I cannot believe that summer is ending and that school will be starting in a couple of weeks. We have had a great summer full of fun and exciting activities. As we prepare for the start of the fall semester, we would like to wish all of our school-agers good luck with the upcoming school year and that we hope to see them again next summer. We also must say good-bye to some of our teacher assistants. We wish them well with their future endeavors.

Our last event for the summer will be our annual Ice Cream Social on Friday, August 17 from 4:15 to 6 P.M. The UNO Marching Band will be here at 4:30 P.M. Joining the band this year will be the UNO Drill Team. The Band and Drill Team will perform and the children will be able to look at the musical instruments during the band petting zoo time. We will be serving ice cream with all the toppings. We hope you can join us.

The 2018 Food Program Forms have been emailed out to families. Hard copies of the form are available at the front desk. If you have not completed and turned in the form, please do so as soon as possible. All families must have a signed form on file whether you qualify or not. Thank you.

Please mark your calendars now for the following upcoming fall semester dates:
1) Monday, September 3, Child Care Center will be closed in observance of Labor Day. We will re-open on Tuesday, September 4 at 6:30 A.M.
2) Tuesday, September 11 is Curriculum Night/Open House from 4:30 to 6 P.M.
3) Friday, October 5; Preschool Fall Field Trip to Bellevue Berry Farm; 9 A.M. to 1 P.M.
4) Tuesday, October 9; Picture Day
5) Parent/Teacher Conferences will be the week of October 22-26.
6) Wednesday, October 31 is our Annual Costume Parade at 9 A.M.
8) Tuesday, November 13; Preschool 1 & 2 Field Trip to Together Inc.
9) Thursday & Friday, November 22 & 23; Child Care Center will be closed for Thanksgiving Holiday
10) Saturday, December 8 is Holiday Program at 10 A.M. at Milo Bail Student Center

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...

“So many dreams, at first seem impossible. And then they seem improbable. And then when we summon the will, they soon become inevitable.” - Christopher Reeve
Welcome Back!
August Themes: Review Exploring Science

First, we would like to welcome our new friends to the toddler classroom. We have planned some fun activities to start off the school year.

August 1 is our last outdoor water play day.

Each week, our toddlers get to make a snack. Please refer to the lesson plans to see what your child will be making each week.

Talk with Toddler 1
Welcome to August
August Themes: Review Exploring Science

First, we would like to welcome our new friends to the toddler classroom. We have planned some fun activities to start off the school year.

Your swimsuit and towel will go home that same day.

Mrs. Effie will be on vacation for 2 weeks. She will be back on August 13.

We are looking forward to a fun filled month. We will be learning about gravity, learning about how magnets work and creating a rainbow with milk and food coloring.

Take Two with Toddler 2
Welcome Back!
August Themes: Review Exploring Science

First, we would like to welcome our new friends to the toddler 2 classroom. We have planned some fun-filled activities.

We will be learning new songs, our colors and shapes. And we will also be doing some fun science activities.

Each week, our toddlers get to make a special snack on our cooking day. Please refer to the lesson plans to see what your child will be making each week.

Time with Transition
Transition has had a great summer and we are sad that it is coming to an end.

We will be having a picnic at the Pep Bowl on Friday, August 3. Your child will need a sack lunch free of peanut and tree nut products. We will be leaving the center around 10 A.M. and will return to the center by noon. Parents are more than welcome to join.

We have some friends that will be transitioning down to Preschool 1 beginning the week of August 6. A visiting schedule will be sent home for the children that will be transitioning to Preschool 1. We will also have friends moving up from Toddlers and new friends starting this month as well. If you have any questions about transitioning, please see Cassie, Dawn, or Monica.

We will have our last water play day on Monday, August 6. We will be sending home all water stuff next week. Per Policy, we will continue to apply sunscreen when we go outside if it is 65° or above. If your child is running low on sunscreen, we will be sending a Please Bring home so you can bring in more.

We are excited to wrap up summer and get back into the swing of our school year routine. As always, if you have questions or concerns please feel free to email or talk to Ms. Cassie during her scheduled hours at the center.

Date with Transition
Cassie Miller – Lead Teacher

Dates to Make Note of...

August
7 - Purple Heart Day
8 - CHAMPS Meeting; 4:30 P.M. CCC
14 - CHAMPS meeting at the center
17 - End of Summer Family Event: 4 to 6 P.M.
20 - Fall Semester Begins
24 - National Waffle Day

September
3 - Labor Day; Center Closed
7 - Preschool Field Trip to Children’s Hospital
9 - Grandparents Day
11 - Curriculum Night; 430 to 6 P.M.
11 - Patriot Day
18 - CHAMPS meeting; 4:30 P.M. CCC
18 - Yom Kippur
22 - Autumn Begins

October
5 - Preschool Field Trip to Bellevue Berry Farm
8 - Columbus Day; Child Care Center Open
9 - Picture Day
9 - CHAMPS Meeting; 4:30 P.M. CCC
15-16 – UNO Fall Break; CCC Open
22-26 – Parent Teacher Conferences
31 – Costume Parade; 9 A.M.
31 - Halloween

Happy Birthday!
2 – Miss Nessa
3 – Audrey G.
6 – Ra’el H.
7 – Everly A.
12 – Sua Belle C.
12 – Antigone R.
13 – Louisa A.
18 – Miss Megan
19 – Gabriel R.
22 – Sam F.
25 – Lyla B.
25 – Miss Sofia
28 – Josephine C.
30 – Chloe W.
31 – Miss Taylor

Effie Swinarski – Lead Teacher

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We are excited to wrap up summer and get back into the swing of our school year routine. As always, if you have questions or concerns please feel free to email or talk to Ms. Cassie during her scheduled hours at the center.

Ms. Cassie and the Transition Teachers
The fall semester is right around the corner. We enjoyed the summer program this year full of field trips, outdoor adventures and water play.

We have a final field trip to the Children’s Museum on Friday, August 3. The children will leave the center at 9 A.M. so please have them here no later than 8:45 A.M. with a peanut/nut free disposable sack lunch and drink.

Our final water play day will be on Friday, August 10. We will put all the children’s swim stuff in a bag and hang it on their hooks to take home.

The fall semester will begin August 20, which means we will be back in school mode! We will start off the semester by learning about the letters A, B, C and the numbers 1 and 2. The color of the month is red and our theme for the first week is Welcome to School.

If there are any questions please feel free to reach out to me. My desk duty time is from 8 to 9 A.M. every day. Thank you and have a great final stretch of summer!

Brandon Sklenar and the Preschool Staff
bsklenar@unomaha.edu

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Hello and Happy New School Year!!! I cannot believe how fast summer went by. We did a lot of fun and exciting things this summer, and went to a lot of cool places. This school year will be no different, as there are a lot of fun things that we will be doing in the coming school year.

A couple of quick things to get us started: First, the ice cream social for UNOCCC is on Friday, August 17, 2018 from 4:15 to 6 P.M. This will be a great chance for the children to meet up with their friends before the start of the next semester and for us all to connect and eat lots and LOTS of SUGAR!!!

Second, the information packet for Preschool 2 will be going out the week of August 20, please watch for it in your child’s mailbox and make sure to complete and return all relevant forms. This packet will also include important field trip dates as well as information about items that they will need to bring when they start in my classroom.

Finally, if you have any questions or concerns regarding the beginning of the school year in Preschool 2, please contact me at 402-554-3398 during my desk time from 3 - 4 P.M. or email me at mmliu@unomaha.edu. I am also available to talk after drop off or before pick up. Though I am sad to see my school age friends go, I am really excited to see what the next year brings us.

Miss Megan and the Preschool 2 Staff

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

CHAMPS did not meet during the month of July. Our next meeting is scheduled for Tuesday, August 8 at 4:30 P.M.. Meetings last about an hour and are held here at the Child Care Center. We encourage all parents to participate in the meetings. The more involvement we have creates more opportunities for families to grow and learn together!
For August, I found a couple of recipes to help quench the thirst that summer can bring. The first summer drink is called “Purple Cows” and the second summer drink is called “Watermelon Coolers”.

**Purple Cows**
Ingredients:
- 2/3 C grape juice
- 1/2 C Vanilla ice cream

Directions: Blend the above ingredients in a blender until smooth. Serve.

**Watermelon Coolers**
Ingredients:
- 1- 8 ounce container plain yogurt
- 4 C frozen watermelon, cubed and seeded
- 1/3 C lime juice
- 2 Tbsp. sugar
- 1/8 tsp. Salt

Directions: Combine all ingredients in a blender and blend until smooth. Pour equal amounts into 8 glasses. Serve.

Mr. Rick
“Never give up on what you really want to do. The person with big dreams is more powerful than one with all the facts.”
--Albert Einstein

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**Focus on Policy and Procedures**

**CLOCKING IN AND OUT**
There are a number of reasons to clock your child in each day.
1. It is a licensing requirement.
2. Any child not clocked out by 5:30 P.M. will be automatically charged a $1 per minute late pick up fee.
3. We are a participant of the Federal Food Program and must have proof of attendance in order to be reimbursed for meals served.
4. We track ratios through the computer and if your child is not clocked in, we may think the teacher has fewer children than is accurate.
5. If there were an emergency, we would need to know exactly how many children we have to ensure we have everyone with us.

Note: In the event of a late pick up and we are unable to reach any contact person by 6 P.M., campus security will be called and the proper authorities will be notified.

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**Baby News**

Congratulations to the Wang-Ramirez Family; Eric, Yang and big brother Ethan on the birth of Alice Wang Ramirez born on June 7, 2018; 6lbs 19 ¾ inches.

Congratulations to the Rodriguez-Luczynski Family; Kevin, Nicole and big brother Pierce on the birth of Chance Alexander Luczynski born July 3, 2018; 8.5lbs 20 inches.
Helping Young Children Channel Their Aggression, Part 2
Parenting Strategies for Managing Aggression in Very Young Children

How then do parents moderate and channel their child’s aggression without stamping it out by being too severe? While there is no exact recipe, here are 12 suggestions that may help you to provide your child with the guidance he needs.

1. Limits are part of loving. Keep in mind that your child’s feeling loved and affectionately cared for builds the foundation for his acceptance of the guidance you will provide as he grows. Children who feel loved want to please their parents most of the time and will respond to their guidance. Putting reasonable restrictions on your child’s behavior is part of loving him, just as are feeding, comforting, playing, and responding to his wishes.

2. Try to figure out what triggered your child’s aggressive behavior. Ask yourself what might have happened that set him off—your behavior or that of another person, or something else in the situation; perhaps he is overtired or not feeling well physically. Being rushed, abruptly handled, being denied something he wants, even being unable to do something he has tried to do with a toy or physical activity often produces feelings of frustration and anger that result in aggressive behavior.

3. Use what you know. Make use of what you know about your child’s temperament, rhythms, preferences, and sensitivities. For example, if you know that he is irritable or ill-humored for the first hour of the day or gets very out of sorts when tired or hungry, you won’t pick that time to ask a great deal in the way of control.

4. Be clear. Tell your child what you want him to do or not do in a specific situation (but try not to give a long lecture). Your child will be aware of your displeasure from your tone of voice as well as from what you say. This is important that you try to be clear about your disapproval. However, long lectures and dire predictions are usually counterproductive. Telling a 3-year-old child that she can’t have any television for 2 weeks if she hits her baby brother may upset her, but it is unlikely to help her understand and develop her own controls. A better reason is that you don’t want her to hit him because it hurts.

5. Be a careful observer. When your young child is playing with other children, keep an eye on the situation but try not to hover. What begins as playful scuffling or run and chase or sharing toys can quickly move into a battle between children, and they may need a referee. However, there are times when you can let young children work things out among themselves. Age makes a difference, of course.

6. Use redirection. When your child is being aggressive in ways you don’t like, stop the behavior and give him something else to do. You may either suggest and help start a new activity or perhaps guide him to a place where he can discharge aggressive feelings without doing harm to himself, to anyone else, to toys, or to the family pet. For example, a corner in which there is something to punch or bang or throw at can be utilized. You can say, for example, “If you feel like hitting, go and hit your pillow (or punching bag), but you can’t hit the dog (or bang the table with a hammer)” Such an opportunity not only helps the child discharge some aggressive feelings but also helps him understand that there can be a time and place provided for such actions.

7. Be a coach. When time permits, demonstrate how to handle a situation in which there is conflict between children. For instance, if your child is old enough, you can teach him a few words to use in order to avoid or settle a conflict. A 2-year-old can be helped to hold on to a toy and say “no” or “mine” instead of always pushing or crying when another child tries to take a toy. Children need specific suggestions and demonstrations from adults in order to learn that there are effective ways to handle disagreements that are more acceptable than physical attack and retaliation.

8. Use language. If your child has language skills, help him explain what he is angry about. If you are able to guess and he cannot say, do it for him, such as, “I guess you’re mad because you can’t go to play with Johnny. I know how you feel, but it’s too late to go today” (or whatever the reason is).

9. Ask yourself if you are sending “mixed messages” to your child about his aggressiveness. If you say “Don’t hit” or “Be nice” while you are not so secretly enjoying your child’s aggressive behavior toward someone else, he will be confused, and such confusions tend to make it more difficult to develop self-control.

10. Be a role model. Keep in mind that parents are the most important models for behavior and how to use aggression in a healthy way. If social exchanges in your family include much arguing or physical fighting in the presence or hearing of your children, you can count on their picking it up. Home environments like these can be unsafe and unhealthy for everyone in the family. If you are coping with a violent partner, call the National Domestic Violence Hotline at 1-800-799-7233 or 1-800-787-3244 (TTY) for support, shelter, or services, or visit Stop Family Violence for more information on getting the support and help you need.

11. Avoid spanking. Think about the very real disadvantages of physical punishment for your child. Children often arouse anger in adults when they provoke, tease, behave stubbornly, or attack others. If your practice is to hit or physically punish your child in some other way for such behavior, you need to think very carefully about what he learns from that.

12. Be patient; learning takes time. Your child’s learning to love and live in reasonable harmony with others comes about only gradually and over many years. For you as parents there will always be ups and downs, periods when you despair of “civilizing” your child or when you will worry that he will be too timid for the rigors of the world. While living from day to day with the pleasures and frustrations of being a parent, it is also important to keep the long view in mind: there is a positive momentum to development. This forward thrust of your child’s growth and development actually works in favor of his acquiring the ability to channel and productively use those aggressive energies that are a vital part of our makeup.

This article was edited from the ZERO TO THREE journal, April 1985.