We have a very busy summer planned, filled with lots of fun and adventures. Please watch for details from each group throughout the summer months.

With summer upon us, many of the classroom outside activities will be in the morning. The children/groups may go on walks, do activities around campus, go to the library, etc. The groups usually leave the center between 9 A.M. & 9:30 A.M. and may not return until lunchtime. If you would like your child to participate in these fun learning activities, please try to have your child here by 9 A.M.

All summer contracts must be signed by Friday, June 8. New year round contracts will come out in August when the fall semester starts. New food program forms for the 2018-2019 year will go out this month. Every family must complete the top portion of the form. Even if you do not qualify, every family must update, complete/sign the form. Please watch your mailboxes for the forms. Thank you for your cooperation with updating these forms.

The school-age program will run from June 4 to August 10, 2018. There is a $170 summer activity fee for each child and is due by June 7. This fee covers the cost of field trips (transportation & fees), t-shirts, etc., and is non-refundable and will not be prorated for any missed field trips. Please make sure that you have received a packet of information from Miss Megan. Included in the packet is the field trip permission form and swim permission form, both must be signed and return to Miss Megan.

Information about the Summer Preschool Field Trips and Library Times have also gone out in mailboxes. Please make sure you fill out, sign and return the permission slip form and pay the fees.

Summer swim lessons, for children ages 3 (must be completely potty-trained; no pull-ups or diapers) to 12 years, are July 9 to July 19, Monday through Thursday, from noon to 12:30 P.M. for children in Transition and Preschool and from 12:30 P.M. to 1 P.M. for School-age children. On-line Registration Information will go out the week of June 11. You must register your child by July. Spots will fill up quickly, so register your child early.

Finally, I will be out of the office on June 15, 18, 22 & 25. If you have any questions during this time, please see Monica or the lead teachers.

As always, if you have any questions or concerns, you may contact me at 402-554-4936, e-mail me at dhove@unomaha.edu or stop by my office.

Until next month...

“Happy Father’s Day to our all wonderful fathers!”

Happy Birthday!

4 – Ellis K.
7 – Mr. Jake
16 – Pierce L.

17 – Miss Saige
17 – Ms. Cassie
20 – Josey C.

20 – Daniel C.
26 – Sebastian S.
30 – Charley S.

Feature Facts from Dawn

4 – Ellis K.
7 – Mr. Jake
16 – Pierce L.

20 – Daniel C.
26 – Sebastian S.
30 – Charley S.
Welcome to Summer

June Themes: Review Shapes

We would like to welcome all our new friends to the toddler summer program. We plan to spend our mornings outside. We have some fun indoor activities planned for the afternoon. Weather permitting; we will be also be taking wagon rides across campus. Outdoor water play begins on Wednesday, June 6 at 9:30 a.m. Parents, please bring in the following: swimsuit, towel, swimmers. Water shoes are optional.

Our June Outdoor Picnic will take place Friday, June 22 at 11 A.M. Please bring in a peanut free sack lunch. No chocolate milk. Only apple fruit juice and all fruit and vegetables are be cut into small pieces.

Finally, we would like to wish all our wonderful fathers a Happy Father’s Day!

Toddler Teachers

Talk with Toddler 1 & 2

Welcome to Summer

June Themes: Review Shapes

We would like to welcome all our new friends to the toddler summer program. We plan to spend our mornings outside. We have some fun indoor activities planned for the afternoon. Weather permitting; we will be also be taking wagon rides across campus. Outdoor water play begins on Wednesday, June 6 at 9:30 a.m. Parents, please bring in the following: swimsuit, towel, swimmers. Water shoes are optional.

Our June Outdoor Picnic will take place Friday, June 22 at 11 A.M. Please bring in a peanut free sack lunch. No chocolate milk. Only apple fruit juice and all fruit and vegetables are be cut into small pieces.

Finally, we would like to wish all our wonderful fathers a Happy Father’s Day!

Toddler Teachers

Time with Transition

Summer is here!

The Transition class has been fully enjoying the summer weather. We are kicking off June with a picnic on Friday the 8 at the Pep Bowl. We will be walking to the Pep Bowl around 9:45 A.M. and eating lunch at 11 A.M. Your child will need a sack lunch with a drink and it needs to be free of peanut and tree nut products. Parents are more than welcome to join.

We will be tie-dying shirts the week of June 4. Your child will need a white t-shirt to participate. You may purchase one from the center for $5.

Starting on Thursday, June 7, we will be going to the library on campus for story time at 9:40 A.M. Parents are welcome to join. Each week your child will get to pick & check out a book that they will get to keep and read at school.

Our water play started on Monday, June 4. If you have not brought in swim items (swimsuit, towel, water shoes, and swimmers for those still in diapers) for your child to participate please do so. We encourage you to bring in a water bottle for your child so they have easy access to water throughout the day. We will also be sending home reminders to bring in more sunscreen if your child is running low.

Happy Father’s Day to all of our dads and grandpa’s.

Transition Teachers

Cassie Miller – Lead Teacher

June Themes
Season of Summer, Day and Night, Bodies of Water, Vacation and Travel, Insects

<table>
<thead>
<tr>
<th>June</th>
<th>July</th>
<th>August</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 – National Doughnut Day</td>
<td>2 - Bruce Phillips Concert 9:30 A.M.</td>
<td>7 - Purple Heart Day</td>
</tr>
<tr>
<td>14 – Flag Day</td>
<td>3 – July 4 Parade across Campus 9:30 A.M.</td>
<td>14 - CHAMPS meeting at the center</td>
</tr>
<tr>
<td>17 – Father’s Day</td>
<td>4 – Independence Day; Center closed</td>
<td>17 – End of Summer Family Event: 4 to 6PM</td>
</tr>
<tr>
<td>19 – Juneteenth</td>
<td>9-19 – Swim Lessons</td>
<td>20 - Fall Semester Begins</td>
</tr>
<tr>
<td>21 – Summer Solstice</td>
<td>16 – National Ice Cream Day</td>
<td>24 - National Waffle Day</td>
</tr>
<tr>
<td></td>
<td>18 – Nelson Mandela Day</td>
<td></td>
</tr>
</tbody>
</table>
Summer is here! We have started our summer program this month and with that brings many opportunities for fun and learning.

Now that summer is here, we will be spending more time outside so this is just a reminder about proper attire, tennis shoes or sandals with backs for playing outside and taking walks. We will also be applying sunscreen multiple times daily so keep an eye out for any notes home about bringing more sunscreen.

We have several weekly activities starting this month including water play and library time. If you have not already done so, please bring in a swimsuit, towel, and shoes that can get wet for your children for water play. Our library time starts on Thursday, June 7 in the UNO Criss Library. The time for this is 10 A.M. - 10:30 A.M. We will leave the center at 9:30 AM.

Our first field trip is Friday, June 8. We have had several parents volunteer already for the zoo field trip so if anybody else would like to volunteer please let Dawn or myself know. Zoo passes will work for adults but not for the children due to the student rate at the zoo. Please make sure that you have signed and turned in the summer field trip permission form and paid the fee.

We are excited for another fun-filled summer program at the UNO Child Care Center! If there are, any questions do not hesitate to ask. I can be reached during desk hours from 8 A.M. - 9 A.M. or by email at bsklenar@unomaha.edu. Thank you and have a great month!

Brandon Sklenar and the Preschool Staff

Points to Ponder with Preschool 1

Summer is here! We have started our summer program this month and with that brings many opportunities for fun and learning.

Now that summer is here, we will be spending more time outside so this is just a reminder about proper attire, tennis shoes or sandals with backs for playing outside and taking walks. We will also be applying sunscreen multiple times daily so keep an eye out for any notes home about bringing more sunscreen.

We have several weekly activities starting this month including water play and library time. If you have not already done so, please bring in a swimsuit, towel, and shoes that can get wet for your children for water play. Our library time starts on Thursday, June 7 in the UNO Criss Library. The time for this is 10 A.M. - 10:30 A.M. We will leave the center at 9:30 AM.

Our first field trip is Friday, June 8. We have had several parents volunteer already for the zoo field trip so if anybody else would like to volunteer please let Dawn or myself know. Zoo passes will work for adults but not for the children due to the student rate at the zoo. Please make sure that you have signed and turned in the summer field trip permission form and paid the fee.

We are excited for another fun-filled summer program at the UNO Child Care Center! If there are, any questions do not hesitate to ask. I can be reached during desk hours from 8 A.M. - 9 A.M. or by email at bsklenar@unomaha.edu. Thank you and have a great month!

Brandon Sklenar and the Preschool Staff

News and Views from School Age

Phew! This summer is shaping up to be a hot one!! And we have lots of big plans for what we’re going to do!

One very big and ongoing summer project we will be doing is the summer news program. The children will be helping to make up the content, write scripts and star in the show! If your child is listed to not be a part of social media posts we make at the center that’s okay!! We have plenty of other behind scenes jobs they can help with!!

Another big part of our summer is going to be field trips!! We will have 13 big field trips both in and outside the city. Some will require a sack lunch, so please watch for the note that will sent home a couple days in advance to let you know what they will need. Also, please make sure that all lunches are nut-free and that items included in the lunches do not include items processed in facility with nuts. No lunch boxes, please. Disposal bags only.

If you have any questions please call me at 402-554-3398, my desk time is 3 P.M. - 4 P.M. Monday through Friday. You can also email me at mmliu@unomaha.edu or stop and chat with me. I look forward to an awesome summer and can’t wait to see what fun we’ll have.

Thank You,
Miss Megan and the Staff of School Age

C.H.A.M.P.S.

will not meet during the months of June & July. We hope everyone has a safe and happy summer, and we look forward to having you join us in August!
I do like casseroles because they are easy to prepare. I found one that looked good to try for the summer. It is called Chicken Salad Casserole. This recipe comes from Campbell’s Kitchen.

Ingredients:
3 C chopped cooked chicken
1 C cooked rice
3 hard cooked eggs, chopped
1 Tbsp. chopped onion
1 Tbsp. lemon juice
1 can (10 3/4 ounces) condensed cream of chicken soup
3/4 C mayonnaise
1 C grated Cheddar cheese (about 4 ounces)
Ground black pepper to taste

Instructions:
1. Preheat the oven to 350 degrees.
2. Stir the chicken, rice, eggs and onion in a medium bowl. Next stir in the lemon juice, soup, mayonnaise and cheese. Season the black pepper. Finally spoon this chicken mixture into a 3-quart shallow baking dish.
3. Bake for 45 minutes or until mixture is hot and bubbling.

Recipe serves 4 (about 1 3/4 cups each)

Enjoy, Mr. Rick

Focus on Policy and Procedures

NAP/REST TIME
Time will be provided after lunch for children to take a nap or rest quietly. The rest period is an important time for children to relax and renew energy. Children who do not require a nap will be given a state licensing required quiet time for ½ hour in which they will be asked to rest or look at books quietly.

Children may bring a small blanket, small pillow and a small stuffed animal from home to use at naptime. These items may be stored at the center or taken home each day.

Note: While we do our best to protect your child’s items, the UNO Child Care Center is not responsible for any items that are lost or broken.

The UNO Child Care Center staff sanitizes the mats/cots daily and washes the naptime items weekly or as often as needed.

Nap times
Toddler 1 & 2 - Noon to 2 P.M.
Transition - Noon to 2 P.M.
Preschool 1 - 12:30 P.M. to 2 P.M.
Preschool 2 – 1 P.M. to 1:30/2 P.M.

During the summertime, the school-age group has a time called D.E.A.R, Drop Everything And Read. This is a quiet reading time set aside for the children to rest, relax and re-group.
Nap Time: We’ve uncovered the secrets that will help your child sleep longer (and better) during the day. By Rebecca R. Kahlenberg from Parents Magazine

Introduction
If only babies arrived with a personal napping manual. Then you’d know whether you have a child who will happily take daily naps until preschool or the type who will abandon them altogether by age 3. You would be able to count on having free time every afternoon instead of wondering whether you’ll be able to squeeze in a shower. Unfortunately, there’s no way of knowing how well your little one will nap—or until what age. But there are some things you can do to encourage healthy napping. Here, we answer all your questions about daytime sleep.

Why is it important for kids to nap?
Aside from the obvious fact that you need time to check your e-mail, make a phone call, or clean up the house, naps are critical to growing children. “Research suggests that physical and mental development takes place when kids sleep—both at night and during the day,” says Daniel Lewin, Ph.D., director of pediatric behavioral sleep medicine at Children’s National Medical Center, in Washington, D.C.

What’s more, studies find that kids who nap have longer attention spans and are less fussy than those who don’t. And perhaps the best reason of all: When kids rest during the day, they tend to sleep longer and more peacefully at night.

Can I teach my child to be a good napper?
Some experts suspect that children may be genetically programmed to take short or long naps. Studies have found that twins raised in the same environment often nap for varying lengths of time. So it’s unlikely that a child who is a naturally short napper can be transformed into one who takes three-hour siestas every day.

But there are some things you can do to encourage good napping habits: Avoid keeping a child up too late at night, which can prevent him from sleeping well during the day. And don’t wait too long to begin his nap. Also, rocking or nursing a child to sleep at naptime is a mistake. It may lead him to refuse to fall asleep on his own or to wake up as soon as the comforting stops, says Parents adviser Jodi Mindell, Ph.D., author of Sleeping Through the Night. “It’s best to put your child down when he’s awake,” she says. “If he fusses, check on him and reassure him as often as you feel is necessary, but don’t take him out of his crib. Eventually, he’ll learn to fall asleep on his own.”

Should we stick to a strict nap schedule? While you don’t want to become a slave to your child’s nap habits, experts say it’s helpful to maintain a consistent routine. “The more regular a child’s naptime, waking time, and bedtime are, the more likely it’ll be that his internal clock will run smoothly and that he’ll fall asleep more quickly and easily,” Dr. Mindell says. This doesn’t mean, however, that you can’t break from the schedule when you’re away from home or when you’ve got special plans. “If your child is well rested, skipping a nap occasionally for a birthday party or an outing won’t cause problems,” says Chicago pediatrician Marc Weissbluth, M.D., author of Healthy Sleep Habits, Happy Child.

As for vacations, even toddlers can understand that there are different rules that apply when the family is away from home. Most kids will resume their regular nap schedule if you stick to it when you return.

If my baby takes only one nap a day, when should he take it?
Wouldn’t it be nice if parents had control over such decisions? For nearly all children, the morning nap disappears sometime between 12 and 21 months, Dr. Weissbluth says. The exception is when a child goes to sleep too late at night and wakes up tired. Then, he’s likely to nap during the morning hours and may not fall asleep again in the afternoon. That’s a sign that he needs to get to bed earlier in the evenings. The best time for a single nap is early afternoon. “Don’t let your child sleep past three or four o’clock,” Dr. Mindell advises. “You should allow for at least four hours between the end of an afternoon nap and bedtime.”

When do kids stop napping completely? Studies show that many children stop taking naps at around age 4, but some experts say that may be too soon. “Daytime sleep remains important for kids during the preschool years and even throughout kindergarten,” Dr. Mindell says. If your child falls asleep easily at naptime, it’s a sign he still needs a daytime snooze. The following are indications that it’s time to stop: Your child is consistently fidgety and restless at naptime. He doesn’t have meltdowns in the late afternoon when he misses his nap. When he does nap, he has a hard time going to sleep at his regular bedtime.

Does it matter where my child naps? In the first six weeks or so of life, children will fall asleep anywhere, but once a baby is about 2 months old, the external stimulation in a mall, park, or supermarket can keep her from getting the sound, restful sleep she needs. Many kids doze off easily in the car but generally wake up once the ride is over. Ideally, older babies and toddlers should nap in the same place where they sleep at night. This will help them associate the crib or bed with slumber, which is important in helping them sleep through the night. And, of course, you should try to have your child nap in a quiet environment. If you can’t prevent noise, you can try blocking it out by turning on some gentle music, such as classical guitar, or by using a white-noise machine.

Will an afternoon nap keep a child up later at night? Probably not. A one- to two-hour midafternoon nap won’t interfere with bedtime for most preschoolers, Dr. Lewin says. In fact, the opposite often occurs: Young kids who don’t nap get overstimulated, then have a tough time settling down in the evenings. That changes when a child gets a bit older, usually around 4 or 5. By then, an afternoon nap can in fact, make him less tired at his normal bedtime. In that case, it’s best to move the nap earlier in the day or eliminate it altogether rather than allowing him to stay up later at night. But you don’t have to give up those peaceful afternoon interludes completely. Encourage your child to replace his nap with “quiet time,” an hour or so when he looks at a storybook, listens to soft music, or colors.

Happy Napping
Do: Aim to stick to the same nap routine each day, but be flexible on special occasions. Don’t: Wait until your child is asleep to put him down in his crib or bed.

Do: Encourage your baby to sleep in her own crib or bed for naps after she’s 2 months old.

Don’t: Keep your child up too late at night, which will interfere with his daytime sleep.

Do: Keep her room as quiet and dark as possible.

Parent Corner

<table>
<thead>
<tr>
<th>Do:</th>
<th>Keep her room as quiet and dark as possible.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Don’t:</td>
<td>Keep your child up too late at night, which will interfere with his daytime sleep.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Why is it important for kids to nap?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aside from the obvious fact that you need time to check your e-mail, make a phone call, or clean up the house, naps are critical to growing children.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Should we stick to a strict nap schedule?</th>
</tr>
</thead>
<tbody>
<tr>
<td>While you don’t want to become a slave to your child’s nap habits, experts say it’s helpful to maintain a consistent routine.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>When do kids stop napping completely?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Studies show that many children stop taking naps at around age 4, but some experts say that may be too soon.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Does it matter where my child naps?</th>
</tr>
</thead>
<tbody>
<tr>
<td>In the first six weeks or so of life, children will fall asleep anywhere, but once a baby is about 2 months old, the external stimulation in a mall, park, or supermarket can keep her from getting the sound, restful sleep she needs.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Will an afternoon nap keep a child up later at night?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Probably not. A one- to two-hour midafternoon nap won’t interfere with bedtime for most preschoolers.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Happy Napping</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do: Aim to stick to the same nap routine each day, but be flexible on special occasions.</td>
</tr>
</tbody>
</table>

| What’s more, studies find that kids who nap have longer attention spans and are less fussy than those who don’t. And perhaps the best reason of all: When kids rest during the day, they tend to sleep longer and more peacefully at night. |

<table>
<thead>
<tr>
<th>Can I teach my child to be a good napper?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Some experts suspect that children may be genetically programmed to take short or long naps. Studies have found that twins raised in the same environment often nap for varying lengths of time. So it’s unlikely that a child who is a naturally short napper can be transformed into one who takes three-hour siestas every day.</td>
</tr>
</tbody>
</table>