

May
2021

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

Congratulations to all of our graduates, both big and small. From all of us here at the UNO Child Care Center, we wish you all the best in your future endeavors.

I would like to thank all families who participated in the Virtual Bedtime Story Night. The Lead Teachers had a great time reading to all the children. We will be holding another family night event this summer. We will be doing a Campfire Sing-a-long. We are hoping for in-person. Please watch for more details later this summer.

Reminder, the child care center will be closed on Monday, May 31, 2021 in observance of Memorial Day. We will re-open on Tuesday, June 1 at 6:30 a.m.

As a reminder, due to the kitchen renovation and outside concrete work, the child care center has temporarily moved to the Milo Bail Student Center on the 2nd floor in the back of the food court area and Aksarben room. The second floor is

the main floor that you will enter through the double doors. Follow the signs to the back area.

We will be here until July 28, 2021. We will move back to the child care center on July 29 & 30. Please mark your calendars now, as the child care center will be closed these two days for the move.

The summer school-age program will officially kick off on Tuesday, June 1. Your child must be 5 years old by July 31 and attending Kindergarten in the fall in order to participate in our program. School-agers can start as early as May 24, 2021. Miss Megan and the school-age staff have many fun-filled activities planned for the summer. The activity fee for the summer is \$100.00. This covers the cost of field trips, transportation and summer activities. If you have any questions, please see Megan, Dawn or Monica. Summer packets will go out by the end of May.

There will be no open swim or summer swim lessons due to the H & K pool being renovated. We are working with

the H & K staff to do a water play day with the sprinklers on the soccer field. We will update you once we have dates and times.

Finally, I will be out of the office on FMLA leave for 6 weeks beginning May 20, 2021. I will return on Tuesday, July 6, 2021. During this time I will only be checking emails on a limited basis beginning June 14. If you have any questions during this time, please see Monica or the lead teachers. Thank you.

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...

"Yesterday is but a dream, tomorrow but a vision. But today well-lived makes every yesterday a dream of happiness, and every tomorrow a vision of hope. Look well, therefore, to this day." - Sanskrit Proverb



Happy Birthday!



1—Miss Paige
11—Miss Cassidy

23—Camden B.
26—Miss Lydia

28—Corvus W.
28—Lio W.

Dates To Make Note Of...

May National Physical Fitness & Sports Month

1 - May Day
3-7 - Teacher Appreciation Week
4 - National Teacher Day
5 - Cinco De Mayo
7 - Book Orders Due
9 - Mother's Day
10 - Summer Session Starts
13 - Move to MBSC Building
13-14 - Child Care Center Closed for Move
15 - Armed Forces Day
24 - Summer School-age Program Begins
31 - Memorial Day, center closed

June Pride Month

9 - Preschool/SA Field Trip to Zoo
14 - Flag Day
16 - SA Field—Science Guy Presentation
19 - Juneteenth
20 - First Day of Summer
20 - Father's Day
21 - World Music Day
23 - SA Field Trip to Schramm Park
30 - SA Field Trip to Safari Park

July UV Safety Month

4 - Independence Day
5 - Center closed for Independence Day
7 - SA Field Trip to Fontenelle Forest
7 - World Chocolate Day
14 - SA Field Trip to Gifford Farm
18 - National Ice Cream Day
21 - SA Field Trip to Lauritzen Gardens
25 - Parents Day

Cooking with Rick

Rick Jacobsen—Kitchen Tech

I felt festive this month and found a recipe for "Simple Perfect Enchiladas" from Rae Drummond on the Food Network web page.

Ingredients:

Sauce:

2 Tbsp. canola oil
2 Tbsp. all-purpose flour
1- 28 oz. can of enchilada or Mexican red sauce

2 C. chicken broth
1/2 tsp. salt
1/2 tsp. black pepper

Meat:

1 lb. ground beef
1 medium onion
1/2 tsp. salt

The Rest:

Canola oil for frying
10 to 14 tortillas
2 - 4 oz. cans of diced green chilies
1 C. chopped green onions



1/2 C. chopped Black olives
3 C. grated sharp Cheddar cheese
cilantro, for garnish

Directions:

Preheat oven to 350 degrees.

- 1) In a saucepan over medium-low heat, combine the canola oil and flour. Whisk together and allow to bubble for 1 minute. Pour in the red sauce, chicken broth, salt and pepper. Bring to a boil. Reduce the heat and simmer while you prepare the other ingredients.
- 2) While the sauce is simmering, brown the ground beef with the onions in a large skillet over medium heat. Drain the fat, add the salt and stir to combine. Turn off the heat and set aside.
- 3) In a smaller skillet over medium heat, heat some canola oil. Lightly fry the tortillas until soft. (Do not crisp) Drain on a paper towel-lined plate. Repeat until all the tortillas

have been fried.

- 4) Spread 1/2 C of the sauce in the bottom of a 9x13" baking dish. Next, one at a time, dip each tortilla into the sauce and place on a plate. Place some of meat mixture, chilies, green onion and black olives on each of the tortillas. Top with as generous portion of the grated Cheddar cheese. Roll up the tortillas to contain the filling inside.
- 5) Place the tortilla seam side down in the baking dish and repeat with each of the tortillas and pour the remaining sauce over the top. End with a generous sprinkling of the grated cheese and any other bits of chilies, green onion, or olives leftover from the filling.
- 6) Bake the enchiladas for 20 minutes or until bubbly. Sprinkle chopped cilantro over the top and serve.

Happy May Day!

Rick

Books We Recommend..

Here are some books that we would recommend in honor of Mother's and Cinco de Mayo! All of these books are available in Scholastic Book May order!

- Ganeesha's Sweet Tooth by Sanjay Patel and Emily Haynes
- Happy Little Dreamer by Peter H. Reynolds
- Maria Had A Little Llama by Angela Dominguez

- Los Pollitos by Susie Jaramillo
- The Field by Baptiste Paul
- Hedgehugs by Steve Wilson and Lucy Tapper

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.

All book orders are due Friday May 21, 2021

Happy Reading!

Talk with Toddlers 1 & 2

Effie Swinarski and Fred Abram—Lead Teachers

Welcome to May. We would like to wish all our teacher assistants' good luck on their finals. Also, congratulations to the class of 2021! We wish you all the best of luck.

The theme for this month is Baby Animals. The letters for this month are Y and Z and the number is 10. The Color is yellow and the shape is square.

Upcoming Events:

Library Day on Thursdays from 9 to 9:20 AM
June 10, 17, 24, July 8, 15, 22, 29 & last day August 6.

Water Play Day on Wednesdays:

June 9, 16, 23, 30, 7, 14, 21, 28 & last day August 5.

Parents, please provide the following: Swimsuit, towel, and swimmers. Water shoes are optional.

Reminders:

Your child's nap time blanket/stuffed animal will go home on Friday to be washed. Please remember to bring them back on Mondays.

We have some fun activities planned for the summer.

We are getting ready for our move to the student center. A flyer will be going home regarding information on our Summer program later this month.

*The most beautiful thing in the world is to see your children smiling.
The next best thing is to know you are the reason behind that smile.*

Toddler Teachers



Time with Transition

We are finally coming to an end with school and working our way into some summer fun! I will be sending home a letter about some summer activities that we have planned near the end of the month, so keep an eye out for that. If your child is transitioning into Preschool 1 for the summer, you will be receiving a note with the schedule for visitation. If you have any questions about the process, please reach out to myself, Monica, or Dawn.

Reminders:

- If you have not brought sunscreen in for your child please do so. You may also bring a hat and/or sunglasses for extra sun protection. It is also recommended that you bring a water bottle for your child. While we are at the

student center, water bottles will be sent home daily to be washed. Naptime items will be sent home weekly to be washed on Fridays. Please bring them back on Mondays.

- Close-toed shoes and socks are recommended for outside play!
- Water play will begin at the beginning of June, so keep an eye out for more details near the end of the month. While we are at the student center, water play items will be sent home every Monday after water activities, so that they can be washed and returned the following week.
- With the nicer weather, transition enjoys going on walks around campus as often as possible. If you are going to be picking up

Allison Johnson—Lead Teacher

your child early and need them to stay at the student center, please tell me ahead of time or call the front desk to leave a note.

Our themes for the month of May are: Health Professionals and Teachers; Police Officers and Firefighters; Business Owners and Office Workers; and Librarians and Postal Workers. The letters of the month are X,Y & Z; the number 20. The shape is pentagon, and we will be reviewing our colors.

Happy May!
Transition Teachers



Points to Ponder with Preschool 1

Ronita Bolton—Lead Teacher

Hello Parents.

The themes for the month of May are: Me and Mom (Mother's Day), Plants and Seeds, Gardens, and Flowers. Our letters for this month will be Y & Z, and the numbers are 19 & 20. Our shape for the month is a square and the color is purple. Our song for the month is "Wheels on the Bus".

This month, we celebrated all of our moms and Cinco de Mayo. We will enjoy reading a lot of books about mothers and Mexican culture!

Don't forget, that on Monday, May 17, we will be moved to the student center. While at the student center during the summer, the children will be enjoying water play, and other outdoor activities. Please be sure that we have sunscreen, sunscreen permission and a water bottle. You can

bring a hat for your child for extra sun protection.

While at the student center, we will send nap items home weekly on Fridays to be washed. Please bring nap items back so that your child has them for resting on Mondays!

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



It's SUMMER!!!

I cannot believe that summer is already here! Half of the year flew by so fast and now all of these kiddos are great big school-agers!!! I can't believe it!! To start off summer right I have just a couple of small announcements.

First, the summer packet will be made available to you by mid-May, please have all forms signed and returned by Wednesday, June 2. All fees must be paid by then as well. If your child will not be participating in activities in June or August, please let Ms. Dawn, Ms. Monica or myself know.

Second, the center will be closed on Thursday, May 13 and Friday May 14. We will be in the

process of moving from the center into our respective locations in the student center. Please see Ms. Dawn or Ms. Monica if you have questions.

If you have any questions please feel free to reach me by email at mmliu@unomaha.edu or by phone during my desk time from 3-4 PM at 402-554-3398. Ms. Dawn and Ms. Monica will also be available to take any questions or concerns you may have for the coming summer.

I look forward to a warm and fun summer. Hope to see you there!
Ms. Megan and School-age 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

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 and are only accessed 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 and/or verbal parental permission is given.



What are the 10 principles of good parenting?

1. What you do matters. Whether it's your own health behaviors or the way you treat other people, your children are learning from what you do. "This is one of the most important principles," Steinberg explains. "What you do makes a difference...Don't just react on the spur of the moment. Ask yourself, What do I want to accomplish, and is this likely to produce that result?"
2. You cannot be too loving. "It is simply not possible to spoil a child with love," Steinberg writes. "What we often think of as the product of spoiling a child is never the result of showing a child too much love. It is usually the consequence of giving a child things in place of love -- things like leniency, lowered expectations, or material possessions."
3. Be involved in your child's life. "Being an involved parent takes time and is hard work, and it often means rethinking and rearranging your priorities. It frequently means sacrificing what you want to do for what your child needs to do. Be there mentally as well as physically."

Being involved does not mean doing a child's homework -- or correcting it. "Homework is a tool for teachers to know whether the child is learning or not," Steinberg says. "If you do the homework, you're not letting the teacher know what the child is learning."

4. Adapt your parenting to fit your child. Keep pace with your child's development. Your child is growing up. Consider how age is affecting the child's behavior.

"The same drive for independence that

is making your 3-year-old say 'no' all the time is what's motivating him to be toilet trained," writes Steinberg. "The same intellectual growth spurt that is making your 13-year-old curious and inquisitive in the classroom also is making her argumentative at the dinner table."

5. Establish and set rules. "If you don't manage your child's behavior when he is young, he will have a hard time learning how to manage himself when he is older and you aren't around. Any time of the day or night, you should always be able to answer these three questions: Where is my child? Who is with my child? What is my child doing? The rules your child has learned from you are going to shape the rules he applies to himself.

"But you can't micromanage your child," Steinberg notes. "Once they're in middle school, you need to let the child do their own homework, make their own choices and not intervene."

6. Foster your child's independence. "Setting limits helps your child develop a sense of self-control. Encouraging independence helps her develop a sense of self-direction. To be successful in life, she's going to need both."

It's normal for children to push for autonomy, says Steinberg. "Many parents mistakenly equate their child's independence with rebelliousness or disobedience. Children push for independence because it is part of human nature to want to feel in control rather than to feel controlled by someone else."

7. Be consistent. "If your rules vary from day to day in an unpredictable fashion or if you enforce them only intermittently, your child's misbehavior is your fault, not his. Your most important disciplinary tool is consistency. Identify your non-negotiables. The more your authority is based on wisdom and not on power, the less your child will challenge it."
8. Avoid harsh discipline. Parents should never hit a child, under any circumstances, Steinberg says.

"Children who are spanked, hit, or slapped are more prone to fighting with other children," he writes. "They are more likely to be bullies and more likely to use aggression to solve disputes with others."

"There are many other ways to discipline a child -- including 'time out' -- which work better and do not involve aggression."

9. Explain your rules and decisions. "Good parents have expectations they want their child to live up to," he writes. "Generally, parents overexplain to young children and underexplain to adolescents. What is obvious to you may not be evident to a 12-year-old. He doesn't have the priorities, judgment, or experience that you have."

10. Treat your child with respect. "The best way to get respectful treatment from your child is to treat him respectfully," Steinberg writes. "You should give your child the same courtesies you would give to anyone else. Speak to him politely. Respect his opinion. Pay attention when he is speaking to you. Treat him kindly. Try to please him when you can. Children treat others the way their parents treat them. Your relationship with your child is the foundation for her relationships with others."

For example, if your child is a picky eater: "I personally don't think parents should make a big deal about eating," Steinberg says. "Children develop food preferences. They often go through them in stages. You don't want to turn mealtimes into unpleasant occasions. Just don't make the mistake of substituting unhealthy foods. If you don't keep junk food in the house, they won't eat it."

