The month of April has shaped up to be a very busy month for the UNO Child Care Center. We have many activities planned throughout the month, so please make sure that you mark your calendars now so you do not miss all the fun and exciting events.

As the weather gets warmer, the children will be spending more time outside. Please make sure that your child has up-to-date non-aerosol sunscreen. The groups have also begun walking walks on campus, so please make sure you check the “Where We Are” board, located in the Multi-Purpose Room, to see where your child may be. Also, as a reminder that if you will be picking up before 4 P.M., please let the teacher know, so in case the group goes for a walk in the afternoon, that we have your child stay back.

Summer and Fall registration forms are due now. Projected numbers show that the child care center will be full for the fall, with the exception of a couple Tuesday/Thursday open spots.

This year, Week of the Young Child is April 16-20, 2018. The UNOCCC will be doing special activities and events before, during and after this week. There will be themes for each day of the week. Here is a list of the activities to mark your calendar for:

**Monday, April 16:**
To start the week – There will be a grab and go breakfast for parents. Grab a hashtag donut (#WOYC) and a cup of coffee on your way out the door.

Come read to children. The times available in the morning are 9, 9:30, 10 or 10:30. Times available in the afternoon are 2:30, 3, 3:30 or 4. Only one spot is available per time-period. Call the UNOCCC to sign-up.

**Tuesday, April 17:**
Bring a dish to share, network with other families and enjoy some Music. A sign-up sheet will be located on the front desk counter. Dinner will be from 5 P.M. - 6:30 P.M. Lullaby Music with Dr. Cooper will start at 6:15 P.M. Toddlers and Transition will meet from 6:15 P.M. - 6:45 P.M. The Preschool Groups will meet from 7 P.M. to 7:30 P.M.

“Lullaby Night” an interactive program for UNOCCC children and their parents. Your child will be participating in music and story activities lead by Dr. Shelly Cooper. Children should come dressed in pajamas and bring a stuffed animal or blanket with.

**Wednesday, April 18:**
You can pick up your Purple Ribbon from the front desk and sign-up to read to the children.

Come read to children. The times available in the morning are 9, 9:30, 10 or 10:30. Times available in the afternoon are 2:30, 3, 3:30 or 4. There will be only one spot available per time-period. Call the UNOCCC to sign-up.

Don’t forget to wear purple!

**Thursday, April 19:**
UNOCCC giving back and thanking departments on campus. Stop by the MBSC Plaza from between 9:45 A.M. and 10:45 A.M. to see the UNOCCC Preschool Children. Make a donation and you can have some Lemonade and a cookie! All proceeds will be used to purchase a variety of Children’s DVD’s that will be donated to The Children’s Hospital. Help us to make this great day for all children.

**Friday, April 20:**
The center is accepting plant donations to plant in the gardens outside. Bring in Flower, Herb and/or Vegetable Plants by Friday, April 20. The children and staff will be planting the plants on Friday, April 20, weather permitting. Plants can be anything from A to Z, Annual Vinca, Basil, Begonias, Cucumbers, Daisies, Green Peppers, Impatient, Marigolds, Petunias, Tomatoes, Thyme, Zinnias, the list is endless. Parent participation is also welcome.

**Friday, April 27:**
Preschool 2 Graduation will be held at the MBSC at 11 A.M. Everyone is invited to attend. A shuttle bus will be provided to take the children and the families from the center to MBSC at 10:15 A.M. and will do return trips back to the center at noon. All children will be attending the graduation and lunch. If you will be dropping off your child after 10:30 A.M. or picking them up before, 12:30 P.M. you will either need to bring them to or pick them up from the MBSC’s ballroom. We hope that you can join us and have lunch with your child.

Come help us celebrate this wonderful week. We hope that you can join us for one or all of the activities. Please watch for more details about additional activities that will be happening.

**Wednesday, May 16**
The children that are currently taking dance lessons with Dance, Dance, Dance will do a Dance Recital on from 9:30 A.M. - 10 A.M. at the Alumni Center. All the children and staff from the center will be walking over to the Alumni Center to watch the dance recital. Parents, Grandparents and Guests are welcome to join us.

As always feel free to contact me at 402-554-4936 or dhove@unomaha.edu
April showers bring May flowers! April also means exploring the outdoors. We will spend more time outside, weather permitting. The children will be taking wagon rides in the afternoons. We usually will leave around 3 P.M. and should be back by 3:45 P.M.

Mrs. Effie will be on vacation on Monday, April 2. If you have a question or concern, please see either Mr. Fred, Monica or Dawn.

Themes for April:
- Baby Animals
- The Oval shape
- The color Yellow
- The number 8
- Letters V, W, X

Thank you to all those parents who were able to sign up for a conference last month. Your input is important. If you have not turned in your child's assessment, please do so.

Week of the Young Child is April 16-20, 2018. We are planning some fun activities. The toddlers will be making a friendship quilt.

Preschool Graduation and the Center wide Luncheon is on Friday, April 27, 2018. All the children will be going to watch graduation and eat lunch at the Student Center. The toddlers will be boarding a shuttle bus around 10:30 A.M. We need all children here at the center by 10 A.M. Parents and other relatives are welcome to join us.

Take the time to go fly a kite and enjoy life!

Talk with Toddler 1 & 2

April showers bring May flowers! April also means exploring the outdoors. We will spend more time outside, weather permitting. The children will be taking wagon rides in the afternoons. We usually will leave around 3 P.M. and should be back by 3:45 P.M.

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Transition Teachers

Time with Transition

We will start off April with a picnic on Friday, April 7. If the weather permits, we will be eating outside at the picnic tables in front of the center. You will need to provide a sack lunch for your child. We ask that you bring items that are free of peanuts, tree nuts, and pineapple. Also, make sure the items you pack were not processed in a facility that process peanuts or tree nuts. This is for the safety of students that have peanut and nut allergies. We will be eating lunch at 11 A.M. and parents are more than welcome to join us.

During the week of April 16, we will be celebrating the Week of the Young Child.
Points to Ponder with Preschool 1

Brandon Sklenar – Lead Teacher

Spring is officially here! March was a great month for the Preschool 1 classroom. We enjoyed several fun weekly themes including; St. Patrick’s Day, spring, and a week on Easter.

April will bring another fun month with new learning opportunities. The new letters are V, W, X and the numbers are 19 and 20. The shape we will focus on is oval and we will learn about pastel colors this month. Several themes we will focus on this month will include, farm animals, big cats, and more focus on spring.

If there are any questions feel free to reach out to me, my email is bsklenar@unomaha.edu and I am at desk from 8 A.M. - 9 A.M. Have a great month!

Thank you,
Brandon Sklenar and the Preschool 1 Staff

News and Views from Preschool 2

Megan Liu - Lead Teacher

It is already time for graduation and Week of the Young Child, I cannot believe it!!! It seems that only yesterday, it was time for the holiday program and the children were happily following around our friendly neighborhood elf Chippy. (Whom I might add, is currently having a blast with his pals up in the North Pole). Therefore, it seems only fitting that I have a few announcements relating to this month and the summer program.

First announcement, Graduation is on Friday, April 27, this year. Please make sure that your child is here before 10 A.M. on the day of Graduation, we will be taking a Shuttle Bus to the MBSC. We need time to get the children in their gowns and get pictures taken before the ceremony takes place. Graduation rehearsal will be on Monday, April 23. Please make sure to have the children here for rehearsal by 9 A.M. We will be walking to the Milo Bail Student Center to practice. We will be back at 11 A.M.

Second announcement, during the Week of the Young Child, we will have a lemonade stand at MBSC Plaza. This event will occur on a Thursday, April 20 from 9:45 A.M. - 10:45 A.M. We will be collecting free will donations to buy DVD’s for the Children’s Hospital. If you have time during that week and can drop by, we would love to see you.

Final announcement, if you have not already, please see Miss Dawn in regards to whether or not your child will be participating in the summer program. More information including the summer packet will be going out in May.

If you have any questions or concerns please feel free to call at 402-554-3398, my desk time is from 3 P.M. - 4 P.M. or email me at mmliu@unomaha.edu.

Thanks for all that you do!!!
Miss Megan and the Preschool 2 Staff

Happy Birthday!

3 - Truitt B.
4 - Damien B-J.
4 - Preston G.
5 - Miss Emma
8 - Genevieve W.
9 - Miss Jamie
10 - Emmett J.
20 - Pepper G.
23 - Owen C.
25 - Miss Abby
26 - Alik K.
28 - Mr. Spencer
CHAMPS met on Tuesday, March 13. At the meeting, members approved using CHAMPS funds to purchase outdoor equipment for the center. Members also decided to hold a spring fundraiser using Flower Power fundraising. This fundraising event will be held April 9 to April 20. Look for more information coming in the next week! CHAMPS is raising money so that the group can purchase equipment and provide family activities throughout the year. We will be able to keep 50% of the money spent purchasing plants and flower bulbs. Please help us make this campaign successful!

Focus on Policy and Procedures

CLOTHING
Please send your child to the child care center in comfortable, washable and seasonally appropriate clothing (we play outdoors in all seasons). Each child is asked to have at least one change of clothing (potty trainers should have 3-4) including socks and shoes available at the center. It is highly recommended that your child’s name be written on any item brought into the center. The weather is changing, so please make sure you dress your child in layers so that as the day warms up, we can take layers off.

C.H.A.M.P.S

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Members also decided to hold a spring fundraiser using Flower Power fundraising. This fundraising event will be held April 9 to April 20. Look for more information coming in the next week! CHAMPS is raising money so that the group can purchase equipment and provide family activities throughout the year. We will be able to keep 50% of the money spent purchasing plants and flower bulbs. Please help us make this campaign successful!

CHAMPS is also preparing for the Preschool Graduation to be held April 27. CHAMPS will purchase graduation gifts for all of our Preschool graduates. All families are invited to the ceremony and lunch in the Ballroom at the Milo Bail Student Center.

The next CHAMPS meeting will be held Tuesday, April 10, 2018 at 4:30 P.M. here at the center. We encourage your participation!

Cooking with Rick!

For this month, I am going to focus on a two wrap recipes that can be used in a sack lunch. An easy fruit and cream cheese wrap and a chicken and bacon roll-up.

Fruit and Cream Cheese Wrap
2 whole-wheat tortillas, 8 inch size
4 Tbsp. whipped cream cheese
1 C sliced fruit, such as strawberries, pears or kiwi

1. On a flat work surface, lay out the tortillas. Spread two tablespoons of cream cheese over each of the tortillas.
2. Lay ½ C of the fruit on one side of the tortilla in a line. Roll up, sticking it together with the cream cheese.
3. Refrigerate or keep cold until ready to eat.

Chicken and Bacon Roll-up
½ C reduced-fat mayonnaise
1 tsp minced fresh tarragon
2 tsp fresh lemon juice
4 whole-wheat flatbreads
2 C shredded romaine lettuce
2 C chopped tomato
4 center-cut bacon slices, cooked and drained

2 C shredded skinless rotisserie chicken breast

Combine the mayo, tarragon, and lemon juice in small bowl. Spread 2 Tsp of mayo mixture onto each of the flatbread, and then top each with ½ C of the lettuce, 1/2C tomato, 1 bacon slice and ½ C chicken. Finally, roll-up each of the flatbread. Enjoy.

Just a reminder: Due to allergies in our center, we are must be cautious to nuts and pineapple in our lunches. Thanks, Mr. Rick

Rick Jacobsen – Kitchen Tech.
Setting Limits: Reasons Why it is Important to Set Limits with Kids

Establish Guidelines with Healthy Discipline
By Amy Morin, LCSW

Setting limits with kids means setting a guideline for behavior—even when there is not an official household rule. Since you cannot set a rule about everything, limits are those spur of the moment guidelines that are situational. You might not have an official rule that says, “No banging spoons on the table,” you might need to say to your child, “Stop banging your spoon please,” if he is interrupting your dinner.

Setting limits can be tough for several reasons. Sometimes parents feel guilty about saying no. Or, they want to avoid a temper tantrum that will surely erupt when a child is told it is time to leave. And of course, partners do not always agree on what limits to set with kids. But limits are good for kids. It teaches them appropriate behavior and gives them opportunities to sharpen some of their skills.

Limits Teach Kids Self-Discipline
Setting limits teaches kids the boundaries of their behavior. Setting limits teaches self-discipline skills. When you say, “It’s time to turn off your video game and do your homework,” you are teaching self-discipline. Even though video games may be more fun, it is important to be responsible. The eventual goal is for kids to learn to manage all their responsibilities, like homework, chores and taking care of their bodies, without reminders. Help your child develop strategies that will impose limits on himself. Tell a young child to “beat the timer” when he is getting dressed in the morning and set a timer for five minutes. Or, tell an older child she can watch TV as soon as she gets all of her homework done.

Limits Keep Kids Safe
Limits teach kids how to keep themselves safe. Although it might be safe for your child to play outside, he might need limits about what he is allowed to do or where he is allowed to go when he’s playing outside alone. Limits also keep kids safe when they are using the internet and when they begin doing activities independently. Limits should expand as your child matures. Give your child opportunities to show you that he can be responsible with the limits you have given him. If he is able to handle the limits you have set, he can show that he is ready to handle more responsibility. Create behavior management contracts to help your child understand concrete ways you will recognize when he needs fewer limits.

Limits Keep Kids Healthy
By nature, most kids are impulsive and enjoy immediate gratification. Therefore, they need adults to teach them how to be healthy. Limits should be set with a child’s eating habits, for example. Without limits, many kids would eat junk food all day. Setting limits means saying, “No, you can’t have a third cookie,” or “You need to eat a healthy choice first.” Limits should also be set in regards to electronics. Many kids would be content watching TV or playing on the computer all day long. Set limits with screen time, exercise, hygiene, and other health practices that will encourage a healthy lifestyle.

Limits Help Kids Cope with Uncomfortable Feelings
Sometimes parents avoid setting limits because they do not want to make their child sad or mad. But, learning how to deal with uncomfortable emotions is actually an important skill. Just because your child is sad that he cannot eat that third cookie does not mean you should give in. Instead, it gives you a great opportunity to teach your child about feelings and help him find healthy ways to cope with it. Each limit you set is an opportunity for your child to practice managing his emotions. Coach his efforts as he tries to deal with frustration, anger, boredom, or sadness but do not take responsibility for cheering him up or calming him down. Instead, teach him how to do those things for himself. Kids who know how to handle uncomfortable feelings will be better equipped for the realities of adulthood.

Limits Show Kids that You Care
Kids who live with few or no rules, experience anxiety. Kids do not want to be in charge. They want to know that you are in charge and that you are competent to help them stay in control. Often, kids test limits just to see how adults will react. A child who hits his brother might feel relieved when his mother steps in. Or a child who jumps on the couch after you have told him to stop might be testing your leadership skills. Giving negative consequences for breaking the rules, shows that you are not going to let things get out of control. It also teaches a child that you love him. Saying to a teen, “I care about you and that’s why I am giving you a curfew,” might annoy your child on the surface. But, it shows that you are willing to work invest energy into your child’s life even if it means having to tolerate hearing “you’re the meanest parent ever.”