

UNO Child Care Center Chronicle

SEPTEMBER 2025 NEWSLETTER



Dawn Hove-Casart, Director

Monica Dey, Assistant Director

UNO Child Care Center Happenings and Reminders

Curriculum Night ~ Thursday, September 18, 2025, from 4 to 5:30 P.M.

Stop by and see your child's lead teacher and teacher assistants. Come do a fun activity with your child and see what they do every day. Enjoy a snack and networking with other families.

The children do play outside and will go for walks on campus both in the mornings and afternoons. If you know that you will be picking up early, please let Dawn, Monica or your child's Lead Teacher know, so that your child can stay back if you pick up before 4 P.M.

Please let us know if your child(ren) will not be in attendance for the day. You can call the child care center at 402-554-3398 or email Dawn (dhove@unomaha.edu) or Monica (mdey@unomaha.edu) to let us know. This helps us for preparing meals and staffing for the day. Reminder that if your child has been diagnosed with an illness to please let us know. Depending on the type of illness, we may need to inform families of the illness. Thank you for your cooperation.

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. If any of your contact information that has changed, please make sure we have the updated information for our records.

Reminder New Tuition Rates went into effect the week of September 1, 2025. Tuition is due your first scheduled day of each week; unless you are signed up for payroll deductions.

For all families who are students, please make sure we have an updated class schedule.

The UNO Child Care Center **closes** promptly at **5:30 P.M.** Please make sure you are picking up your child by 5:30 P.M. The staff thank you.

Stretch-N-Grow Programs ~ An email as been sent out with information for you to sign-up.

Dance will be on Mondays from 3 to 3:30 P.M.

Yoga will be on Fridays from 9:30 to 10 A.M.

Fall Semester Holiday Closures

Thursday & Friday, November 27 & 28, 2025; Thanksgiving Holiday

Wednesday, December 24, 2025 through Sunday, January 4, 2026; Winter Shutdown



Happy Birthday!

2 – Mr. Kaleb
8 – Edith W.
15 – Miss Zoii
21 – Ms. Effie
30 – Oliver K.



September

National School Success Month

1 - Labor Day, CCC Closed
7 - National Grandparent's Day
8 - International Literacy Day
11 - Patriot Day
18 - Curriculum Night 4 to 5:30 P.M.
22 - Autumn Begins

October

National Pizza Month

5 - World Teacher's Day
13 - Columbus Day, UNOCCC open
20-21- UNO Fall Break, UNOCCC Open
22 - Parent/Teacher Conferences; Toddlers
23 - Parent/Teacher Conferences; Transition
24 - Picture Day; 8-11 A.M.
27 - Parent/Teacher Conferences; Tran AM; Pres PM
28 - Parent/Teacher Conferences; Pre AM; Pre-K PM
29 - Parent/Teacher Conferences; Pre-K
29 - World Cat Day
31 -- Costume Parade Across Campus; 9 AM



Reading Fun!

Book Orders for this month will be due on Friday, September 19, 2025.

Books are an important part of a child's development and can help your child gain pre-literacy skills. When you order your child's books through Scholastic Book Orders, the center earns points to use towards free books and educational materials we can use in the classrooms!

Please visit <https://orders.scholastic.com/GKXFX> to order.

If this is your first time ordering online, you will need to create an account using our center's code GKXFX. This is the center's account under "Dawn Hove." Please make sure you are using this account, or your order may not be processed. You will be able to pay online, and the books will be delivered to the center.

Happy Reading!



Baby News

Congratulations to Dillon Family! Sarah, Neil and big sister Ophelia welcomed Madeline to the family on August 20, 2025



Recommended Books for the Month

The season is getting ready to change this month! This means that the temperatures are going to start cooling! We found some books related to autumn that we thought you might like to read with your children!

"Apple Picking Time" by Michele B. Slawson

"If You Find a Leaf" by Aimée Sicuro

"Tofu Takes Time" by Helen H. Wu

"It's Fall!" by Renée Kurilla

"A Fall Frolic in the City" by Cathy Goldberg Fishman

"The ABCs of Fall" by Jill Howarth

"My Autumn Book" by Wong Herbert Yee

"Leif and the Fall" by Allison Sweet Grant and Adam Grant

"Amara's Farm" by JaNay Brown-Wood

"Otis and the Scarecrow" by Loren Long

"Buffalo Fluffalo and Puffalo" by Bess Kalb

"Cats on Cats on Cats" by Maddie Frost

Talk With Toddlers

Hello Toddler Parents, welcome to September!

We have many fun activities planned for the month of September!

This month, we will be exploring our sense of self. We will also focus on the letters A, B, & C; the numbers 1, 2, & 3; the color red, and the shape of the month is the octagon.

We'll be sending home "All About Me," posters at the beginning of the month. This is a fun activity for you and your toddler to do together. We will place the posters in the classroom to help the other toddler families and staff learn more about your child/family.

Reminders for the start of the year:

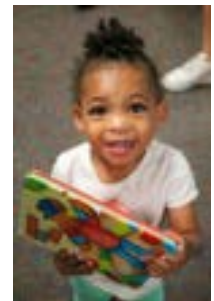
- Please check both your child's mailbox and coat hook at the end of the day.
- Provide a refill pack of diaper wipes for the month of September.
- Make sure you have a change of seasonally appropriate clothes for your child.
- Bring a drinking cup or water bottle that can be used for water that can be kept here (if you have not already done so).

We are so excited to have your child in the toddler room, here is to a great start to the semester!

Mr. Fred and the Toddler Teachers



Time With Transition



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 friends to the Transition room! Isiak, Ophelia, and Yahir have joined us from Toddler 2.

We will be focusing on getting to know one another this month. We have a fun take-home activity that will help us in this endeavor! An "All About Me" poster will be sent home the first week in September. This is something that you can work on as a family and return to the center by the end of the month. We will be displaying them in the room so we can get to know each child better!

On Thursday, September 18, we are having a Curriculum Night. This is a great opportunity to meet with me in person for the start of the school year, tour your child's classroom, and ask questions about our daily routines. More information will be coming soon, so stay tuned.

Please make sure you are checking your child's purple daily sheet that is sent home, so you can stay up to date on what is going on 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. When the temperature (or real feel) reaches 60 degrees and below, we will need to wear jackets. As we transition into the unpredictable Nebraskan fall, keeping a light jacket in your child's backpack or on their hook is never a bad idea!

This month, we will be focusing on Learning About Ourselves & Others and Welcome Back to School. Our themes include Getting to know One Another; Making New Friends; Learning Classroom Rules; and Respecting & Caring for One Another. Our letters for September are A, B and C. The numbers are 1,2 and 3. Our color for the month is red and our shape is square.

As always if you have any questions or concerns, please call me during my scheduled desk duty hours from 1-2 PM, or feel free to email me at aleciakeller@unomaha.edu.

Preschool Perspective

Preschool It's Finally Fall

Welcome back to our returning preschoolers and to our new friends!

During the month of September, we are learning about My Family, Friends and Me. Our color for September is yellow, our shape is a circle. The numbers we will be focusing on will be 1, and 2 as well as the letters A, B, and C. We are adding animals and insects of the month to our themes this year! This month, we will learn more about lions and tigers. Our insect this month will be the bee!

Please remember to check your child's mailbox every day to make sure you are not missing out on any important papers. We also need you to return the two pink sheets that are in the back of the preschool welcome packet.

Curriculum Night will be Thursday, September 18 from 4 to 5:30 PM. We hope to see you there. Please watch for more information later in the month on our fall field trip to the pumpkin patch more details to come.

If you have any questions, feel free to email me or stop me during drop offs and pickups!

Thank you from Ms. Erin and the preschool staff.



Pre-K Press Release

Pre-K Parents,

September is shaping up to be a fun month. We will be learning about Bees and Fall. Our letters for the month are A, B, and C. Our numbers are 1, 2, and 3. The shape for the month is rectangle and our color is red. Our nursery rhyme is "The Wheels on the Bus".

When we are studying our bee unit, we are going to have a guest speaker who is a local beekeeper. Be on the lookout for a permission form.

We will be starting to send home learning extensions this month. These will be sent home in a red folder; we ask that you have the folder back to school by Thursday so we can get them ready for the next week.

Please put curriculum night on your calendars September 18, 2025, from 4:00 to 5:30 P.M. This will be a time where you can explore our classroom a little more and learn more about when we are learning in the year ahead. More information will be coming out soon on our fall field trip to the Pumpkin Patch. Please watch for more details.

As always if you have any questions or concerns, please let me know. You can talk with me in person or send an email pattyjohnson@unomaha.edu. We are looking forward to getting to know you and your child more. This is going to be a fun school year.

Mrs. Patty and the Pre-K Assistant Teachers

Nine Elements That Power Positive Parenting

Parenting comes with mistakes and missteps. What makes a parent great is recognizing when things haven't gone right and responding with love to repair the relationship. That's positive parenting in action.

When you have bits of cereal in your hair or you're listening to the wails of a tiny person who refuses to get in the car, the term "Positive Parenting" may make you grit your teeth and roll your eyes. But Positive Parenting isn't about being perfect, always being cheerful, or having the most photogenic Instagram. "Positive parenting" gives words to what parents do every day—challenges included—and keeps the big picture in mind.

Nine key elements that power a positive approach to parenting:

1. Imagine your child's point of view, especially during tough moments.

We all want to keep our cool! Sometimes it helps to remember that your child's perspective is very different from yours. She really is devastated that she can't wear sandals when it's snowing. Say to yourself, "She is small and still learning," or "She's only 2."

2. Notice and celebrate your child's strengths, abilities, and capacity to learn and develop.

Each child is unique, growing and learning at his own pace. Maybe your daughter is a bold explorer who gets into everything, or your son hangs back until he gets to know someone. Make a conscious effort to really see your child. The number one thing every child needs is someone who is crazy about him.

3. Delight in moments of connection with your child

It's easy to get distracted by the day-to-day grind of parenting: dishes, laundry, naps, and transitions from one activity to the next. Remember to pause and make eye contact while buckling him into his car seat. Offer big smiles when he wants to show you something and offer close cuddles while you read a book. This is the magic we can find when we make a little space in the everyday grind for love and connection.

4. Respond with interest and sensitivity to your child's cues.

Every child communicates her needs differently. Taking the time to watch and learn your child's cues and communications teaches her that she's important and cherished. Your baby may let you know he needs a break by turning away. Your toddler may let you know the mall has too much stimulation by having a tantrum in the food court. Responding as sensitively as you possibly can in these moments ensures your little one gets what he needs from you.

5. Provide consistent, age-based guidelines, limits, and boundaries.

Parenting is a combination of nurture and structure. All children need guidance on how to behave. Maintaining predictable routines and setting kind, firm limits really helps. Your child is more likely to cooperate with your guidance if you crouch down at her level, make eye contact, and put your hand on her shoulder before telling her it's time for a diaper change.

6. Recognize and regulate your own feelings and behaviors before responding to your child.

This sounds like common sense, but it is way harder to pull off than many of us thought. Young children are naturally driven by their strong emotions. We do better as parents (and role models!) when we take deep breaths and calm ourselves first before responding to their behavior.

7. Know that parenting can be stressful and missteps are part of raising a child.

We can't be calm, cool, and collected all the time. There will always be moments when we lose our tempers. Apologizing when you're wrong and setting things right is part of building a relationship, and helps children learn how to do this as they grow older.

8. Work toward balancing your needs and your child's needs.

Don't forget about you! It's so easy to get wrapped up in the demands of parenting that you can forget to take care of yourself. Plan for breaks throughout the day; even two minutes of deep breathing can help. Pay attention to your needs for socializing, sleep, exercise, and nutrition, too.

9. Seek help, support, or additional information on parenting when you need it.

Every parent eventually runs into a challenging child-rearing issue. Children need a lot from their adults and parents are pulled in many different directions. Don't shy away from asking for help from friends, family, or professionals. All parents need—and deserve—support. Taking the long view generally helps as well. Parenting is a marathon, not a sprint. There will always be mistakes and missteps, but part of being a great parent is recognizing when things haven't gone right and responding with love to repair the relationship. That's positive parenting in action.

<https://www.zerotothree.org/resource/nine-elements-that-power-positive-parenting/>