Congratulations to all of our graduates, both big and small. From all of us here at the UNO Child Care Center, we wish you all the best in your future endeavors.

I would like to thank all families who participated in the Week of the Young Child Activities. Lullaby Night was a success, the Preschool Lemonade & Cookie Stand raised $105 for Children’s Hospital DVD fund. A field trip is being planned to deliver the DVD’s to Children’s Hospital. In addition, we have a variety of plants to plant in our garden. The children will get to water the plants through the summer and be able to see the plants grow and even do cooking projects with the vegetable and herb plants. Yum!

Another Big Thank You to all the families who participated in the CHAMPS Spring Plant Fundraiser. You raised over $700. Way to go!!

Reminder, the child care center will be closed on Monday, May 28, 2018 in observance of Memorial Day. We will re-open on Tuesday, May 29 at 6:30 A.M.

The summer school-age program will officially kick off on Tuesday, May 29. Your child must be 5 years old by July 31 and attending Kindergarten in the fall in order to participate in our program. Miss Megan and the school-age staff have many fun-filled activities planned for the summer. The activity fee for the summer is $170.00. This covers the cost of field trips, transportation and open swimming. If you have any questions, please see Megan, Dawn or Monica.

Swim lessons will be offered again this summer by the UNO Aquatic Center the weeks of July 9 and week of July 16, Monday through Thursday from Noon to 12:30 P.M. for Transition and Preschool aged children and 12:30 P.M. to 1 P.M. for School-age Children. Your child needs to be at least three years old, 100% potty-trained (no diapers or pull-ups) and have the ability to stand in the water waist high without adult assistance. The child care center staff will escort the children to the H & K (Hper) building and will stay with them until the end of the lesson and then escort them back. (This session only.) Registration and payment will be on-line only through Campus Rec. A link will be emailed out to families in June.

Finally, I will be out of the office on May 25 & 29. If you have any questions during this time, please see Monica or the lead teachers. Thank you.

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...

“Yesterday is but a dream, tomorrow but a vision. But today well lived makes every yesterday a dream of happiness, and every tomorrow a vision of hope. Look well, therefore, to this day.” - Sanskrit Proverb

May 2018

Child Care Chronicle
Dawn Hove-Casart — Director
Monica Dey — Assistant Director

Feature Facts from Dawn

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Happy Birthday!

5/8 - Irene L.  5/18 - Ananya I.
5/8 - Miss Gabby  5/19 - Elden W.

5/23 - Camden B.
Welcome to May

May Themes Include: Pets and Plants, the color purple; the square shape; the numbers 9 & 10; and the Letters Y & Z.

We are looking forward to a fun and busy month. We will be playing outside and going on wagon rides. We are planning an outdoor picnic on Friday, May 25. Parents are welcome to join us. A note will be going home later this month.

Parents have requested a list of songs that we sing with the children. A copy of some of the songs will be in your mailboxes on May 3. Mrs. Effie will also be sending home some fun family activities.

We would like to wish our assistant teachers all the best during finals.

We would also like to wish all our wonderful mothers a Happy Mother’s Day!

Toddler 1 Teachers

Make way for May!

May Themes Include: Pets and Plants, the color purple; the square shape; the numbers 9 & 10; and the Letters Y & Z.

Congratulations to Eden B., Josephine C., Theodore E., Samuel F., Vivaan M., Rachel R., and Chloe W. These children are moving up to Transition.

Thank you to all our assistant teachers who have worked so hard during the semester. We are looking forward to a fun filled summer!

Our first outdoor picnic will take place on Friday, May 25. Parents are welcome to join us. A flyer will go home a week prior to the event.

We will be watching our garden grow. We will have the children water it.

We would like to wish all our mothers a Happy Mother’s Day!

Toddler 2 Teachers

May happenings in Transition:

- Picnic on Friday, May 4 – Bring a sack lunch free of peanut, tree nut, and pineapple products
- Book orders due Monday, May 7 by Noon
- Transitioning classrooms—if your child is transitioning to Preschool 1, a note was sent home at the end of April. Questions or concerns please see Cassie, Dawn, or Monica

Reminders

- If you have not brought in sunscreen for your child, please do so. You may also bring a hat and/or sunglasses for extra sun protection.
- If your child wears sandals to school, they need closed-toed shoes to play outside on the structure.
- Water play will begin at the beginning of June, so keep an eye out for more details in your child’s mailbox.

May Themes:


Toddler 1 Teachers

Talk with Toddler 1

Take Two with Toddler 2

Time with Transition

Cassie Miller – Lead Teacher

Effie Swinarski – Lead Teacher

Fred Abram - Lead Teacher
Summer is almost here! We have enjoyed a fun spring semester learning lots of fun things.

In April, we learned all about the spring and what it brings. We also spent a week learning about big cats like lions, tigers, and cheetahs. Our numbers for the month were 19 and 20, while the letters were V, W, and X. The shape of the month was oval and the colors we discussed were pastel colors.

In May we will review all the numbers from 1-20, as well as the shapes we learned throughout the year. The letters of the month are Y and Z.

With warmer weather comes more outside playtime. So as a reminder, we ask parents to please bring in the signed sunscreen consent form so that we may apply sunscreen to the children. Also as a reminder, we ask that NO AEROSOL SUNSCREEN can be brought in.

As always, if anyone has any questions please feel free to reach out by either email at bsklenar@unomaha.edu or phone during my desk hours which are 8 A.M. - 9 A.M.

Thanks and wishing everyone a wonderful May.
Brandon Sklenar and the Preschool 1 Staff

Hello!!! It’s finally May!!! This means that it is officially time to begin thinking of summer and all of the fun things we will get to do this year!! I’m so excited because it seems like there will be lots to get done and places to see.

There are just a few reminders I’d like to send out before we get fully into May. First, the summer packet will be sent home during the middle of May, please make sure to get all forms signed and returned and that the activity fee is paid. This will ensure that we are aware of the field trips your child will be going on and what activities they will be participating in.

Second, in the summer packet there has been a change in the shoe policy for our school agers. In order to make sure that the children are all comfortable during our various summer activities, we ask that children wear tennis shoes to school instead of sandals. They will still be able to have water shoes for swim and water play days, but we do ask that they keep tennis shoes for daily school use.

Finally, I am really looking forward to seeing everyone over the summer and enjoying all of the fun summer activities. If you have any questions or concerns, I am available to talk one on one most afternoons, I also have desk duty from 3 P.M. - 4 P.M. and can be reached at the center phone 402-554-3398 or by email at mmliu@unomaha.edu. I hope we have an awesome time this summer, I can hardly wait!!!

Thanks for all that you do,
Miss Megan and the School Age Staff

CHAMPS will not meet during June and July.
Cooking with Rick!

May’s recipe, I found a pasta dish called “Skinny Cheeseburger”.

Ingredients include:
- 8 ounces whole wheat elbow macaroni or penne
- 2 tsp. olive oil
- 1 C finely chopped onion
- 1 Tbsp. finely minced garlic
- 1 lb. of ground turkey
- 1 tsp. steak seasoning
- 2 (14.5 oz.) cans of diced tomatoes
- 1 Tbsp. yellow mustard
- 1 Tbsp. dill pickle relish
- 6 (6-ounce) reduced-fat cheddar cheese slices

Diced tomatoes
Salt and freshly ground black pepper

Instructions:
1) Preheat oven to 350 degrees.
2) Bring a large pot of salted water to a boil, add in the pasta and cook until al dente. Drain and set aside.
3) In a 12-inch oven proof skillet, heat the olive oil over medium heat. Add the onion and garlic and sauté’. Next, add in the turkey and steak seasoning. Cook, stirring frequently until the turkey is browned on the edges (the turkey may not be completely cooked but will finish in the oven). Drain any of the accumulated juices.
4) Add the diced tomatoes, tomato paste, mustard, and relish, reduce the heat to medium and stir until bubbling. Remove from the heat and stir in the drained pasta. Smooth out the top. Then cover the top of the casserole with the cheese slices. Bake for 20 to 25 minutes or until the mixture is bubbling. Garnish with diced tomatoes, sprinkle with salt and pepper, and serve.

“The best thing about the future is that it comes one day at a time.” – Abraham Lincoln

Mr. Rick

Focus on Policy and Procedures

HEALTH POLICY
The UNO Child Care Center encourages and participates in outdoor classroom play. It is a natural learning environment for children to explore, learn and be a part of. It is the UNO Child Care Center policy for children to be able to play outside, weather permitting, under the following conditions:

1) All children will participate in outdoor activities unless there is a medical reason with a physician’s note stating otherwise.
2) Not raining, lightening, thundering or snowing.
3) Temperature above 32 degrees; including wind chill.
4) Temperature below 100 degrees; including heat index.
5) The playground, front area and campus areas/walks are cleared and safe for children to play.
6) Children need to wear proper clothing and shoes/boots that is dry and layered for the warmth of cold weather.
7) Children need to wear sun-protective clothing &/or hats, applied skin protections or both for warmer weather.
8) It is encouraged for children to have long sleeves or a light jacket for temperatures between 60 to 70 degrees.
9) It is encouraged for children to have a coat for temperatures between 32 and 60 degrees. Mittens or gloves or hats for temperatures under 45 degrees.
10) Children must have on proper fitting shoes for outside play, this includes tennis shoes or shoes (sandals) with backs. Flip flops are not recommended.
11) Sunscreen or sun block with UVB and UVA protection of SPF 15 or higher is encouraged to be applied to children’s exposed skin year round when outdoors. The UNO Child Care Center must have a signed permission slip to apply sunscreen. No Aerosol Sunscreen. Please see separate form.
12) The use of insect repellent containing DEET can be applied to children no more than once a day with parental permission. Please see separate form.
Discipline - Be Clear, Be Firm, Be Consistent
By: Helen Williams

Children learn best by being given clear, firm and consistent direction from parents who are clear, firm and consistent in their approach.

How to Discipline Children by Being Clear:
- Firstly find and maintain clarity within yourself and then follow through on simple, clear instructions. Clarify for yourself what being clear means.
- It is about being plain, obvious, and understandable in a clear, short sentence that explains exactly what you mean.
- It isn’t about maybe this or maybe that.
- Often parents have no idea that they chop and change their minds within minutes. To become clear about your own patterns of behavior, observe yourself and ask for your partner’s help in this.

- “We are going to tidy up your toys in five minutes”, is clear and direct. Follow this with, “Please help me tidy up your toys now” and it means just that.
- Be firm with yourself about this. It doesn’t mean soon, or later, but now.
- I have seen parents give out this simple instruction, then become distracted themselves by a television program, conversation or magazine. What their children observe is parents saying one thing and doing another and this gives a much-distorted message. Multiplied over many times each day, is it any wonder that children cease to follow simple instructions?

How to Discipline Children by Being Firm:
- Firstly find and maintain firmness for yourself and then follow through with firm clear directions in a firm, clear tone.
- Clarify for yourself what being firm means. To be firm is to be certain, definite, and determined. It is also being loving, kind and calm.
- It means saying no and meaning no, or saying yes and meaning yes and sticking to it. It’s about now being now. How often does your no become perhaps, later, maybe giving in, next time, soon, or alright then? This is a very common fault in how to discipline children and again it leads to numerous mixed messages for children.
- Resolve within yourself and with your partner’s help to ascertain how often you are both easily swayed into changing your decisions. Are you allowing your children to manipulate you? Imagine how simple your life will become when you are clear and firm within yourself.

- “It is bedtime, (bath time, meal time) in five minutes” is a clear direction. Now follow through on this.
- Giving the direction in a calm, clear, firm tone of voice helps your children to understand that you mean what you say. Being firm is about being in control of both yourself and the situation.

How to Discipline Children by Being Consistent:
- Firstly find and maintain consistency for yourself and then follow through with a firm, consistent approach.
- Clarify for yourself what being consistent means.
- To be consistent is to be reliable, dependable and constant.

Lesson plans are posted weekly outside your child’s classroom. Please read and extend those lessons at home!