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Please have your child at the Student Center no later than 9:45 A.M. After the program, there will be a visit from Santa. So, bring your cameras! The C.H.A.M.P.S. group will be selling DVD’s of the Holiday Program. The cost for the DVD’s will be $15. Please make sure that you fill out a form and reserve your copy the day of the program.

Please note that there is limited parking around the Student Center. You will need to use either the Library Lot or the East and West Parking Garages. The only doors that will be accessible from these lots will be on South side lower level of the Student Center near the bookstore. You will either walk up the stairs or take the elevator to the second floor. The Ballroom will be on the right side. Please plan ahead, as the program starts at 10 A.M. and the children need to be there by 9:45 A.M.

A big huge thank you goes out to all of our families who participated in our annual food drive for Together Inc. We raised over 2036 items. Almost doubling what we did last year. Every pound of food raised feeds a meal for one family. Way to go! Special Thank you to Beckett’s mom, Shea, for getting us on Channel 7 News at 9 P.M.

Please make sure you have turned in your registration forms and/or class schedules for the spring semester. We are currently full for the spring 2019 semester. So please make sure we have your correct schedule. Thank you.

Reminder, the child care center will be closed from December 22, 2018 to January 1, 2019. We will re-open on Wednesday, January 2, 2019.

I will be out of the office on December 14. If you have any questions or concerns 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 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!

**Feature Facts from Dawn**

Happy Birthday!

4 – Wyatt W.
4 – Beckett F.
4 – Ms. Roni
10 – Will H.
14 – Delia C.
16 – Soren P.
24 – Mr. Fred

**Child Care Chronicle**

Dawn Hove-Casart — Director
Monica Dey — Assistant Director

UNO Child Care Center
Helping Parents & Children
Learn Together
402.554.3398

UNO Child Care Chronicle

December 2018

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Happy Holidays! We are looking forward to our holiday program. We have been busy learning and singing our songs.

**December Themes are:**
- Winter Wonderland
- The color Blue
- The Star shape
- The number 5
- Letters J, K, & L

**Upcoming Events:**
- **December 8:** Holiday Program MBSC Ballroom. Please have your child at the student center by 9:45 A.M.
- **December 21:** PJ Day

Thank you to all our families who returned their family trees. We had fun looking at them and getting to know each family better. If you get a chance, please stop by the room to take a look at all the different posters and learn about the other children and families.

If it snows before we close for winter break, we will be bringing a tubby of snow indoors. Please bring in an extra pair of mittens or gloves for your child to wear during the activity. We will send home a reminder note the day before if we do the activity.

We would like to wish our student workers good luck on their finals. To all our families, we would like to say Happy Holidays and Happy New Year!

Ms. Effie, Mr. Fred and the Toddler Teachers

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**Talk with Toddler 1 & 2**

Happy Holidays! We are looking forward to our holiday program. We have been busy learning and singing our songs.

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- Winter Wonderland
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**Effie Swinarski & Fred Abram – Lead Teachers**

Have your child come in their pajamas. We will have a special snack on this day.

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If it snows before we close for winter break, we will be bringing a tubby of snow indoors.

The children will get to explore the snow. Please bring in an extra pair of mittens or gloves for your child to wear during the activity. We will send home a reminder note the day before if we do the activity.

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**CHAMPS**

CHAMPS met on Tuesday, November 13, 2018. At the meeting, members volunteered to purchase gift cards for the teaching staff and to help with the sale of the Holiday Program videos. In addition, there will be a photo area set up to do family pictures. There will be a free will donation as a fundraiser for CHAMPS.

Parent volunteers are needed to help with the following activities the week of December 3:
1) Tuesday or Wednesday, December 4 & 5 from 4 to 5:30 P.M. to sit at a table at the child care center to get families to sign the staff holiday cards. And 2) to help with the holiday program DVD sales either before (around 9:30 A.M.) and directly after the program. If you are interested in volunteering, please let Ms. Dawn or Ms. Monica know.

Also discussed were topics for upcoming parenting workshops, as well as possible fundraising ideas.
Hello Parents. We are off to a great start to the 2018-2019 school year! Last month the children focused on the letters G, H, and I along with the numbers 7, 8, and 9. We also learned about the shape rectangle and the colors black, grey and brown. Some of our themes last month included the Turkey, Prairie Dogs, and Deer, and the nursery rhyme Baa Baa Black Sheep. We had many fun activities with these themes and I think the children enjoyed learning about them.

This month we have several activities planned to keep in mind. On Saturday December 8, 2018 from 10 to 11 A.M. is the UNO Child Care Center Annual Holiday Program at the Milo Bail Student Center Ballroom. Our theme this year is a Winter Wonderland setting and we will have a special guest after the program. Please have your child there no later than 9:45 A.M. The December Themes are the letters J, K & L, the numbers 10, 11, & 12, the triangle shape and the colors white and gold. Our new nursery rhyme song is “Starlight, Star Bright”.

Now that winter is officially here, we would like to remind parents that we will still play outside and take our winter walks, weather permitting. So please remember coats, snow pants, gloves, hats and we recommend closed toed shoes and boots for preschool play.

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

For December, I got a recipe for “NO Bake Cheesecake Bites” which I got to sample over Thanksgiving and it was good.

Ingredients include:
8 oz. cream cheese
4 Tbsp. butter, room temperature
1/2 C crushed graham cracker crumbs
4 C powdered sugar
10 oz. chocolate chips

Directions:
1. In a large bowl, mix the cream cheese and butter together until combined.
2. Add in the graham cracker crumbs and mix well.
3. Add in the powdered sugar, 1 cup at a time, until it is all mixed in.
4. Cover and chill in the fridge for at least 1 hour (suggested overnight).
5. Place a piece of wax paper on the counter and remove batter from the fridge.
6. Scoop into balls and roll in between palms if necessary; place on the wax paper.
7. Place in the fridge 10 to 20 minutes if they are too soft to dip.
8. Melt the chocolate chips in the microwave, stirring every 15 seconds to make certain it doesn’t harden up (taking approximately 1 minute to completely melt).
9. Dip balls into the chocolate and completely cover the balls.
10. Place back on wax paper and let cool until chocolate has hardened.
11. Store in the fridge for best results.
Happy Holidays!
Mr. Rick
“Learn from yesterday, live for today, hope for tomorrow.” – Albert Einstein

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 to order. If this is your first time ordering online, you will need to set up an account with Scholastic using our class activation 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. You may also bring in order forms with a check made out to scholastic. No cash orders will be accepted. The November book orders will be due on Monday, December 3, 2018.
Happy Reading.
Season’s Greetings! I cannot believe how fast November flew by, Thanksgiving is already here and gone in the blink of an eye. We are going to be even busier in the days to come, so there are just a few announcements I need to make before we dive right into December.

Our Holiday Program will be on Saturday, December 8 from 10 to 11 A.M. at the Milo Bail Student Center in the Ballroom. Please have your child there by 9:45 A.M., so that we can organize and prepare them for the concert. We also encourage you to have them dress up in festive holiday clothing and stick around after the concert to visit with Santa!

We will be have December homework up until December 21, so please watch for any homework being sent home. We will be doing new sight words and writing and counting practice will be coming home as well as our nursery rhyme for the month of December.

I will be away from the center from November 28 to December 4. We will continue with normally scheduled activities. If you have any questions during this time, please see Ms. Dawn or Ms. Monica.

I cannot believe how fast 2018 has come and gone. I am really looking forward to December and what the New Year will bring. Feel free to contact me at the center at 402-554-3398 or email me at mmliu@unomaha.edu.

Ms. Megan Preschool 2 Staff

Avoid Holiday Burnout
By the editors of Child magazine, Photo by Ericka McConnell

Children love the holidays – sometimes a little too much. How do you avoid over-stimulation and celebration burnout? Visions of sugarplums make us think of the holidays as children’s celebrations. Indeed they are, but it may be helpful to think of them from a 1-year-old’s perspective. Your child is now on the borderline between babyhood and childhood - she is not yet able to regulate her emotions and cope on her own with the excitement and fatigue the holidays can bring. This doesn’t mean you have to trade in your jingle bells for a Grinch suit, however. Small adjustments in your family’s routine may be all that’s necessary to help your child take the holidays more or less in stride.

The greatest holiday pitfall for your child is over-stimulation: Too much of a good thing is an almost sure bet this time of year. Whether your youngster finds this season’s celebrations overwhelming depends a lot on her temperament.

You are the best judge of how much your child can happily handle. If her good humor depends on her having a nap at 2 p.m., don’t go out to buy a Christmas tree at 1:30 and expect smooth sailing. If your child is easily overwhelmed, ask family members invited for a celebration to arrive a few at a time, rather than all at once. You are the holiday gatekeeper. Structuring your plans and setting limits for yourself and the rest of the family will result in a celebration that your 1-year-old can enjoy.

Help your child stick to her regular eating and sleeping patterns as much as possible during this busy season. Compensate for occasional holiday goodies by giving her simple, nutritious meals at her usual mealtimes. Make sure that your child gets all the sleep she is accustomed to having, and on a normal schedule. If your child attends daycare or has a regular babysitter, stick to that routine, too.

Inevitably, your child will become overstressed at some point during the holidays. Follow these suggestions for unruffling your worked-up 1-year-old: Take him out for a walk or a ride in his stroller. Even in cold weather, a breath of fresh air and a change of scenery will help both of you. Take your child aside to a quiet corner and sit down in a quiet place with your child and offer him a nutritious snack, like graham crackers and milk or fruit and cheese. Plug in the tree or light the candles and sit quietly together in the dark, enjoying the glow.

Parent Corner
Focus on Policy and Procedures

CONFIDENTIALITY POLICY
All information you provide the University of Nebraska-Omaha Child Care Center about your child is kept confidential, unless you have given us verbal &/or written permission to provide it. This includes information in your child’s file, assessment information, screenings, medical, allergies, etc. All children’s files are kept in a locked file cabinet, are only accessible by the administrators, and lead teachers.

Under the following circumstances the contents in each individual file is confidential, but is immediate assessable to:
1) Administrators or teaching staff who have consent
2) The child’s parents or legal guardian that are on file or
3) Regulatory authorities, on request, such as National Association for the Education of Young Children (NAEYC) during accreditation visits, The Nebraska Department of Health and Humans Services, food program audits or Nebraska Department of Health and Human Services Department of Licensing during visits.

Consent For Sharing Information
The University of Nebraska-Omaha Child Care Center requires families to obtain written permission from the relevant service providers or programs asking the UNO Child Care Center to provide information to the provider or program that is relevant to the child or family. Once the written permission is signed by the parent, provider or program and UNO Child Care Center, the information will be provided per the request. All information provided in a child’s file is kept confidential. Unless otherwise written &/or verbal parental permission is given. See example.

Consent Form for Sharing Child Information
I, _________________________________, hereby give the University of Nebraska at Omaha Child Care Center written permission to provide Information regarding my child, ____________________, to______________________________, for the purposes of _____________________.

______________________________
Parent Signature

__________________________
Date

______________________________
Director or Staff Signature of UNOCCC

__________________________
Date