

**December  
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 2021 comes to a close, we would like to wish all of our families a heartfelt thank you for choosing UNO Child Care Center as your child's early education program and all the support that you have provided. You are the best! We look forward to serving you in 2022.

The final event of the year will be our annual Winter/ Holiday Program on Saturday, December 11, 2021 in the Strauss Performing Arts Center Jan and John Concert Hall at 10 A.M. The children and teachers been working very hard practicing their songs for the program. We would like to thank the UNO School of Music for allowing us to use the Concert Hall for our performance.

Please have your child at the SPAC no later than 9:45 A.M. After the program, there will be a visit from Santa. So, bring your cameras! We must comply with the School of Music's COVID policy. There will be limited seating due to the decreased capacity to 75%. Only 5 guests per child/family is allowed. There must be a seat between in family grouping. Mask must be worn at all times for 2 years and older.

Please note that there is open parking on campus and you will be able to use the CEC parking lots. In addition, you can also use the Library Lot or the East and West Parking Garages. Please plan ahead, as the program starts at 10 A.M. The children need to be there by 9:45 A.M.

A big huge thank you goes out to all of our families who participated in our annual food drive for Together Inc. We raised over 3000 items. This includes items and money collected. Every pound of food raised feeds a meal for one family. Way to go!

Please make sure you have turned in your registration forms and/or class schedules for the spring semester. The spring semester for the child care center will begin on Monday, January 3, 2022 and go till Friday, May 13, 2022 We are currently still only running at half capacity due to limited staffing. Please make sure we have your correct schedule. Thank you.

Reminder, the child care center will be closed from December 24, 2021 to January 2, 2022. We will re-open on Monday, January 3, 2022.

Something new...If you have not already noticed, staff pictures are now posted on the door behind the front desk. Take time to look at the pictures and see who the staff are and who is in your child's classroom.

I will be out of the office on Thursday, December 16 and Monday, December 20. If you have any questions or concerns during this time, please see Ms. 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](mailto:dhove@unomaha.edu) or stop by my office.

Until Next Year...

"From our house to yours, everyone here at the UNO Child Care Center wants to wish you and your family a Very Happy Holiday Season!



# Happy Birthday!

12—Roman R.  
22—Aeryana L.

23—Teacher Kenzie  
24—Teacher Alecia

24—Mr. Fred



## Dates To Make Note Of...

### December

#### National Safe Toys and Gifts

1 - Rosa Parks Day  
4 - National Cookie Day  
10 - Book Orders Due  
11 - Winter Program;  
Strauss Performing Arts; 10-11 A.M.  
17 - Fall Semester Ends  
21 - Winter Solstice  
24 - January 2, 2022—Winter Shut Down  
Child Care Center Closed  
25 - Christmas  
26 - Kwanza Begins

### January

#### National Blood Donor Month

1 - New Years Day  
3 - Center reopens  
3 - J Term Semester Begins  
15 - National Hat Day  
17 - Martin Luther King Jr's Birthday,  
Child Center Closed.  
18 - Book Orders Due  
18 - Winnie The Pooh Day  
24 - Spring Semester Begins

### February

#### Black history Month

1 - Chinese New Year  
2 - Groundhog's Day  
4 - Rosa Parks Day  
11 - Book Orders Due  
14 - Valentine's Day  
14 - Valentine Exchange Parties  
21 - President's Day

## Cooking with Rick

### Rick Jacobsen—Kitchen Tech

For December's recipe, I was thinking leftovers from a holiday meal and how they can be used for another meal. Then I found a breakfast recipe, it's called "Breakfast Wraps".

#### Ingredients:

6 large eggs  
2 Tbs. milk  
1/4 tsp. pepper  
1 Tbs. canola oil  
1 C. shredded cheddar cheese  
13/4 C. diced fully cooked ham  
4 flour tortillas (8 inch), warmed

#### Directions:

1. In a small bowl, whisk the eggs, milk, and pepper together. In a large skillet, heat oil. Next add in the egg mixture and stir over medium heat until the eggs are completely

set. Stir in the cheese and ham.

2. Spoon the egg mixture down the center of each of the tortillas; roll up and serve warm.

**Freeze Option:** wrap cooled wrap in foil or parchment paper and freeze in a freezer container. To use, thaw overnight. Remove foil or parchment paper; wrap tortilla in a moist paper towel. Microwave on high until heated through, 30 to 60 seconds. Serve immediately.

#### Options:

Pizza Breakfast Wraps: Prepare recipe as directed, replacing cheddar cheese and ham with mozzarella cheese and cooked sausage. Serve with warm marinara on the side.

Pulled Pork Breakfast Wraps: Prepare recipe as directed, replacing cheddar cheese and ham with Gouda cheese and precooked pulled pork. Serve with warm barbecue sauce on the side.

Mr. Rick

"December, being the last month of the year, cannot help but make us think of what is to come." —Fennel Hudson



## Books We Recommend..

December, a month with many different traditions and celebrations. It is also a month with cold weather and warm hearts.

Let's celebrate with books about traditions, giving and snowy days! Here are some titles to get you started!

- The Eight Nights of Hanukkah by Judy Nayer
- K is for Kwanzaa by Juwanda G. Ford
- We're Going On A Santa Hunt by Laine Mitchell
- Wintercake by Lynne Rae Perkins
- The Joyful Book by Todd Parr

- The 12 Days of Kindness by Jenna Lettice
- The Gift of Nothing by Patrick McDonnell
- Ten Ways to Hear Snow by Cathy Camper
- The Snowy Day by Ezra Jack Keats
- The Little Snowplow by Lora Koehler

## 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](http://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 Friday, December 10, 2021**

**Happy Reading!**



## Talk with Toddlers 1 & 2

Effie Swinarski and Fred Abram—Lead Teachers

Cooler weather has arrived! This means that our friends will be spending more time indoors. Mr. Fred and Mrs. Effie have planned a variety of fun indoor activities.

Here is a sampling of a few of the activities:

Exploring Snow  
Slipper Dancing  
Ice Cube Painting  
Snow Ice Cream

The theme for December is Winter Wonderland. The Letters for the month are J, K, and L. The number is 5; the color is blue and the shape this month is the star.

Reminders:

- December 11 is the Holiday Program, see Dawn's part of the newsletter for more information.
- Please provide an extra pair of clothes for your child. This includes shoes and socks.
- Please bring in a refill package of diaper wipes for the month of December.

Congratulations to all of our Toddler 2 friends that will be moving up to the Transition room! Toddler 2 parents, if you have any questions, please ask either Mr. Fred, Ms. Monica or Ms. Dawn.

We would like to wish all of our families a safe and happy Holiday Season!  
Toddler Teachers



## Time with Transition

Allison Johnson—Lead Teacher

Happy Holidays!

The Transition class is already in the holiday spirit! We are excited to spend the month talking about family, traditions, and the spirit of giving. We have also been practicing our songs for the Holiday Program on Saturday, December 11 and hope to see you there.

Soon we will have some new faces in the Transition class. Also, we must see some of our friends off to Preschool 1. Corvus, Emiliano, Chance and Lincoln will be joining Teacher Ky in Preschool 1 and we will miss them so much! If your child is transitioning to Preschool 1, be on the lookout next week for some information regarding that change in their mailbox.

During the week of December 20, we are asking for parents, grandparents and other family members, or friends to read to the Transition class via Zoom. You may sign up anytime between

9:00 A.M. and 10:30 A.M. or 3:00 P.M. and 4:00 P.M. If you are interested, let Ms. Allison know which day and time you are available and what book you would like to read. Ms. Allison will send you a Zoom initiation with your confirmed time slot.

Our themes for December are: Giving and Sharing; Different Holidays; Children Around the World; Similarities and Differences. Our letters for the month are J and K. The numbers 10 and 11, the color green; and the triangle is our shape of the month. We will be learning about Christmas, Hanukkah and Kwanzaa.

We hop everyone has a wonderful holiday season!  
Transition Teachers



## Points to Ponder with Preschool 1

—Lead Teacher



Greetings Parents!

I cannot believe that it is already December! It seems just like yesterday it was January! Our classroom is already decked out for the Holidays, and we are all very excited to get to spend time with Chippy (our Elf on the Shelf) and our "North Pole Snowpeople" who are guarding our presents under our classroom tree and watching our good choices throughout the day! We are also busy practicing for our Annual Holiday Program, which will take place on Saturday, December 11. The children are very excited to show off their dance moves for everyone!

This month will include a few changes in our classroom. First, a few friends from Transition will be visiting us beginning the week of December 13 and will be officially moved up the week of December 20. We are very excited for these new friends to join our classroom and show them the ropes of Preschool, as well as have some more familiar faces. Second, I will be out of town beginning the afternoon of Wednesday, December

16 until Thursday, December 23. If you happen to need anything during this time, please feel free to talk to Miss Megan, Ms. Monica or Ms. Dawn.

This month, we are focusing on the importance of giving and sharing with others. In addition, we are going to talk about different holidays, our own family traditions and what we celebrate, and how important our differences are.

This month's themes are: Giving and Sharing; "I Celebrate; Winter Fun; Evergreens and Peppermint. The letters are I, J, K, & L. The numbers for the month are 9 and 10. The color is Blue and the shape is the star.

As always, please do not hesitate to reach out if you have any questions or concerns. I hope that you have a wonderful holiday season and start the New Year full of good food, good company, and lots of great memories.  
Miss Ky and Preschool 1 Staff

## Seasons Greetings~

Happy December to everyone. I cannot believe how fast the semester has gone, it flew by and now it's almost the end of the semester. Just a few announcements for you for December in Preschool 2.

First, the holiday program will be taking place on Saturday, December 11 at 10:00 AM. Please make sure to have your child to the Strauss Performing Arts Center by 9:45 A.M. There will be a meet and greet with Santa after the program.

Second, please make sure that you are walking with your child up and down the stairs during drop off and pick up times. This

is to ensure that the children are walking safely up and down the stairs and it is also a licensing requirement for the center. Please see Ms. Dawn or Ms. Monica if you have any questions.

Finally, if you have any questions or concerns for me, you can email me at [mmliu@unomaha.edu](mailto:mmliu@unomaha.edu).

I'm looking forward to a fun December. Thank you for all you do, Miss Megan and the Staff of Preschool 2



## 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

**Safety Reminders** The health and safety of the children enrolled in our program is our highest priority. We have several policies and procedures in place to ensure that every child is kept safe and healthy.

These policies and procedures include:

- Having written emergency and evacuation procedures for when children are away from the child care center.
- Practicing monthly fire, tornado and lock down drills year-round.
- Exclusion guidelines for when children or staff exhibit symptoms of illness.
- Prior notification when someone other than a parent/guardian is picking up. Authorized people who are picking up must provide identification when picking up a child.
- Guidelines for the supervision of children.

Supervision of children is crucial to keeping them safe no matter where you might be. It is our policy that when children are in an area, a teacher must be present, supervising the group children at all times. This includes times when children are moving from one area to another and if they are going up or down the stairs. Please assist us in keeping

the children safe. When arriving, please do not allow your child to enter a classroom if there are no teachers present. If there are no teachers in the classroom, the group may be outside playing or on a walk. You will need to take your child outside to join their group or check to see where the group may be. This is particularly important in the preschool area since it is not possible to see all areas of the basement from the stairs. Preschool Parents must also escort your child up and/or down the stairs. Children are not allowed to go up or down the stairs unless an adult is present. This means you must physically walk your child up and/or down the stairs. Standing at the top of the stairway is not an option.

At the end of the day, when picking up, please do not allow your child to enter the building on their own. If they forgot something, or need to use the restroom, please accompany your child into the area they need to go. This is a licensing requirement.

For more in depth information about all of our policies and procedures, please read our Parent Handbook.

Working together ensures that the children remain safe, healthy and happy!





## Teach Good Decision-Making Skills and Say Goodbye to Power Struggles

Jackson, would you like to wear your rain boots or your sneakers?"

"Annika, do you want green beans or sweet potatoes?"

"Charlie, would you prefer to share the ball or play with the blocks by yourself?"

Once upon a time, [authoritarian parenting](#) was the standard. You might remember the style: Mom and Dad make the rules. Children are expected to obediently follow those rules. But today, gaining cooperation from children—rather than demanding it—is the new parenting norm, and educational and parenting experts alike recommend empowering children to practice decision-making skills and make their own choices about, well, a whole lot of things.

Does offering all these choices really work? And what do choices do for our kids, anyway?

To find out, we talked with two KinderCare early childhood education experts who know the power of choices firsthand. Together, Senior Advisor of Quality and Accreditation Lorri Fabry and Assistant Director at a Chicago-area KinderCare Laurin Atkinson have nearly 40 years of education experience between them—but their history goes deeper than that. Fabry and Atkinson also happen to be mother and daughter.

"From the minute they wake up in the morning, kids are making lots of choices and navigating the world, just like adults," Fabry says. "We know good decision-making is a skill that we can help them learn. It's really important for us to take the time to teach them."

Here's why choices are so important for kids—and how to make this parenting strategy work for you at home:

### 1. Choices Can Quell Power Struggles

Start by offering your child choices in areas that might be important to them, but not to you: *Shall we have cereal or purple yogurt for breakfast?* Simple choices like these let children feel more powerful and in control, and that's a good thing: "When you allow them to make choices over smaller things like breakfast, children feel as though decision-making is a partnership, and you will likely get more cooperation in other areas," says Atkinson.

In other words, by empowering your child to choose what they eat, you may not have a power struggle when it's really time to buckle up their shoes and head out the door.

### 2. Choices Develop Decision-Making Skills

"Why are some people leaders?" Fabry asks. "Someone spent time with them and developed these decision-making skills."

When you explain your reasoning and include your child in your decision-making process, they're learning the "why" behind the rules. This helps develop the critical-thinking skills they'll need to make their own smart, well-reasoned choices in the future.

Instead of: *Get your coat on.*

Try: *We're putting your snowsuit on because it's really cold outside. When we go down the stairs, you can walk or crawl like a bear.*

### 3. Explaining Your Choice Helps Them Learn to Make Their Own

You're still the parent. "Giving up some control does not equal chaos," emphasizes Atkinson.

Many decisions—especially about health and safety—are too big for young children, so you will, of course, make these choices for them. When your child must do something, Atkinson

suggests offering them the choice of how they do it.

For example: *I want you to eat your vegetables because broccoli makes you strong and healthy. You, my little friend, get to choose how to eat it! You could try using your fork or your fingers.*

### 4. Choices Don't Solve Everything

Your child may be tired, overwhelmed, or perhaps this particular choice isn't very important to them. *It looks like Jemima is playing with that doll already, would you like to play with the teddy bear until she's finished with her turn? Or share your ball and play together?*

If your little darling simply says, "NO! NO! NO!", then these three approaches may help you arrive at a decision together.

1. Give them a minute, and wait to see if they decide on their own.
2. Help them choose: *You had a really fun time kicking the ball together last weekend. Should we ask Jemima if she wants to play again?*
3. Or simply choose for them: *I'm going to find the teddy bear. Let's get a tea party set up for him!*
5. Teach Age-Appropriate Decision-Making Skills

Every child is different and develops in their own time, but for all children, learning to make good decisions takes repetition and plenty of practice. Start slowly, and help them to explore their choices gradually.

A younger child will be able to choose between two or three things: On a blustery day, you might offer a toddler a choice between their orange sweater and their blue sweatshirt. By age five, when it's cold outside, you can ask them to choose a warm outfit from their closet all by themselves because they've developed reasoning skills, confidence, and been given lots of chances to practice making good choices.

