

September
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

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 continue making our way through the different forks in the road.

Just a reminder that all parents/guardians and staff need to make sure that you are doing the UNO1-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.

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, your child must be out and fever free for 72 hours without fever reducing medication before your child can return. If your child is sent home with any other symptom(s), then your child must be symptom free for 24 hours before they can return. If your child has a sibling attending, that sibling must also be out.

The UNO Child Care Center's Annual Curriculum Night is Thursday, September 30, 2021 from 4:00 to 5:45 P.M. We are doing something different this year. Each Lead Teacher will have a table set up outside in the front area with an activity for you to do with your child. The Lead Teacher will be available for questions. You will also be able to stop at the classroom door to see your child's classroom. We hope you have time to stop by do the activity with your child, pickup your child's folder with some recent activities that they have done and grab a to-go-snack. We hope that you can join us.

We continue to do Scholastic Book orders each month. The next orders are due on September 17, 2021. 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 your child's file.
4. If any of your contact information has changes, please make sure we have the updated information for our records.

Finally, I will be out of the office on September 17, 24 & 28. If you have any questions or concerns during these times, please see Ms. Monica or a Lead Teacher.

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..."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!

10 - Cameron T-R
15 - Virginia L.
21 - Ms. Effie

22 - Ivy J.
23 - Birdie R-T.
26 - Theo J.

29 - Olivia B.
30 - Ella K.



Dates To Make Note Of...

September National School Success Month
Hispanic Latino Heritage Month
6 - Child Care Center Closed for Labor Day
11 - Patriot Day
12 - Grandparents Day
16 - Mexican Independence Day
17 - Book Orders Due
19 - Talk Like a Pirate Day
22 - Autumn Begins
23 - Preschool 1 & 2 Field Trip to Bellevue Berry Farm
30 - Curriculum Night 4:00 to 5:45 PM

October Breast Cancer Awareness Month
11 - Indigenous People Day
11 - Columbus Day
18-19 - Fall Break, Child Care Center Open
20 - Transition Parent/Teacher Conferences
21 - Toddler Parent/Teacher Conferences
22 - Preschool 1 Parent/Teacher Conferences
25 - Preschool 2 Parent/Teacher Conferences PM
26 - Preschool 2 Parent/Teacher Conferences AM
26 - National Pumpkin Day
29 - Costume Parade TBA
31 - Halloween

November
National Native American Heritage Month
1 - Together Inc. Food Drive Begins
2 - Election Day
7 - Daylight Savings ends
11 - Veteran's Day
15 - Together Inc. Food Drive Ends
24 - Child Care Center Open
25-26 - Thanksgiving Holiday—center closed

Cooking with Rick

Rick Jacobsen—Kitchen Tech

During the month of September, I think of apples! This month's recipe is "Apple Spice Cake".

Ingredients:

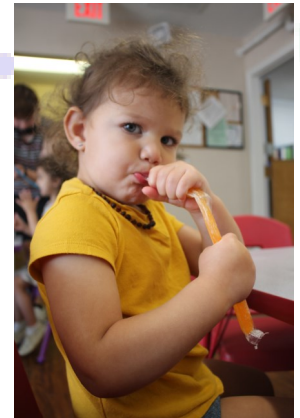
1 box spice cake mix
20 oz. can apple pie filling
4 eggs
1 c. softened butter
3 c. powdered sugar
1/2 c. brown sugar
1 tsp. cinnamon
2 tsp. milk
1 tsp. vanilla

Directions:

Preheat oven to 350 degrees.

1. Beat together cake mix, pie filling and eggs until well blended. (There will still be chunks of apple.)
2. Pour into a prepared pan.
3. Bake for 25 to 30 minutes, or until an inserted toothpick comes out clean.
4. Allow to cool completely.
5. Whip butter, brown sugar, cinnamon and vanilla until fluffy, gradually adding in the powdered sugar.
6. Add in the milk until you reach the desired consistency.
7. Spread frosting over the cooled cake.

Until next month, eat, drink and be healthy!
Mr. Rick



Books We Recommend..

It's September! The weather is changing and there is a crispness in the air!

Here are some books that we think your children will enjoy.

- The Little Butterfly That Could by Ross Burach
- What If by Samantha Berger
- We're Going on a Leaf Hunt by Steve Metzger

- Jump Into Fall by Gareth Llewellyn
- Hiking Day by Anne Rockwell
- Fall Leaves Colorful and Crunchy by Martha E.H. Rustad
- Goodbye Summer Hello Autumn by Kenard Pak
- We Gather Together by Windy Pfeffer

- Alma and How She Got Her Name by Juana Martinez-Neal
- Mango, Abuela and Me by Angela Dominguez
- Round Is a Tortilla: A book of Shapes by Roseanne Greenfield Thong

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.

Book Orders will be due by Monday September 17, 2021

Happy Reading!

Welcome to September
Our theme for September is Sense of Self. The letters for the month are A, B and C. The numbers are 1, 2, and 3. The color for the month is red and the shape is octagon.

We would like to remind our toddler parents to provide a sweater/jacket for outdoor play. The mornings will soon be getting a little cooler as we enter the Fall season. Also please make sure that you have updated your child's tubby with the appropriate extra clothing.

Upcoming Events:
9/17 Fiesta Day
9/24 PJ Day
9/30 Curriculum Night

We will be working on fine motor skills through finger painting, coloring and stringing beads.

We will be learning simple nursery rhymes and song. Our cooking ay will be on Fridays, starting September 17.

Wanted: We need 12-20 oz. empty Gatorade bottles with lids. We will be using them for an activity.

Take the time and enjoy the little things in life.
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 in the Transition room!

This month we have a fun take-home activity. One of our themes in September is a focus on getting to know one another. 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 third week in September. We will be displaying them in the room so we can get to know each child better.

On Thursday, September 30, we are having a center-wide Curriculum Night. More information on that will be coming soon, so stay tuned.

Please make sure you are checking your child's daily purple 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!

During September, we will be learning about ourselves and others! The themes for the month are: Getting to Know One Another; Making New Friends; Learning Classroom Rules; and Respecting and Caring for One Another. The letters for the month are A, B and C. The numbers are 1, 2, & 3.

Allison Johnson—Lead Teacher

The color is red and the shape of the month is square.

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

Miss Allison and the Transition Staff



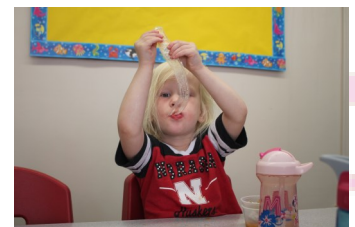
C.H.A.M.P.S

CHAMPS ~ We are looking for interested parents that would like to be involved with bringing CHAMPS meeting back. CHAMPS is the UNO Child Care Center parent group. This group assists the child care center with various activities, from helping with curriculum night, the holiday program, graduation, families events, fundraisers, etc. Just to name a few.

We are going to do these meetings via Zoom. We need to know is what day of the week works best and what time would work best for families.

If you would like to be more involved, please let Ms. Dawn or Ms. Monica know and what day/time works best for you. We are hoping to schedule a meeting in October.

Please let us know if you have any questions. Thank you.



Curriculum Night

UNOCCC Curriculum Night
Thursday, September 30, 2021
4:00 to 5:45 P.M
Outside in Front of Child Care Center

- Come visit with your child's Lead Teacher
 - Do an activity with your child
 - See your child's classroom
 - Pick up information and your child's recent work
 - Grab a To-Go-Snack
- Hope you can join us!

September Salutations~

I cannot believe that the first month of the new semester is over and we are already into September. I have just a couple of announcements for this month.

The first announcement is that the new Preschool 1 and 2 information packets have gone out, they should have come home in your child's backpack. In the packet you will find either a preschool 1 survey in the Preschool 1 Packet or in the Preschool 2 packet a Kindergarten parent interest survey, please fill the survey out and return it to me by Friday, September 17.

The second announcement is that I am looking for volunteers for virtual story times. I will be putting out a sign-up sheet with dates and times in the next week, there will be both morning and early afternoon time slots. Virtual reading times will be occurring

monthly, please see me for more information.

Final announcement is that on Thursday, September 23, the preschool 1 & 2 groups will be going on a field trip to the Bellevue Berry Farm. Please note date change. The bus will be leaving the child care center at 9 A.M. Your child will need to be here by 8:30 A.M. Your child will need a disposable peanut/nut free and egg free lunch with a disposable drink. No lunch boxes/bags or containers. All items will be discarded after lunch is over. All children will be required to wear masks. Permission slips will go out the week of September 10. The cost for this field trip will be covered by the CCAMPIS Grant.

We can have up to 6 parent volunteers for the field trip. Only one parent per child can volunteer. If you would like to volunteer, you need to let Ms. Dawn or Ms. Monica know, so that we can put you on the list. Parents will

be required to wear masks. Parents will need to meet the group at the Bellevue Berry Farm. Cost for parent is \$3.50. Please let us know if you have any questions.

As we move into September, I am looking forward to all the activities that we will be doing in Preschool 1 and 2.

Thank you for all you do,
Miss Megan and the staff of Preschool 1 & 2



Focus on Policies and Procedures

Health and Safety Requirements

The following processes and procedures have been put in place to minimize the risk for all children, staff, and members of the UNO Child Care Center while at the UNO Child Care Center. Families must agree that they will not bring children to the UNO Child Care Center if (1) the child is displaying any symptoms of COVID-19, (2) anyone in the child's immediate family/household is displaying symptoms of COVID-19, or (3) the child or anyone in the child's immediate family/household has had a known exposure to COVID-19 within the last 14 days. Prior to sending a child to the UNO Child Care Center parent/guardian(s) must review and agree to the health and safety requirements. A signed copy must be on file. Parent/Guardian(s) also agree to fill out the child health check each day upon arrival.

Illnesses in large group settings are common, but the UNO Child Care Center strives to keep illnesses to a minimum. Although we cannot prevent all illnesses, we work hard to reduce the chances of your child becoming ill.

Requirements for Sick Children

Sick children, including non COVID-19 illnesses, are not permitted to attend the UNO Child Care Center. Children with temperatures 100.4 F or above must remain home and be symptom free without the use of medication for 72 hours prior to returning to care. Fever reducers will not be given to children within 24 hours on any day of attendance, regardless of reason for fever reducer. Children with symptoms consistent with COVID-19 including, but not limited to the following:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Children that become ill while at the UNO Child Care Center are required to be picked up within 30 minutes of notification. Children must remain home and be symptom free without the use of medication for 72 hours prior to returning to care.

Children with a confirmed case of COVID-19 or living in a household with a confirmed case of COVID-19 may not return to the UNO Child Care Center until the CDC conditions to return from COVID-19 isolation are met.

Other Exclusions: Guidelines

Children will be excluded from the UNO Child Care Center if any of the following hold true:

- Strep Throat/Scarlet Fever- until 72 hours after fever has broken and medication has begun.
- Pink Eye/ Conjunctivitis, which is red or pink conjunctiva with white or yellow discharge, often matted; eye pain and/or redness of eyelid. Child must be on medication for at least 24 hours and have a physician's note to return to the center.

- Mouth sores associated with the inability of the child to control his/her saliva, unless the child's physician states that the child is not infectious.
- Rash with fever until a physician has determined the illness not to be communicable. Impetigo, until 24 hours after first treatment.
- Head lice, until morning after first treatment and ALL nits must be gone.
- Chicken Pox, until the sixth day after onset of rash or sooner if lesions are dried up.
- An illness prevents the child from participating comfortably in program activities.
- An illness results in greater care need than the child care staff can provide without compromising the health and safety of the other children.



10 Traits of a “Good Enough” Parent

Let’s face it, no one is perfect. That being said, we all know there is no such thing as a perfect parent, even though we may pressure ourselves to try to be one. Rather than focusing on “good parenting” versus “bad parenting,” how about putting the spotlight on “good enough parenting?”

1. Let me ask you a few questions and we’ll go from there:
2. Do you want to do the best you can for your child?
3. Do you recognize where you can improve as a parent and make a conscious effort to work towards that?

Do you forgive yourself for making mistakes and try to do better?

If you answered yes to these questions, then you are a good enough parent, which is often the best kind!

Although it may be difficult for some people to believe (lots of people think that kids are incredibly fragile), children are actually quite resilient. Unless a parent does something cruel or is abusive to a child, children will generally turn out well, meaning they’re going to be okay. And being okay is good enough. Remember, the same saying applies to children. There is also no such thing as a perfect child.

As you are well aware, children aren’t born with a manual. You either have to educate yourself on how to parent effectively or learn on the job.

While there are several parenting styles, successful mothers and fathers share attributes that give their children the best chance for success and happiness. Yes, it’s



true. Good enough parents are successful parents.

Again, because no parent is perfect, most of us have a few of these attributes but must work on developing the others.

Following are 10 traits of a good enough parent:

1. **Patience.** I’m sure you knew this would be at the top of the list! Children are messy, noisy, don’t listen well, and at times exasperating. Kids can be pretty wonderful, too. But patience is a necessary attribute to develop when raising children. Learning to take a deep breath as needed can help more than just your parenting skills.
2. **Multi-tasking skills.** Managing the house, going to work, and raising children requires the ability to multi-task. Kids tend to pull your attention away from whatever you’re doing, and it’s not easy to regain your focus — especially when you’re trying to get dinner on the table before soccer practice and they’re asking for help with their homework.
3. **Encouraging.** Unfortunately, children quickly learn to doubt themselves and worry about the opinions of others, especially among their peers. One of the best ways to avoid this outcome is to encourage your kids. With enough encouragement and support, your child can develop a positive self-esteem and become their best self.
4. **Intelligence.** One of the hallmarks of intelligence is the ability to problem-solve. Children provide a unique set of challenges that have to be solved. A little brain power can help you to navigate the minefield that parenting can entail. Demonstrating the ability to problem-solve effectively also provides powerful role modeling for your child, which will help set the stage for their own ability to problem solve over time.
5. **Flexibility.** Many of your parenting attempts will fail. (By the way, just in case you need a good laugh, search for “parenting fails” on Pinterest!) You must be flexible enough to have multiple solutions up your sleeve. When one idea doesn’t work, you can always try something else. Plans are ever changing, too. It helps if you can go with the flow while remaining calm.
6. **Leadership skills.** You might be able to

boss your kids around, but they’ll resent it, and they usually don’t forget. It’s more effective to have strong leadership skills and only throw your parental weight around when necessary. This positive role-modeling will encourage your child to develop leadership skills as well.

7. **Dependability.** Kids feel safe when they have reliable and dependable parents. They have to know that you’re there for them, no matter what. How much can your kids trust your word? Ask yourself how reliable your friends consider you to be and go from there.
8. **Compassion.** Children need to develop and experience compassion. Kids need understanding and comforting. Regardless of whether you feel they’re right or wrong, their feelings, just like anyone’s, deserve validation. Can you provide these things?
9. **A sense of humor.** Your children will give you plenty of opportunities to laugh throughout their young lives with you. It would be a shame to allow those moments to go to waste. Trust me — you’ll keep your sanity if you have a sense of humor and let yourself laugh along the way. 1
10. **Self-awareness.** Children aren’t sure how to act. Again, it’s up to you to be a role model. You’ll find that kids react to situations in ways that mimic your reactions. Think about it — they don’t know any other way. Do you have enough self-awareness to determine whether you’re a good role model for your children?

Parenting requires your utmost effort and attention. Successful kids most often have successful parents. Being a successful parent isn’t easy, but it’s easier if you build these attributes. You can develop these qualities with practice and determination.

Do right by your child and enjoy the process of not being perfect, but good enough, which is often the best kind of parent. That’s true success!

