

November
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

The leaves on the trees are finally starting to change colors and the weather is getting a little cooler, which means fall has arrived! The children will continue to go outside, weather permitting. Please make sure that your child has the appropriate outside attire to play in. Dressing in layers is encouraged. Please make sure that you label your child's clothing.

I am pleased to announce that the UNO Child Care Center has been awarded continuation of the CCAMPIS Grant (Child Care Access Means Parents In School) from the U.S. Department of Education for the next year. We are so excited to be able to continue to help our student families who have children enrolled at the child care center. This grant will also help with staff development & training, technology equipment/supplies, field trips, parent events & training and some renovations, which will include updating the kitchen.

Registration for the spring semester will begin the week of November 9. You will only need to re-register your child if you are on a semester-to-semester contract or

you want to change your schedule. In addition, we will also need an updated class schedule for the spring semester. Forms are due back by Friday, November 20.

Reminder: the UNO Child Care Center will be closed on Thursday and Friday, November 26 and 27, in observance of the Thanksgiving Holiday. Also, please make note that the child care center will be closed from December 24, 2020 to January 3, 2021 for the winter break. The center will re-open on Monday, January 4, 2021.

Monday, November 9, kicks off the start of the UNO Child Care Center's Annual Food Drive for Together, Inc. This year we are only collecting monetary donations to give to the food bank. Any thing that you can provide will benefit the needy families in our community. The last day to bring in your donation will be Tuesday morning, November 17, before 8:30 A.M. We will have a container for you to place your donation at the front desk. Thank you for your support for one of our annual service learning projects.

Due to COVID, the UNO Child Care Center's annual Holiday Program will be done differently this year. The children have begun practicing their songs. This year we are going to record each group of children singing their songs. We will then send families the link to view the video. Each classroom will then have a Winter Holiday Party on Friday, December 11.

Finally, I will be out of the office on November 16, & 25. 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 month..."Around here, we do not look backwards for very long...We keep moving forward, opening up new doors and doing new things because we are curious...and curiosity keeps leading us down new paths." – Walt Disney



Happy Birthday!

12 - Max H.

17 - Charles W.

27 - Miss Hannah R.

28 - Beth Ann S.



Dates To Make Note Of...

November

- 1 - Daylight Savings Ends
- 2-16 - Food Drive for Together Inc.
- 5 - National Doughnut Day
- 11 - Veteran's Day
- 20 - Spring Registrations Due
- 23 & 24 - Holiday Program Recording
- 25 - Child Care Center open
- 26-29 - Thanksgiving Shutdown, Child Care Center closed

December

- 10 - 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
- 18 - Martin Luther King Jr. Day, Child Care Center Closed

Cooking with Rick

Rick Jacobsen—Kitchen Tech

Have you ever wondered about what to do with the Thanksgiving leftovers? Here's a recipe for you to try!

Gravy-Smothered Thanksgiving Leftovers Burrito

Ingredients:

- 1 large flour tortilla
- 1 Tbs. sour cream
- 1/2 C. leftover turkey
- 1/4 C. leftover mashed potatoes
- 1 Tbs. shredded cheddar cheese
- 1/4 C. leftover turkey gravy
- Optional: leftover cranberry sauce
- Garnish: chopped parsley.

Directions:

1. Heat oven to broil, making sure to have rack close to the top of the oven.

2. Warm the tortilla in the microwave for about 20 seconds, it makes for easy folding.
3. Place the tortilla on a large oven safe plate, then smear the center with sour cream.
4. Separately, heat up the roast turkey, mashed potatoes, and stuffing.
5. Drop the turkey mixture onto the center of the warmed tortilla, covering the sour cream.
6. Roll the burrito by folding the end of the burrito over the filling and then folding the sides while rolling the tortilla
7. Heat the gravy in a small pot on medium-low heat until it is hot.
8. Pour the gravy over the top of the burrito while on a oven proof plate. Cover as much or as little of the burrito that you wish.
9. Sprinkle the top of the burrito with the shredded cheese.

10. Place the burrito under the broiler for about a minute or until the cheese is melted.
11. Sprinkle with chopped parsley, if desired.
12. Serve with any leftover cranberry sauce on the side.

Note: Heat all leftovers to a proper temperature.

Enjoy! Mr. Rick

"There is always, always something to be thankful for." — Unknown



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

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 Scholastic's secure web site.

October book orders will be due

Friday, November 13, 2020.

Happy Reading!

Talk with Toddlers 1 & 2

Effie Swinarsky and Fred Abram—Lead Teachers

Welcome to November

We would like to thank all our parents who were able to meet with myself and Mr. Fred for parent-teacher conferences. We appreciate your input.

November Themes: Caring for Others; the color brown; the Rectangle shape; the number 4 and the letters G, H, and I.

On November 6, we will be having a pajama day! All our toddler friends

are invited to wear their pajama's to school that day.

We will start practicing for our Holiday Program this month. This year's program will be different! We will be video recording the children singing. We will then share the video link with families.

Just a reminder to bring in a coat/jacket, a pair of gloves/mittens and hat for your child. We will continue to play outdoors, weather permitting.

Your child's sunblock will be going home the week of November 16. Please check your child's backpack.

We would like to wish all our families a Happy Thanksgiving!

Toddler Teachers!

Time with Transition

Allison Johnson—Lead Teacher

Autumn Greetings!

With our first snow before November, I wanted to remind everyone to double check the extra clothes you are sending in your child's backpack to make sure they are seasonally appropriate. When the weather cooperates, we will still be going outside. Please be sure to send your child in a jacket, hats and gloves. Additionally, please ensure your child is wearing socks and closed-toed shoes every day. Make sure you are labelling all your child's items before sending them to school.

We are now washing and storing your child's naptime blanket at school, so

there is no need to include one in their backpack. You may still pack a small stuffy in your child's backpack for naptime, as we are still sending those home at the end of the day.

This month, we will focus on "What Makes a Family?" and "Being Thankful." Themes for this month are: What Makes a Family, Home, Community, Being Thankful and Giving Thanks. The color for the month is yellow; the shape is rectangle; the letters G, H and I; and the numbers 7, 8 and 9.

To go along with these themes, I will be sending home two family activities that

will need to be completed and returned to school. I will be sending out more information in your child's mailbox, and via email, so be on the lookout for that!

Thank you.

Transition Teachers



Points to Ponder with Preschool 1

Ronita Bolton—Lead Teacher

Hello Parents,

November is here! I would like to say "Thank you" to all of you who took time out of your busy schedules to meet with me for conferences!

Our fun activities for the month of November will be centered around the themes of: Transportation, Healthy Foods, Family, and I Am Thankful For. Our color is brown; the letters are G and H; the numbers 7 and 8; and our shape for the month is rectangle. The nursery rhyme we are learning is Baa, Baa Black Sheep.

Even though it is getting colder outside, we will still play outside and take our nature walks if the weather permits. So, please remember

that jackets and weather appropriate clothing is needed.

Please make sure your child has an extra set of clothes here that are seasonally appropriate.

Thank you and have a great November!

Ronita Bolton & the Preschool 1 Staff



Happy November to everyone. I cannot believe how fast the semester has gone, it flew by and now it's time to start the next month. Just a couple of announcements for you for November in Preschool 2.

First, for our Together INC. food drive this year and we will be collecting cash donations. Unfortunately, due to COVID 19 guidelines, we will not be able to do our regularly scheduled field trip, however all donations will be delivered to

Together Inc. at the end of the drive. The last day to donate for the food drive will be Tuesday, November 17 before 8:30 A.M.

Second, we have begun practicing our songs for the annual holiday program in December. We will not be doing an in person concert this year, however we will be recording the children performing the songs and sending out the link to families.

Finally, if you have any questions or

concerns for me, you can email me at mmliu@unomaha.edu. I'm looking forward to a busy and fun November.

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



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!

Focus on Policies and Procedures

CLOTHING

Please send your child to the child care center in comfortable, washable and seasonally appropriate clothing (we play outdoors in all seasons). Each child is asked to have at least one change of clothing (potty trainers should have 3-4) including socks and shoes available at the center. It is highly recommended that your child's name be written on any item brought into the center.



Note: Toddler parents are asked to provide an adequate supply of disposable diapers and training pants when applicable and a package of diaper wipes once a month.

PERSONAL PROPERTY

The UNO Child Care Center discourages your child from bringing in toys or non-naptime items from home to the center. They are often

difficult to share and can be broken or lost. However, occasionally the teachers will have special activities where children are asked to bring in certain objects so please be sure to label the items.



Baby News!
Congratulations to the
Hermesen Family:
Jennifer, Bobby and
big brother Max

On the birth of
Halle Hermesen
Born on October 7, 2020

Teaching Children Empathy - 3 Activities To Help

At a time when young people are seemingly encouraged by social media and pop culture to be self-absorbed, it is now more important than ever to teach our children how to genuinely respect and care for all people. Teaching children empathy is an important part of producing kids that care about others and that have strong social skills. Today I am happy to feature some excellent activities that teach kids empathy from Eileen Carey, award-winning pop-country singer-songwriter and blogger. Hear her on SoundCloud and check out her blog The Music Mom.

Empathy is important in everyday interactions starting out with sharing as a toddler to business interactions as an adult. Mastering this skill can be tough, though, so it is never too early to focus on empathy both inside and outside your home. The meaning of the word empathy is the action of understanding and being sensitive to the feelings of others. It is more than just being nice, though that is part of it. It is the ability to anticipate and understand how someone else may feel when you say or do something.

Empathy is important to more meaningful connections. As Life Hacker puts it, "We are all in our own bubble, with our own unique perspective on the world, and it is crucial for our personal development to understand how other people experience the world...to be truly empathetic, you need actively think about the concerns of others."

I think you will find these three activities that teach kids empathy very useful. Teaching children empathy is not a one time explanation of the meaning of the word empathy but an ongoing process where we model and encourage empathetic behaviors. Here are three ways to teach empathy to your children, regardless of their age.

Explore with them different human emotions.

The first step to successfully empathizing with others is being able to identify one's own feelings. Kids should be taught to label what they are feeling so they can eventually identify it in others. As your child makes her way through her day, make an effort to

point out which emotions you see her feel. For example, you might tell her "I noticed that you're disappointed because you didn't have time to play before bedtime." Likewise, give voice to your emotions: "Momma felt really frustrated just now when our car wouldn't start."

Give a voice to those who can't speak for themselves.

Babies illicit a natural sense of empathy. It is nature's way of making sure they are properly cared for. Ask your child to try to figure out what a baby is trying to say when he cries: "What does he need? How do you know that?" The same can be done for pets, who often communicate an earful without ever saying a word

Model respect for those who seem different.

Children are naturally intrigued, and sometimes even fascinated by, those who seem different. My own kids have awkwardly asked "What is that?" upon seeing someone in a wheelchair. Your first inclination might be to hush your child as quickly as possible, but that is not the best move. Introduce yourself to the person and allow her to meet your child. Many people with disabilities are more than okay with explaining their situation. This is a great opportunity for your child to see that he has more in common with the person than he originally thought.

These are three tips to help you raise an

empathetic and thoughtful child. Remember that kids learn best through encouragement. Sometimes teaching children empathy is as simple as asking a question. If I did something that was not very empathetic as a child, my grandmother would ask me, "Would you like it if I (or they) did that to you?" When I would answer no, she would remind me, "Always do unto others as you would have them do unto you."

I know that life is not short on challenges but the best way to teach empathy is by modeling it yourself. Our kids are continually watching us, so we will always be the best teachers of what it means to be kind and caring to all people. I hope you find these activities helpful in teaching children empathy.

