

September  
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 we welcome in September and the fall season, we will continue to see many changes take place both with nature and with how the semester will flow. We ask your patience and understanding as we travel through the different forks in the road.

All parents/guardians and staff need to make sure that you are doing the UNO 1-check COVID App or website prior to coming onto campus. You need to answer the questions and then follow what the app tells you to do. You must also wear a mask upon entering the Child Care Center. Masks are required while on the UNO campus and this includes the Child Care Center. If you do not have a mask, one can be provided.

As a reminder, if you, your child or anyone in your household is experiencing any COVID-19 symptoms, then your child cannot be at the Child Care Center. Everyone must be symptom free and you have to answer no to questions 1 through 4 on the child checklist for your child to be able to come to the Child Care Center. If your child develops a temperature, s/he must be out and fever free for 72 hours without fever reducing medication before

your child can return. You will also need to provide a doctor's note. Also UNO requires the UNO BRT form to be filled out if anyone is experiencing COVID-19 symptoms, been exposed or may have had a possible exposure to COVID-19. This form is located at the following link: <https://www.unomaha.edu/fall-forward/return-to-campus/covid-health-reporting.php>

The UNO Child Care Center Annual Curriculum Night is Wednesday, September 30, 2020. This will look different this year, as each group will be doing something different to let you know what your child will be learning for the year. There will be a variety of ways the Lead Teachers will be sharing information with you. From packets, to activities, Zoom meetings, pictures, etc. Please watch for more information to go home with your child.

We continue to do Scholastic Book orders each month. The next orders are due on September 18, 2020. 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. Books are an excellent way to build your child's literacy and reading skills.

Here are a few reminders:

1. Tuition is due your first scheduled day of each week; unless you are signed up for payroll deductions.
2. For all families who are students, please make sure we have an updated class schedule.
3. If your child has been to the doctor in the past year, please make sure you bring in an updated physical &/or immunization record for his/her file.
4. If any of your contact information has changed, please make sure we have the updated information for our records.

As always, if you have any questions or concerns, you may contact me at 402-554-4936, e-mail me at [dhove@unomaha.edu](mailto:dhove@unomaha.edu) or stop by my office.

Until next month..."The more things that you read, the more things you will know. The more things that you learn, the more places you'll go." – Dr. Seuss



## Happy Birthday!

2 - Avery F.

10 - Cameron T-R

11 - Brooks W.

18 - Eden B.

21 - Ms. Effie

26 - Theo J.

29 - Olivia B.



## Dates to Make Note of...

### September

7 - Labor Day, Center Closed  
6 - Read a Book Day  
13 - Grandparent's Day  
22 - Autumn Begins  
30 - Curriculum Night Activities

### October

1 - Chinese Moon Festival  
9 - Fire Protection Day  
12 - Indigenous People Day  
12 - Columbus Day  
12-23 - Parent/Teacher Conferences;  
Date/Times w/Lead Teacher TBA  
19-20 - Semester Break, Center open  
30 - Classroom Costume Parties

### November

1 - Daylight Savings Ends  
2-16 - Food Drive for Together Inc.  
5 - National Doughnut Day  
11 - Veteran's Day  
25 - Child Care Center open  
26-27 - Thanksgiving Holiday, center closed

## Cooking with Rick

Rick Jacobsen—Kitchen Tech

This month's recipe includes seasonal favorite ingredients.

### "Apple Cinnamon Pancakes."

#### Ingredients:

3/4 C. milk  
1 1/2 Tsp. vinegar  
1 C. flour  
3 Tbsp. sugar  
1 tsp. cinnamon or another 1/2 teaspoon if you love cinnamon  
1 tsp. baking powder  
1/2 tsp. baking soda  
1/2 tsp. salt  
1 egg  
2 Tbsp. oil

For the Apple Topping:  
2 Tsp. butter

2 apples (peeled, cored and diced)  
1/2 tsp. cinnamon  
2 Tbsp. brown sugar  
1/3 C. maple syrup

#### Instructions:

1. Preheat a skillet to medium-high heat (275 degrees).
2. Whisk the milk and vinegar together and allow to rest for 5 minutes.
3. While the milk is curdling, whisk the flour, sugar, baking powder, baking soda and salt together in a large bowl.
4. Next whisk the egg and oil into the milk mixture. Add the wet ingredients to the dry ingredients and stir until combined. (Don't over mix, it should still have some lumps).
5. Spray the skillet with a cooking spray.

Using a 1/4 cup measuring cup to pour the batter onto the skillet. Cook for about 2 minutes until bubbles form on the pancake and the edges start to look dry. Use a spatula to flip the pancake and cook for an additional 1 to 2 minutes. Set the pancake aside and repeat using the remaining batter.

6. Finally add the butter, apples, brown sugar and cinnamon in a medium sauce pan. Stir over medium heat for 3 to 5 minutes until the apples have become very tender. Stir in the syrup. Serve this apple topping over the warm pancakes.

Mr. Rick

"Be silly, be honest, be kind."  
—Ralph Waldo Emerson



## 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](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 Scholastic's secure website.

September book orders will be due **Friday, September 18, 2020**. **Happy Reading!**



## Talk with Toddlers 1 & 2

Effie Swinarsky and Fred Abram—Lead Teachers

Welcome to September.

Curriculum Night ~ Fun Activity Time. On September 30, 2020, Ms. Effie and Mr. Fred will be sending home a packet filled with some fun activities for you and your child to do. This will take place of our annual Curriculum Night. We will also be updating you on Parent/teacher conferences, as we will be doing these differently this semester too. Watch for the flyer to go home.

September Theme is Sense of Self; our

color is Red, the shape is Octagon; our numbers are 1, 2, 3; and our letters are A, B and C. We will also be working on developing fine motor and gross motor skills. Our cooking project will be baking an angel pineapple cake and of course we will be singing songs.

We would like to remind our toddler parents to provide a sweater/jacket for outdoor play. The weather is getting cooler. Please make sure to write your child's name on his/her jacket.

Remember that UNO Child Care has a Facebook page. You must fill out the UNO child Care Center Facebook form in order to have permission to view the page. Ms. Monica updates the page with new pictures of what the children are doing. We can also print pictures off and send them home.

Until next month,  
Take time to enjoy the beautiful fall weather.

Toddler Teachers

## Time with Transition

Allison Johnson—Lead Teacher

Fall semester is here!

Transition is excited to get back into the school year routine after a fun-filled summer. We would like to welcome our new families to the Transition class and welcome back our families that were gone over the summer.

This month we have a couple of fun take home activities. We will be sending home an "All About Me" poster for you to do with your child at home. They will be going out the first week in September and are due back the second week in September. We will be displaying them in the room so we can get to know each child better.

On Wednesday, September 30, we are having a center wide Curriculum Night. This year's curriculum night will look a little different than previous years. Normally, the classroom would be open for visitation in the evening, and I would have an activity for you to do with your child in the room. Since we cannot have visitors, I will have a folder prepared for each family. In the folder,

you can expect work samples from throughout the month of September, photos of your child, a letter with how things have been going for your child at school, and a couple of activities for you to try as a family at home. I am really hoping that every family will enjoy looking through their child's folder, and that this can still be a fun experience to give you a taste of what your child has been learning so far in Transition.

As the weather begins to cool off, we will continue to apply sunscreen when we go outside. Please remember to be mindful of the extra clothes you are sending in your child's backpack to ensure they are seasonally appropriate. As we transition into the unpredictable Nebraska fall, keeping a light jacket in your child's backpack is never a bad idea! The themes for the month of September: Learning About Ourselves & Others; Welcome Back to School; Getting to Know One Another; Making New Friends; Learning Classroom Rules; Respecting & Caring for One Another. Our color for

the month is red, the shape is Square; the numbers 1,2,3 and the letters A, B, C.

As always if you have any questions or concerns, please call me during my scheduled desk duty hours, or feel free to email me at [anjohanson@unomaha.edu](mailto:anjohanson@unomaha.edu)

Miss Allison and the Transition Staff



## Points to Ponder with Preschool 1

Ronita Bolton—Lead Teacher

Hello Parents,  
Fall will be here soon and with it hopefully much cooler weather!

We want to welcome our new friends and friends returning from the last semester. We are all adjusting to classroom routines.

We began the new semester learning about the Solar System. During the month of September, we will be doing several units that have to do with Back to School and Getting to Know You/Me. We will bring a focus to our number, letter and shape recognition section of our curriculum. The month will begin with 1, 2, 3, and A, B, C. Our shape for the month is circle and the color of the month is red. Each day during calendar time, we learn about the days of the week and the months of the year. We will continue to review these concepts throughout the year.

Curriculum Night ~ We are doing things

a little different this year. Curriculum Night activities are planned for Wednesday, September 30. Please watch for details to be sent home soon.

If there is ever a question do not hesitate to reach out to me. I am in the center from 8:30 am-5:00 pm daily with desk hours from 8:30 am-9:30 am. You can also reach me at: [ronitabolton@unomaha.edu](mailto:ronitabolton@unomaha.edu)

I hope this semester is as enjoyable for the kids as I know it will be for myself and the Preschool 1 staff. Thanks again and have a wonderful start to the fall!

Ronita Bolton & the Preschool 1 Staff



## September Salutations!

I cannot believe that the first week of the new semester is over and we are heading into September!

I have a couple of announcements for the month of September.

Preschool 2 information packets have gone out, the packets went home in your child's backpack. In the packet you will find a kindergarten parent interest survey, please fill the survey out and return it to me no later than Wednesday, September 9.

Curriculum night will be held on September 30, on zoom. To prepare for curriculum night we will be collecting artwork and taking pictures of the children participating in activities. The collection of artwork and pictures will be sent home on curriculum night in order to give a clear picture of all the things we are learning in Preschool 2. I will be sending out more information regarding the zoom meeting on curriculum night in the weeks to follow.

As we move in to September, I am looking forward to all the activities that we will be

doing in Preschool 2.

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

Themes: Getting to Know You  
Colors: Red & Yellow; Shape: Square;  
Numbers: 1, 2, 3 & 4; Letters: A, B & C;  
Animals: Giraffes, Koalas, and Kangaroos

## 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

### INTEGRATED CURRICULUM PHILOSOPHY (CREATIVE CURRICULUM APPROACH)

The University of Nebraska-Omaha Child Care Center uses Creative Curriculum with an integrated curriculum philosophy that uses developmentally appropriate practices as the learning approach. This is established through our philosophy of the "whole child" concept. The administrators and lead teachers work closely together to select central ideas and related learning activities that are designed and taught through how children develop and learn. Through this approach children make meaning of their learning experiences and form connections among the individual bits of information. Ideas and activities are developed in response of the children's interest to keep them excited about learning. This integrates the teacher-parent, teacher-child, child-child and teacher-teacher relationships.

The University of Nebraska-Omaha Child Care Center staff assesses each child based on the following areas of development/goals: Creative Arts, Social & Emotional Development, Approaches to Learning, Health & Physical Development, Language & Literacy Development, Mathematics, and Science. Our child development program is based on the assumption that a child's growth is a sequential process and that children pass through predictable stages of development in

all areas and within age ranges.

A team teaching approach is practiced in each age group classroom. Together the professional staff plan over-all program goals and objectives and curriculum units intended to meet the child's individual needs. We nurture, facilitate, and assess each child's normal pattern of development in all functional areas, while respecting the individuality and particular potential of all children enrolled. The teacher-planned curriculum and program design is balanced between both structured and child initiated opportunities for children to learn in a non-sexist, multi-cultural environment that is filled with age-appropriate equipment and learning materials. Some fixed learning interest areas in the classroom are dramatic play, blocks, small and large muscle, sensory motor, science, pre-math, reading, early literacy, pre-writing, cooking and nature.

Other types of balanced routine learning activities included in the program are one-to-one, small and large group, indoor, outdoor, quiet and noisy, field trips and special events. "Creative Play" can provide pleasure and knowledge at the same time, and we foster such opportunities.

Curriculum Goals and Individual Objectives include an environment rich with

opportunities for children to:

1. Explore the world around them using their natural curiosity
2. To challenge their natural curiosity and extend it to offer additional problem solving skills
3. Develop Social and Emotional Skills
4. Develop Fine Motor and Gross Motor Skills
5. Foster Work Habits
6. Enhance Decision-Making Skills, Self-Reliance Skills and Practical Skills
7. Foster Listening Skills and Oral Language Development
8. Develop Pre-Literacy Skills – the foundation of reading and writing
9. Develop Pre-Math, Science and Social Studies skills
10. Foster Appreciation of the Creative Arts – music, art, art history and dramatic play





## TO PRAISE OR NOT TO PRAISE THAT REALLY ISN'T THE QUESTION

As a parent, you may have thought that as long as you use a lot of praise in your home, you are doing something that is absolutely, unequivocally positive for your child's self-image. But have you been reading recent information about praising children?

Experts say that while praise is necessary for your children's self-esteem, there are actually more effective and less effective ways to do it.

Does that mean all that praise you've given your children over the years has been done improperly? Probably not. But what does it all mean – praise more, praise less, don't praise at all? Read on!

First of all, relax. If you are taking the time to read this article, there is a good chance that what you've been doing has been somewhat successful and healthy.

Praise is almost always a positive thing, but there are some simple guidelines that may make it even more beneficial to your children.

### Praise specifically

- Specific praise means stating what the child did and how you feel about it.
- When your child independently picks up toys that were scattered about the floor, you can say, "You picked up the toys without me having to ask you. I really appreciate it."
- "When you pick up your toys, it keeps the house looking neat and clean. Thanks for helping."
- When asked your opinion about a drawing, instead of saying, "What a beautiful picture you made," you can say, "You made the sun such a bright shade of yellow – I can almost feel the warmth it is giving off."

### Limit general praise

Children are less likely to believe the general praise, while they are more likely to incorporate the specific praise they hear from their parents into their view of themselves.

For instance, if your child sits quietly at a restaurant and afterward you say, "You were a good boy," the child might not know what made him a "good" boy. Is he good for sitting still, for eating his dinner, for dropping his fork on the floor?

General praise, while not a negative thing, can be restated in a more effective way, such as, "I liked the way you stayed in your seat at the restaurant tonight. What an effort!"

### Learn when to praise

Praise as soon after an accomplishment as you can. But you don't have to praise your child continually.

- For instance, if you want homework done by a certain time and your family has worked out a plan for a homework schedule, praise the child regularly when homework is indeed done on time.
- After the behavior has been learned or changed, you can reduce the frequency of reinforcement. Once the homework schedule becomes routine, you can gradually stop the consistent praise; but you can keep an eye on things and occasionally – once or twice a week – say something like, "Boy, you sure remember to do your homework on time, even when I don't remind you."

Just those few words are a form of praise and can be very encouraging to a child. Remember if you want to encourage a particular behavior in your children, "catch them being good" by acknowledging it.

### Be sincere

Try to pick out the things about your child that truly please you.

For example, if your child cannot seem to understand her music lessons, but is really trying hard and practicing almost every night, you can praise the effort by saying, "It seems to me you are trying your best to learn your music. I think that's terrific!"

Also, too much praise loses its effectiveness, especially if the frequency or intensity is too great. Kids stop believing you when you praise them all the time, for every little thing they do.

### Let your kids overhear you tell someone else how well they are doing.

This is one of the most effective ways to send positive messages to your children. Tell about an accomplishment that they achieved or a quality of theirs that you appreciate.

For example, when you know they are within earshot and you are on the phone with their grandparents, you can make a point of telling them about your son's good study habits or the kindness he showed to the new boy who

moved in next door.

Overhearing you describe to someone important to him a specific thing he has done well or a character trait that you admire often means more to a child than when you praise him directly.

### Parting Thoughts

When you comment on and describe clearly a specific behavior which demonstrates their capability, your children are more likely to incorporate that message into their self-concept.

On a very deep level, they become more aware and accepting of their own strengths and abilities. So the child who picks up his toys in the first example may begin to think of himself as a helper or a cooperative family member who is able to make a contribution to his home.

By giving your children specific positive images of themselves, you are equipping them to deal with some of the difficulties they may encounter in the "outside world."

Specific, sincere praise is part of conscious parenting. While it can be hard work and actually requires practice, the pay-off over time will be tremendous. Praise can influence how your children feel about themselves.

As you concentrate on praising your children effectively, keep in mind that each child is unique and may take in your praise in a different way depending on his or her temperament.

And remember to praise yourself for your efforts, good intentions, and small successes as you empower your children with good feelings about themselves!

By Claire Gawinowicz, Certified Parenting Educator

