

December
2019

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 2019 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 serving you in 2020.

The final event of the year will be our Holiday Program on Saturday, December 14, 2019 in the Milo Bail Student Center Ballroom at 10 A.M. The children and teachers been working very hard practicing their songs for the program. The children that are in Dance will also do a performance. Ms. Kathy and the dancers have also been working hard learning their routines. The dance performances will be first, followed by the individual group musical performances.

Please have your child at the Student Center no later than 9:45 AM. 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 downloadable copy of the video of the Holiday Program. The cost for the download will only be \$5.00. Please make sure that you fill out a form to get a link to the video.

Please note that there is open parking on campus and you will be able to use the CEC parking lots. In addition too, the Library Lot or the East and West Parking Garages. Please plan ahead, as the program starts at 10 A.M. 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 900 items and collected \$274.00. Every pound of food raised feeds a meal for one family. Way to go!

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 2020 semester. So please make sure we have your correct schedule. Thank you.

Reminder, the child care center will be closed from December 21, 2019 to January 1, 2020. We will re-open on Thursday, January 2, 2020.

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!



Dates to Make Note of...

December

10 — CHAMPS Meeting; 4:30 P.M. CCC
14 - Holiday Program; 10 A.M. MBSC
16-20 - UNO Finals Week
20 — Last day Fall semester
21 - First Day of Winter
21 - Jan 1 - Winter Shut Down; Center is Closed
22 — First Day of Hanukkah
25 — Christmas Day
26 — Kwanzaa Begins

January

1—New Year's Day, Center is closed
2—Child Care Center Re-opens
13—Spring Semester Starts
14—CHAMPS Meeting; 4:30 P.M. CCC
20 —Martin Luther King Jr. Day, Center closed
25 —Chinese New Year

February

2—Groundhog's Day
2—Super Bowl
4—Rosa Parks Day
11—CHAMPS Meeting; 4:30 P.M. CCC
14—Valentine's Day
14—Classroom Valentine Exchange
17—President's Day

Baby News!

Congratulations! To the Pelz Family: Jessica, Matthew and
Big Brother Graham on the birth of:

Soren Edward Pelz
Born on October 18, 2019
8lbs. 4 oz. & 20 in.

Congratulations! To the Leas Family: Heather, Zach and
Big Sister Kyza on the birth of:

Maddox Grayson Leas
Born on November 27, 2019
5 lbs. 3 oz.

Cooking with Rick

For those of you who are looking for a low carb dessert option, here is a recipe I found for you to try !

Ingredients:

1/2 C almond flour
1/4 C cocoa powder
3/4 C erythritol sweetener
1 tsp. baking powder
1 tsp instant coffee (optional)
10 tsp. butter (1/2 C + 2 tsp)
2 oz. dark chocolate
3 eggs at room temperature
1/2 tsp. vanilla extract

1. Preheat oven to 350 degrees. Line a 8x8 inch pan with parchment paper, aluminum foil, or grease with butter.
2. In a medium bowl, whisk together almond flour, baking powder, erythritol and instant coffee until no clumps remain.
3. In a large microwave safe bowl, melt the butter and chocolate for 30 seconds to 1 minute (just until melted). Whisk in the eggs and vanilla then gently whisk in the dry ingredients just until mixed. Do not

- over mix the batter or it will become cakey.
4. Transfer this batter to the prepared baking pan and bake for 18-20 minutes or until a toothpick comes out moist when inserted. Let cool for 30 minutes to 2 hours in the refrigerator. Slice and serve.

Happy Holidays!
Mr. Rick

Rick Jacobsen—Kitchen Tech

Talk with Toddlers 1 & 2

Holiday Greetings.

We are planning some fun and educational indoor activities. Parents, please make sure your child has a change of clothes in his/her tubby. Being messy is part of learning and having fun!

December Themes:

Winter Wonderland, the color Blue, the Star shape, the number 5 and letters J, K & L.

Upcoming Events:

December 14 is the Holiday Program at MBSC

Please have your child at the student center no later than 9:45 A.M.

Friday December 20 is PJ Day

Have your child come in their pajamas. We will be serving a special snack.

Congratulations to our Toddler 1 friends who will be moving up to Toddler 2: Spencer, Elliott, Aeryana, Sloane, Charlie C. Charles W. and Kristine. And to our Toddler 2 friends who will be moving up to Transition: Cora C., Myles H., Mackenzie H., Paul-Anthony H., Keegan K., Mona L., Mila P., Emaline S., Nora W., and Oliver W.

Effie Swinarski and Fred Abram—Lead Teachers

When the snow starts falling, we will be bringing in a tubby of snow indoors. We will have the children explore the snow. Please bring in an extra pair of mittens or gloves for your child to have here, so they can wear them during the snow activities.

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!

Toddler Teachers

Happy Birthday!

4 — Beckett F.	22 — Aeryanna L
4 — Ms. Roni	24 — Mr. Fred
10 — Will H.	25 — Miss Alyssa
14 — Delia C.	30 — Miss Madi B.
16 — Miss Leslie	



Time with Transition

Happy Holidays!

The Transition class is already in the holiday spirit! We will kick the month off with the Center's Annual Holiday Program on Saturday, December 14. We have been practicing our songs very hard, so we are hoping all of you can make it.

Soon we will have some new faces in the Transition class. Also, we will see some of our friends off to Preschool 1. Cirilla, Liv, and

Camden will all be moving down this month and joining Ms. Roni's Preschool 1 group.

During the week of December 16, we are asking for parents, grandparents, other family members, and friends to come read to the Transition class. You may come anytime between 9:00-10:30 A.M. or 3:00-4:30 P.M. If you are interested, please let Ms. Allison know.



Allison Johnson—Lead Teacher

December Themes:

World Culture, Traditions, & Holidays; Giving & Sharing; Different Holidays; Children Around the World, Similarities & Differences.

Color: Green

Shape: Triangle

Numbers: 10, 11

Letters: J, K

Holidays: Christmas, Hanukah, Kwanzaa

We hope everyone has a wonderful holiday season!

Transition Teachers



Points to Ponder with Preschool 1

Hello Parents,
December is here! We look forward to a lot of learning and fun this month!

This month, we will be exploring "Holiday's Around the World". We will be focusing on the letters J, K, and L. The numbers 9 & 10. The star shape and the color green. We will be learning the nursery rhyme: 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 if the wind chill is above 32 degrees, so please remember to bring in a coat, hat and gloves for your child. We also recommend boots if it is wet outside and shoes to change into for indoor play. Please make sure that you label all the winter items with your child's name!

We have been practicing our songs for the

Ronita Bolton—Lead Teacher

Holiday Program, which will be on Saturday, December 14 at the Milo Bail Student Center in the Ballroom. The program will start at 10 A.M. Please have your child there by 9:45 A.M. We hope to see you all there.

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

News and View with Preschool 2

Winter Greetings!

The end of the semester is nearly here! I cannot believe it, but it seems like this semester came and went in the blink of an eye.

I have just a few short announcements/reminders for December. First, the holiday program will be on Saturday, December 14 at the Milo Bail Student Center, please have your child there by 9:45 A.M. The program will start at 10 A.M.

Second, we will be having a pajama day on Friday, December 13. Please make sure to

bring school shoes for outside play and use during meal times.

Lastly, this year we are trying to adopt the principles of valuing what we are given and what we can give, for that reason we are going to vote for a service learning project for December. The options for the service learning project will be 1) picture quilts for the Aksarben Retirement village 2) donating old toys to a charity toy drive, or 3) both. Voting will begin on Monday, December 9 and end on Wednesday, December 11. Remember every vote counts. I will let everyone know on Thursday.

Megan Liu—Lead Teacher

We will then proceed with either creating the pictures, collecting items for the toy drive or both.

Looking forward to a very giving December.

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

Focus on Policies and Procedures

Winter Weather Closing Policy:

If the University of Nebraska at Omaha is closed, then the UNO Child Care Center is also closed. As such, we follow the University of Nebraska at Omaha Winter Weather Closure Policy.

Decisions to close the UNO campus, or specific campus buildings, including late start times or early dismissals, will be made by the UNO Chancellor with the guidance of the Chancellor's Winter Weather Committee. The Chancellor's Winter Weather Committee serves at the behest of the UNO Chancellor and is comprised of senior level administrators as well as a wide-ranging group of advisors from key constituencies and units responsible for campus operations.

In the event of Severe Winter Weather, the Committee is tasked with providing a recommendation to the Chancellor in two areas: suspending regularly scheduled classes and/or suspending normal campus operations.

Decisions made to either temporarily suspend regularly scheduled classes or temporarily suspend campus operations will be made by factoring in, but not limited to: weather advisories/warnings, campus conditions, off-campus road conditions, wind chill and available campus resources.

The suspension of regularly scheduled classes can occur for a portion or all of a particular day (or days) depending on weather conditions.

The suspension of campus operations can occur through a full closure, delayed start, or early release.

Any decisions to suspend campus operations will automatically include the suspension of regularly scheduled classes.

Decisions to suspend campus operations will not impact any courses that are delivered digitally. These courses will be adjusted -as needed -by their respective instructors.

Once a decision or decisions are made by the Chancellor, that decision -and all supplemental information -will be shared with the campus and larger community through the UNO website, email, social media, text alerts, and through local news outlets. Until such a message is shared, all regularly scheduled classes and campus operations are considered to be active. In the event of Severe Winter Weather approaching during normal business hours, every attempt will be made to decide on campus operations prior to 3 P.M., subject to changing weather conditions. In the event of Severe Winter Weather approaching during the evening or overnight hours, every attempt will be made to

decide on campus operations prior to 5 A.M., subject to changing weather conditions.

Once the Director or Assistant Director has confirmation of the closure an email will be sent out to families and staff informing you of the closure. In the event UNO has a late start, the UNO Child Care Center will open 30 minutes prior to the late start, start time. (Example: UNO will have a late start, the campus will open at 10:00 a.m., that means that the UNO Child Care Center will open at 9:30 a.m.)



C.H.A.M.P.S

CHAMPS met on November 12, 2019.

At the meeting, the Holiday Program was discussed and volunteers were requested to help with staff gift, collecting program video orders, and presenting cards to the staff.

There will be a photo booth at the Holiday Program where families can have their pictures taken for a free-will donation.

The next meeting will be held Tuesday, December 10 at 4:30 p.m. here at the child care center. We hope to see you there!

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 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 **Tuesday, December 10, 2019 .**

Happy Reading!



6 Pediatrician-Recommended Tips for Getting Kids to Cooperate

By Wendy L. Hunter, M.D.

I'm a pediatrician, so getting kids to follow directions is a big part of my job. Here are my top six strategies.

1. Grab his attention.

Just as kids often demand your undivided attention before they do a handstand in the pool or knock over a tower of blocks, you need to command your child's focus if you expect him to listen. If your son doesn't brush his teeth after you've told him to five times, it's possible he didn't even realize you were talking to him. (Hey, those toy dinosaurs are pretty engrossing.) In fact, research shows that the likelihood of a child's cooperating depends on what he's doing when his parent make a request. Before I begin a physical exam, I always make sure that my patient isn't busy with a toy or a game, make eye contact, and then speak directly to him, no matter how old he is. You can use the same strategy at bedtime. Look your child in the eye and give him a warm-up direction: "It's getting close to bedtime." Once he makes eye contact, quickly follow up with instructions: "It's time to brush your teeth. Let's head to the bathroom."

2. Clown around.

Toddlers always surrender to a parent, or their doctor, when she's acting ridiculous. Karen Carson, M.D., a pediatrician in Roswell, New Mexico turns the physical exam into a silly scavenger hunt: "I tell kids that I see Elmo, Dory, or Spider-Man in their ear. I continue with monkeys in the mouth and elephants in the tummy. When I'm in a hurry, my patients often get mad if I don't see something!" You can use Dr. Carson's trick in all sorts of scenarios, whether you're changing your 1-year-old's diaper or putting bug spray on a 5-year-old who is desperate to run off and play. Look for characters, sing, tell a story, or make funny noises as you wipe your child's bottom or apply lotion.

3. Don't ask—tell.

Back in medical school, I thought it was respectful to ask preschoolers to hop up onto the exam table—and was genuinely surprised by how many didn't comply. Eventually, I realized that unlike adults, children simply don't understand that a polite question actually means "Do this!" So these days I rely on cheerful statements—"Climb up on the exam table," "Open your mouth," "Turn toward me"—and my patients are generally happy to do what I say. Science has my back: A study of

3- to 7-year-olds showed that suggestions like "Can you put your shoes on?" fail to elicit the same results as clear directives like "Put your shoes on." Research also shows that kids don't fully understand sarcasm or irony until they are around age 10, so using those to get good behavior isn't likely to work either.

You can learn from the way your child communicates as well. Pay attention to the words she uses to ask a friend to do something, and compare them to how you might have expressed the same request. Then try using her exact words the next time you want her to clean up her room or put on her coat or sit down and eat her dinner. If that doesn't work, consider whether you need to dial down your own vocabulary. When I say I'm going to use my otoscope, some kids look shocked as I place it in their ear. On the other hand, if I call it an "ear looker," they quickly turn their head to the side to assist me. Speak in simple phrases or say the same thing two different ways; your child will understand you better and might even learn a new word!

4. Be patient.

Kids are most likely to cooperate if they don't feel rushed, yet studies show that parents often don't give kids enough time to respond to directions. Children don't switch tasks easily or quickly. If you're tired of repeating yourself, you may just need to give your child more time to respond. You'll be surprised by how often most kids will do as you say, eventually.

Going slow is how Kristina Robert, a pediatric E.R. nurse at Johns Hopkins Hospital, in Baltimore, gets kids to take even the foulest medicine. "If a child resists, I'll administer it one drop at a time," she says. "A child can't spit out just one drop." Plus, it's more efficient to be slow and successful than to have to start over after a patient rejects a full dose. As for me, I never dive right in and listen to an apprehensive toddler's heartbeat or examine her injured knee. I start by using my stethoscope on her foot and work my way up to her chest, or I inspect her good knee first. Just like any of us, kids want to know what to expect, so if your child is dodging the hairbrush, you could start by using it gently on her arm or her belly. Of course, when you're in a rush, it's helpful to have another trick up your sleeve. Getting my own kids to walk from the elevator to the dentist's office used to take an eternity, but now we play "Red light, green light," a game that gives me total control over their pace.

5. Offer your kid a choice.

Kathleen Romero, M.D., a pediatrician at Sinai Hospital, in Baltimore, lets her patients decide which ear they want her to look into first. The strategy also works with her 18-month-old son, Carter. "I'll say, 'Do you want to walk to the car, or do you want me to carry you?' Choices work great as long as both options end in what you want your child to do," she says. And if he refuses to pick, that's your cue to say, "Then Mommy or Daddy will pick for you."

When you can't give your child an option, it helps to explain your thinking. For example, if your toddler doesn't understand why she can't touch the stove, tell her, "Don't touch! Ouchy!" rather than simply, "No." Your reasoning is most important for older kids to hear because they can actually be swayed by logic. Case in point: My patients and my own children are more willing to put on their sunscreen when I explain that we have to block cancer-causing ultraviolet rays from the sun. Encourage your kids to share their own thought processes too; it'll help them learn to negotiate, which is a critical social skill. Let's say your son wants to skip his piano practicing tonight. Instead of refusing his request outright, let him tell you his rationale. It's okay to give him a pass if he provides a good argument, like wanting to spend time with the family and promising to practice extra later in the week. Just don't relent if he begs and collapses to the floor in tears to get his way—that's not a negotiation tactic you want to reward.

6. Find something to praise.

Even if a child bites my tongue depressor during her throat culture, I'll finish the appointment by commenting on what a great job she did with, say, the ear exam. Pointing out success gives my patients confidence and pride, especially when they are nervous. When kids feel good about what they've done, they want to do more of it.

The key is to keep your praise specific to a task. After dinner you might say, "I noticed you put your dish in the sink right after we finished. I'm proud of you for helping without being asked," rather than, "You're such a great helper." There's no doubt that kids enjoy meeting their parents' expectations. I'll never forget the giant toothless grin my 7-year-old son used to flash after he picked up his toys. He was beyond proud—even if all he did was shove his stuff under the bed.