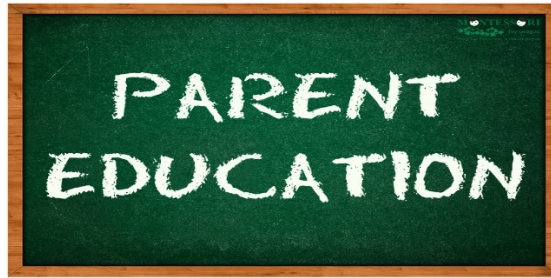
Frogs: Monday, December 9
Owlets: Tuesday, December 10
Penguins: Wednesday, December 11

Collection for
Kyrene Family Resource
Center

This family resource center helps children in our school district who are facing food insecurity. If you would like to donate, please bring items to Chapel each month and place in the shopping cart.

Needed: Boxes of Cereal





Hello Children of Hope Families!

[Tame Tough Feelings Intro Video.MOV](#)

Mrs. H has purchased a Video Series for you, **Tame Tough Feelings!** Tame Tough Feelings takes four lessons from the signature course, Meeting Kids' Needs, all on feelings, and makes them instantly available to watch *all at once*. Here, you'll find the latest on helping your child to develop a rich emotional vocabulary, recognizing where your child feels challenging emotions in his or her body, and managing challenging emotions with a menu of research-backed and ready-to-use practices!

The holiday season is the perfect time to focus on these important lessons and make a massive impact on your child's short- and long-term emotional wellness!

Here's how to access Tame Tough Feelings at **no cost to your family**. No credit card information is needed. It's quick and easy to watch your lessons!

- 1) Visit meetingkidsneeds.com/tame-tough-feelings.
- 2) Scroll down and press the ONE-TIME PAYMENT button.
- 3) Press the BUY NOW button again on the next page.
- 4) **Enter discount code ESPERANZATTF and you'll see your cost at \$0.**
- 5) Register with your contact info: your email, full name, and make a password to create your account. Please make note of your password for future access.
- 6) Check the box to accept the terms of service, and you're all set!

We all know life can get full and busy; that's why the lessons are about the length of a TEDTalk and are very easy to watch and to apply. Make it a point to take advantage of Tame Tough Feelings this holiday season. These valuable lessons will make a positive impact in your family!

kindest regards,
Missy

Dr. Missy Gryder
Founder, The Body Safety Box and Meeting Kids' Needs

p. 602.320.0374

w. www.bodysafetybox.com

w. www.meetingkidsneeds.com

LUNCH BUNCH



NO LUNCH BUNCH ON THURSDAY, 12/05

for teacher staff meeting

Pick Up at 1:00pm: \$15

Pick Up at 2:00pm: \$20

Will invoice via Brightwheel

Books about Food, Gardening, Farms, & Our Senses


**Farm 2 Child Care
Book List for Families**

Books About Food
Eating the Alphabet by Lois Elhert
Sorting Foods by Patricia Whitehouse
Handa's Surprise by Eileen Browne
Rabbit Food by Suzanne Gretz
Lunch by Denise Fleming
Market Day by Lois Elhert
I Eat Vegetables! By Hanna Tofts
I will Never Not Ever Eat A Tomato by Lauren Child
Oliver's Fruit Salad by Vivian French
The Beastly Feast by Bruce Goldstone
Cool as a Cucumber by Sally Smallwood
Food for Thought by Joost Efferts and Saxon Freymann
Little Pea by Amy Krouse Rosenthal
Good Food by DeMar Reggier
Llama Llama Mad at Mama by Anna Dewdney

Books About Gardening & Growing Fruits & Vegetables
I'm a Seed by Jean Marzollo
Growing Vegetable Soup by Lois Elhert
Jack's Garden by Henry Cole
The Carrot Seed by Ruth Krause
Vegetable Garden by Douglas Florian
In the Garden by Davide Schwartz
Seeds Grow by Angela Medearis
A Fruit is a Suitcase for Seeds by Jean Richards
From Seed to Plant by Gail Gibbons

Books About Farms
The Rusty, Trusty Tractor by Joy Cowley
Giggle, Giggle, Quack by Doreen Cronin
On the Farm by David Elliot
Over On The Farm: A Counting Picture Book Rhyme by Christopher Gunson
The Big Red Barn by Margaret Wise Brown
Click, Clack, Quackity-Quack: An Alphabetical Adventure by Doreen Cronin
Old Macdonald Had a Farm by Pam Adams
Farm Alphabet Book by Jane Miller
Farming by Gail Gibbons

Books About Our Senses
My Five Senses by Ailiki
Fruits are Fun by Amanda Rondeau
Little Bunny Follows His Nose by Katherine Howard
Sweet as a Strawberry by Sally Smallwood



farm 2 NHA farm 2 KBH

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I Love You Rituals

“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. ❤️

Watch Dr. Becky Bailey talk about the brain benefits of I Love Your Rituals here:
[Bing Videos](#)

And if you want to see these I Love You Rituals in video form for kids of all ages, check out our playlist on Facebook featuring 70+ videos of I Love You Rituals (including the ones below) here:

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



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®

Conscious Commitment for the Week:

"I am willing to try one new **I Love You Ritual** this week with my children. These brain-building interactions facilitate optimal development for young children and create **lifelong bonds** between children and adults."

 Conscious Discipline®



Helping Children Transition Between Activities

For some young children, moving from one activity to another (e.g., playing with toys to dinner time, playing outside to bath time, watching a movie to brushing teeth), results in confusion, frustration, or challenging behaviors. Adults can help children predict what is coming next which helps make transitions smoother.

Strategies to Support Transitions



Use a timer

(e.g., Show timer and say, "5 minutes of play and then dinner.").



Provide a verbal warning that one activity is going to end and another is going to begin (e.g., "We'll finish this book, then brush our teeth and go to bed.").



Ask your child if they would like to bring a transition object or toy with them (e.g., "How about truck comes in the car with us? I bet he would love to sit next to your car seat!").



Use first/then language (e.g., "First clean up your dishes, then we can play blocks together." or "First wash your hair, then play in the bath.").



Use visual supports.

- visual schedule
- first/then board
- cue cards



Download instructions and templates at:
https://challengingbehavior.cbcs.usf.edu/docs/Routine_cards_home.pdf



Make the transition fun!

(e.g., If you need to leave the park, try these: "We can skip to the car.", or "Ride on daddy's shoulders to the car.").



Sing a silly or familiar song; most children love music and songs. Use technology to help you get creative. Many personal devices and applications will play clean up songs (e.g., Alexa, Spotify, etc.) and YouTube has many transition songs and videos available for preschool children to help you!



Give your child a job to do during the transition. Children like to be helpers! Your child can:

- put napkins on the table while you get ready for dinner;
- put all the shoes away when you get home; or
- be the "checker" who makes sure everyone has their backpacks before going to school.

Annual Christmas Program



Thursday, December 12th

8:30am – Owlets will perform some songs for their families in their classroom

9:00am – Penguins will perform songs for their families in the sanctuary

AND

The Frogs will perform the Nativity Story in the sanctuary following. Parts were chosen and costumes will be coming home soon.

We will continue on with our regular school day following the performances.

ALL ARE WELCOME!

UPCOMING EVENTS

Preschool Board Meeting



Tuesday,
January 21, 2025
6:00 - 7:00pm

Fellowship Hall

Members include Esperanza
& COH staff, COH parents,
and Esperanza church
members.

PICNIC AT THE PARK Thunderhill Park (across the street)

Friday, January 17th
3:00pm



Presents...PICNIC AT THE PARK!

WHAT: BRING A SNACK/PICNIC DINNER, BLANKET, & YOUR LITTLES TO PLAY, CONNECT, & CELEBRATE COMMUNITY!

WHERE: THUNDERHILL PLAYGROUND* (Across from Esperanza Lutheran Church)

2578 E. Thunderhill Place

**Parking available at park & at church parking lot*

WHEN: FRIDAY, JANUARY 17th FROM 3:00 - 5:00 PM

WHAT TO EXPECT:

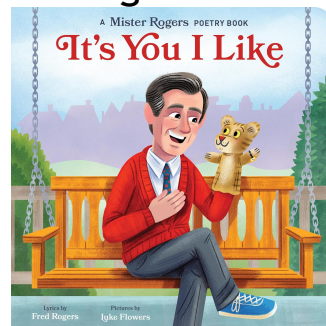
- COH BOARD WILL HOST AN OPTIONAL SEASONAL ACTIVITY
- TIME TO CONNECT WITH OTHER FAMILIES IN AN EASY-GOING & WELCOMING ENVIRONMENT
- COME & GO AS YOU PLEASE - NO NEED TO STAY FOR THE FULL TWO HOURS (BUT, WE HAVE A FEELING YOU'LL WANT TO!)
- SIBLINGS WELCOME!

We hope to see you there!

CAN'T MAKE IT THIS MONTH? NO WORRIES! WE WILL HOST PICNIC AT THE PARK EVERY 3RD FRIDAY THROUGH APRIL

© Mark your calendar: 2/21, 3/21, 4/18 (Please note: There will be no Picnic at the Park in December)

FUN FRIDAY For Penguins & Frogs



January 24th
8:30 - 11:30am

It's You I Like...a morning with Mrs. H and the
wisdom of Mr. Rogers



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 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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Insta!**

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