

December
2020

UNO Child Care Center
Helping Parents and Children
Learn Together
402.554.3398

Child Care Chronicle

Dawn Hove-Casart—Director

Monica Dey—Assistant Director

Feature Facts from Dawn

As 2020 comes to a close, we would like to wish all of our families a heartfelt thank you for choosing UNO Child Care Center as your child's early education program and all the support that you have provided. You are the best! We look forward to a new year filled with hope, wisdom and strength to persevere and adapt to the changes that will come. We are Maverick Strong! We look forward to serving you in 2021.

The children have been practicing the songs for the Winter Holiday Video Performance. The recordings are going well. We look forward to sharing these special moments with you. Please watch for an email from me with the link to the video by December 18, 2020.

A big huge thank you goes out to all of our families and staff who participated in our annual food drive donation for Together

Inc. We collected \$415.00. Every dollar raised feeds a meal for one family of four. Way to go!

Reminder, the child care center will be closed from December 23, 2020 to January 3, 2021. We will re-open on Monday, January 4, 2021. Please make sure you have turned in your Holiday Schedule Form by Monday, December 7. This will help us staff accordingly for these two weeks.

Finally, I will be out of the office on Friday, December 18, 2020. If you need anything during this time, please see Ms. Monica or the Lead Teacher.

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.

As Mr. Fred Rogers once said ~ "Often when you think you are at the end of something, you are at the beginning of something else. I have felt that many times. My hope for all of us is that 'the miles we go before we sleep' will be filled with all the feelings that come from deep caring-delight, sadness, joy, wisdom-and that in all the endings of our life, we will be able to see the new beginnings."

Until Next Year...

"From our house to yours, everyone here at the UNO Child Care Center wants to wish you and your family a Very Happy Holiday Season! Stay safe and healthy.



Happy Birthday!

4 - Ms. Ronita
12 - Roman R.

22 - Aeryana L
24 - Mr. Fred

24 - Ms. Alecia



Dates To Make Note Of...

December

7 - Book Orders Due
11 - Hanukkah Begins
11 - Holiday Classroom Parties
21 - Winter Begins
24-Jan. 3 - Winter Shut Down,
Child Care Center Closed
25 - Christmas
26 - Kwanzaa Begins

January

1 - New Years Day, Center Closed
4 - Center re-opens
11 - Spring Semester Begins
15 - Book Orders Due
18 - Martin Luther King Jr. Day,
Child Care Center Closed

February

2 - Groundhog Day
12 - Book Orders Due
12 - Chinese New Year
12 - Valentine Exchange Parties
14 - Valentine's Day
15 - Presidents Day
16 - Mardi Gras

Cooking with Rick

December's recipe comes from the "Taste of Home" website called "Flavorful Chicken Fajitas".

Ingredients include:

4 Tbsp. canola oil, divided
2 Tbsp. lemon juice
1 1/2 tsp. seasoned salt
1 1/2 tsp. dried oregano
1 1/2 tsp. ground cumin
1 tsp. garlic powder
1/2 tsp. chili powder
1/2 tsp. paprika
1/2 tsp. crushed red pepper flakes, optional
1 1/2 lbs. boneless, skinless, chicken breasts, cut into thin strips
1/2 medium red pepper, julienned
1/2 medium green pepper, julienned

4 green onions, thinly sliced
1/2 C. chopped onion
6 flour tortillas (8"), warmed
Options: Shredded cheddar cheese, taco sauce, salsa, guacamole, red onions, and sour cream.

Directions:

1. In a large bowl, combine 2 Tbsp oil, lemon juice and seasonings; add in the chicken. Turn to coat, cover. Refrigerate for 1 to 4 hours.
2. In a large cast iron or other heavy skillet, sauté the peppers and onions in the remaining oil until crisp tender. Remove

and keep warm.

3. Drain chicken, discarding the marinade. In the previously used skillet, cook chicken over medium high heat until no longer pink (5 to 6 minutes). Return the pepper mixture to the pan, heat through.
4. Spoon filling down the center of tortillas; fold in half. Serve with the desired toppings.

Mr. Rick
Seasons Greetings!



Book Orders

The University of Nebraska at Omaha Child Care Center will continue Scholastic book orders for the academic school year. Books are an important part of a child's development and can help your child gain pre-literacy skills. Scholastic also offers free books and educational materials to the Child Care Center when you order. Please visit

[scholastic.com/bookclubs](https://www.scholastic.com/bookclubs) to order. If this is your first time ordering online, you will need to set up an account with Scholastic using our class code: GKXFX. The center account is under Dawn Hove.

Please make sure you are using this account or your order will not be processed. You may pay for your order using a credit card

through Scholastics secure web site. December book orders will be due **Monday, December 7, 2020 . Happy Reading!**

Talk with Toddlers 1 & 2

Effie Swinarsky and Fred Abram—Lead Teachers

Greetings,
December is here and we are planning some fun and educational indoor activities.

If it snows before we close for winter break, we will bring a tubby of snow indoors for the children explore.

If your child has an extra pair of mittens or gloves, please bring some in, so that your child can wear them during the activity.

December Themes:
Winter Wonderland, the color blue, the Star shape the number 5, and the letters J, K, & L.

Reminders:
Please provide an extra pair of clothes for your child. This includes shoes and socks.

Wanted:
We are in need of gently used boys pants and shirts sizes 18 months to 3 years.

Happy Holidays!
Toddler Teachers



Time with Transition

Happy Holidays!

The Transition class is already in the holiday spirit! We kicked off the month by filming our annual Holiday Program and are excited for parents and families to be able to watch our performance recording.

Soon we will have some new faces in the Transition class. Also, we must see some of our friends off to Preschool One. Mackenzie, Jackson, and Ava will be joining Preschool One in Spring Semester - we will miss them so much!

During the week of December 14, we are

asking for parents, grandparents, other family members, and friends to read to the Transition class via Zoom. You may sign up anytime between 9:00-10:30 AM or 3:00-4:00 PM. The time slots will be for 15 minutes. If you are interested let Ms. Allison know what day and time you are available and what book you would like to read, and she will send you a Zoom invitation with your confirmed time slot.

December Themes: World Culture, Traditions, and Holidays; Giving and Sharing; Different Holidays; Children Around the World; Similarities and Differences. Our color for the month is green and our shape is triangle. Letters for the month are J and K;

Allison Johnson—Lead Teacher

the numbers are 10 and 11.

We hope everyone has a wonderful holiday season!

Transition Teachers



Points to Ponder with Preschool 1

Ronita Bolton—Lead Teacher

Hello Parents, December is here!

This month, our themes are World Cultures, Traditions and Holidays. We will be focusing on Children Around the World; Winter Fun; Giving and Sharing; and Winter Holidays. Our letters for this month are J, K, & L and the numbers are 9 & 10. Our shape for the month is star and the color is green. Our nursery rhyme is Star Light, Star Bright.

Now that Winter is officially here we would like to remind parents that we will play outside and take our nature walks when the weather is permitting so please remember that coats, hats and gloves/mittens are needed. We also recommend closed toed shoes and tennis shoes for preschool play.

We have been practicing our holiday songs and Ms. Monica will be recording them soon. We are excited for you to see all our hard work on the video link that will go out soon.

Thank you and have a great December!
Ronita Bolton & the Preschool 1 Staff



Seasons Greetings!

Happy December to everyone. I cannot believe how fast the semester has gone, it flew by and now it is almost the end of the semester. Just a couple of reminders for you this month.

First, we will be recording our portion of the holiday program on Monday, December 8 at 10:00 a.m. Please make sure your child is here by 9:45 a.m., so that we can help them get ready before

we record.

Second, please let Ms. Dawn know if your child will be here the week of December 21. Please make sure to turn in your forms by Monday, December 7.

Finally, if you have any questions or concerns for me, you can email me at mmliu@unomaha.edu. My Desk Duty is from 3-4 PM on M/W and 9:30 to 10:30 AM on T/R/F.

I'm looking forward to a fun December!

Thank you for all you do,
Miss Megan and the Staff of Preschool 2



C.H.A.M.P.S

CHAMPS does not have any meetings schedule for this month due to health mandates. We are hopeful that we will be able to get together at some point.

We will continue to find new ways for our families to be involved in the program. This may include virtual events!

Until we can meet again, please continue

communication with the staff and other parents!

We hope everyone has a great semester!

Happy Holidays!

Focus on Policies and Procedures

HEALTH POLICY On Cold, Heat, Sun and Insect

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, Alumni Center 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. 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.



Baby News!

Congratulations to the Moten/Burt Family;
Yvonne, Ryan and big sister Ava

On the birth of
Oaklin Dean Burt
Born on November 20, 2020
8 lbs. 5 oz. and 19.5 in.

How to Help Kids Handle Holiday Disappointment During COVID-19

Amy Adolfo Signore, PhD, MPH and Emily Wakefield, PsyD

This year has been difficult to say the least. With the holidays approaching – and the challenges and uncertainty of the coronavirus pandemic still ongoing – you may be wondering how to help your child cope with the disappointment of things being different this year.

(We've grouped suggestions by age, but tips for younger children apply to older children and adults alike.)

0-3 years old: Focus on quality time during the holidays – and don't worry about the details.

- Children this age will not be able to recall detailed memories of holidays past and will not recall the events of this year in the future.
- It's okay to keep things very simple for children this age in terms of celebrations and explanations.
- All children benefit from having quiet-down time to feel love and attention from parents. With social distancing and quarantine measures in place, this is the perfect season to indulge kids with affection.

4-6 years old: Create new, quarantine approved holiday traditions.

- Establish traditions within your immediate family – make holiday decorations, make a home-made gift, cook a special meal.
- Instead of in-person visits with friends, family or even Santa, consider fun ways to have a video interaction, write letters or make cards.
- Don't punish children for having a negative reaction to holiday changes

this year. Tell them that it's okay to feel sad, disappointed or angry.

- Find the positive and teach positive self-talk. For example, "Since we don't have to travel, we get extra time to relax and play at home."

6-12 years old: Help your child cope with holiday blues – and build resilience for the future.

- At this age, children understand the precautions that need to be taken due to COVID-19.
- Validate their feelings of disappointment and sadness about changes to their holiday traditions: It's normal and OK to feel angry, frustrated or sad.
- Remember that helping children overcome disappointment helps them build resiliency.
- Ask them for their ideas about how to make the holiday special.
- Teach fun relaxation strategies – try yoga for the first time, or practice slowly breathing in and out the scent of a favorite treat, lotion or candle.

13-18 years old: Ask, listen and encourage COVID-safe holiday activities.

- Ask teens how they are feeling.
- Let them know you are there if they need to talk.
- Listen! Often, teens just want someone to listen and not solve the problem for them.
- Offer perspective on the situation by looking at the big picture.
- Allow them a sense of control by giving them choices – maybe to have friend over on a different day to celebrate the holiday, or allow them to plan a special activity.
- Encourage positive social activities to honor the holiday season, such as

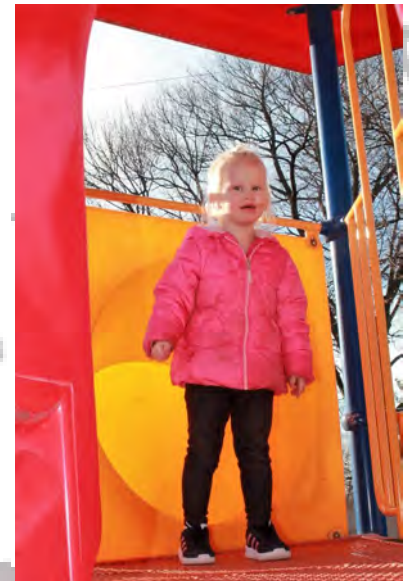
how to volunteer in a socially distanced way.

Parents and caregivers: Manage your own disappointment about this holiday season.

- Allow yourself to feel sad, worried or angry.
- Do something to nurture yourself.
- Adjust your expectations.
- Look at the big picture.
- Children take cues from their parents. If you maintain a positive, festive and calm demeanor, your kids will pick up on that and do the same.

In addition to finding ways to understand and support the feelings of your kids, you can also find creative ways to celebrate the holidays despite the pandemic.

Let this be your guide to finding all the hope, peace, joy and sense of renewal that a traditional holiday season brings.



Lead Teacher Contact and Desk Duty

UNO Child Care Center Main Number 402-554-3398

Please Note: That Desk Duty times may be subject to change during a particular day.
New Desk Duty times will be sent out for the Spring 2021 Semester.

Toddler 1

Lead Teacher: Ms. Effie Swinarski
Email: eswinarski@unomaha.edu

Desk Duty Times

Mondays	1 to 2 PM
Tuesdays	7:30 to 8:30 AM
Wednesdays	1 to 2 PM
Thursdays	7:30 to 8:30 AM
Fridays	7:30 to 8:30 AM

Toddler 2

Lead Teacher: Mr. Fred Abram
Email: fabram@unomaha.edu

Desk Duty Times

Mondays	2 to 3 PM
Tuesdays	2 to 3 PM
Wednesdays	2 to 3 PM
Thursdays	2 to 3 PM
Fridays	2 to 3 PM

Transition

Lead Teacher: Miss Allison Johnson
Email: anjohnson@unomaha.edu

Desk Duty Times

Mondays	12 to 1 PM
Tuesdays	12 to 1 PM
Wednesdays	8 to 9 AM
Thursdays	12 to 1 PM
Fridays	12:30 to 1:30 PM

Preschool 1

Lead Teacher: Ms. Ronita Bolton
Email: rbolton@unomaha.edu

Desk Duty Times

Mondays	8:30 to 9:30 AM
Tuesdays	8:30 to 9:30 AM
Wednesdays	11 to 12 AM
Thursdays	8:30 to 9:30 AM
Fridays	8:30 to 9:30 AM

Preschool 2

Lead Teacher: Miss Megan Liu
Email: mmliu@unomaha.edu

Desk Duty Times

Mondays	3 to 4 PM
Tuesdays	9:30 to 10:30 AM
Wednesdays	3 to 4 PM
Thursdays	9:30 to 10:30 AM
Fridays	9:30 to 10:30 AM