

February
2022

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

February is upon us and the ground hog saw his shadow. So does that mean 6 more weeks of winter? It is hard to tell with all this warm weather that we have been having. Maybe the cooler weather is behind us and spring just might be right around the corner.

Please remember that the children do go outside once the weather gets above 32 degrees, including wind chill. Please provide the proper outside attire including coats, hats, gloves and boots. The children may go on walks in the afternoons and are back by 4 P.M. If you will be picking up before 4 P.M., please remember to let the staff know, so that your child can stay back at the center.

February is Black History Month and Lunar New Year. Each of the classrooms will be doing a variety of activities to celebrate these events. Please remember to ask your child about what they learned and the activities they did. Some questions to ask: What is the zodiac animal for this Lunar New Year? Who invented the traffic light? Who is Mae Jemison? Who is Alfred Cralle?

The Valentine's Day exchange will be on Monday, February 14. If you would like your child to participate, please make sure to bring in your child's Valentine's by Friday, February 11.

Number for each group are:

Toddlers	7 Children	6 Staff
Transition	12 Children	9 Staff
Preschool 1	14 Children	5 Staff
Preschool 2	13 Children	6 Staff

Please note that we are asking that no candy containing peanuts or nuts, etc. be included in any of the Valentines and that NO hard candy be placed in any of the toddler's Valentines. All items must be store bought and in the original packaging. Please see Dawn, Monica or the Lead Teachers if you have any questions.

Mark your calendars now for the following upcoming events and watch for more details:

- 1) Read Across America and Dr. Seuss' Birthday. The UNO Child Care Center will be celebrating by doing a variety of activities the week of February 28 to March 4. See details in the next column.
- 2) Parent/Teacher Conferences will be the week of March 7, 2022. Sign-up sheets will be posted by February 14. Please watch for the day/time of your child's lead teacher's availability. If these days/times do not work for you, you will need to talk with your child's lead teacher to set up an alternate time during the week of March 14.
- 3) Week of the Young Child is April 2-8, 2022. We will have special activities planned during this week. Details to follow next month.
- 5) Preschool 2 Graduation will be April 29, 2022 from 10:30 to 11:30 A.M. at the Thompson Alumni Center. We are in the process of obtaining the required permissions to hold the event. I will keep you posted on the progress. Cap and Gowns will be ordered this month. There will be a \$20 cap and gown fee. The cap and gown will be yours to keep.

I will be out of the office on February 17 & 18. If you have any questions or concerns during these times, please see 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 or stop by my office.

Until next month..."Doing the best at this moment puts you in the best place for the next moment." ~ Oprah Winfrey

UNO Child Care Center Celebrating Dr. Seuss

Dr. Seuss Week ~ February 28 - March 4, 2022

Monday, February 28

Book: "One Fish Two Fish, Red Fish Blue Fish"

Theme: Wear Red and Blue

Tuesday, March 1

Book: "Fox in Socks"

Theme: Wear Crazy Socks

Wednesday, March 2 ~ Read Across America Day
Happy Birthday Dr. Seuss!

Book: "Oh, the Places You'll Go"

Theme: Dress Up Like Your Favorite Dr. Seuss Character

Thursday, March 3

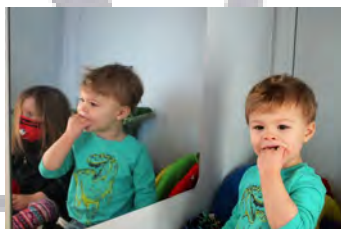
Book: "The Cat in the Hat"

Theme: Wear a Hat &/or Red and White

Friday, March 4

Book: "Horton Hears a Who"

Theme: Pajama Day



Happy Birthday!



5 - Keegan K.
7 - Miss Jenna

18 - Miss Anne
20 - Emmaline S.



Dates To Make Note Of...

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
- 15 - Chancellor Li Visit
- 21 - President's Day

March

Women's History Month

- 1 - Mardi Gras
- 2 - Read Across America
- 2 - Dr. Seuss' Birthday
- 7 - Toddler 1 & 2 Parent/Teacher Conferences
- 8-9 - Transition Parent/Teacher Conferences
- 9-10 - Preschool 1 Parent/Teacher Conferences
- 11 & 14 - Preschool 2 Parent/Teacher Conferences
- 13 - Daylight Saving Time Begins
- 14-16 - Spring Break, center open
- 17 - St. Patrick's Day
- 18 - Book Orders Due
- 20 - Spring Equinox

April

National Autism Awareness Month

- 1 - April Fool's Day
- 2 - Ramadan Begins
- 2-8 - Week of the Young Child
- 11 - National Pet Day
- 15 - Book Orders Due
- 17 - Easter
- 22 - Earth Day
- 29 - Arbor Day

Cooking with Rick

Valentine's Day is soon! "4 Ingredient Strawberry Cake Mix Cookie" sound like a good way to celebrate this special day!

Ingredients:

- Strawberry cake mix
- 2 eggs
- 1/2 C. vegetable oil
- 1 C. white chocolate chips

Instructions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Combine the strawberry cake mix, oil, and eggs into the bowl of a stand mixer fitted with a paddle attachment.
3. Mix on medium speed until a soft dough forms.

4. Stir in white chocolate chips by hand, using a spatula or wooden spoon.
5. Use a small scoop or melon-baller to scoop about 1 tablespoon of dough onto a prepared baking sheet, 2 inches apart.
6. Bake for 8 to 10 minutes.
7. Allow to sit for a minute or two to cool before transferring to a wire cooking rack.

Mr. Rick

"You cannot do kindness too soon, for you never know how soon it will be too late."
—Ralph Waldo Emerson

Rick Jacobsen—Kitchen Tech



Books We Recommend..

It's February! This is a month of learning about Black History and expressing our love for one another. We have found some more great books to share with children! We hope you check out these titles!

- Mae Among The Stars by Denene Millner
- We March by Shane W. Evans
- A Weed is a Flower -The Life of George Washington Carver by Alike
- The ABCs of Black History by Rio Cortez

- This is Not a Valentine by Lucy Ruth Cummins
- The Shape of My Heart by Mark Sperring
- Love You by Heart by Peter H. Reynolds
- The Girl with Big, Big Questions by Britney Winn Lee

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 Friday, February 11, 2022

Happy Reading!

Talk with Toddlers 1 & 2

Effie Swinarski and Fred Abram—Lead Teachers

Welcome to February!

Love is in the air! We are looking forward to our annual Valentine's day Exchange on Monday, February 14. The exchange will be a little different this year. If you would like your child to participate, please bring store bought Valentine's to the center no later than February 11. If you wish to bring other Valentine's items, such as trinkets or candy, these must also be purchased in a store and brought in with your child's Valentines.

This month, we will be reading books written by African-American authors. We will also be focusing on fine motor skills, exploring finger paint, drawing with crayons, stringing beads and exploring a variety of textures.

Our theme for this month is emotions. The letters are P, Q, and R. The number is 7, the color is pink and the shape is heart.

If you have any questions, please direct them to either Ms. Effie, Mr. Fred, Ms. Monica or Ms. Dawn.

Happy Lunar New Year! It is the year of the Tiger.
Toddler Teachers

"Children learn as they play. More importantly, in play, children learn how to learn." ~ O. Fred Donaldson



Time with Transition

Allison Johnson—Lead Teacher

Happy February!

Spring semester is in full swing, and the Transition class has been very busy!

We will be doing a Valentine's exchange on Monday, February 14. If you would like your child to participate in the exchange, we will need store bought valentines for your child's classmates by Friday, February 11. There are 12 students in the Transition class. If you are providing any treats/cards for teachers, we have 8 staff members. We would also love for parents, family, or friends to Zoom in and read that afternoon. The time slots to sign up will be available in 15 minute increments from 3:00 P.M. to 4:30 P.M. If you are interested in reading, please let Ms. Allison know.

We are having a Transition Pajama Day on Friday, February 25. We are excited to see our friends cozy pajamas and will be enjoying a movie in the afternoon!

Our themes for this month are: Different Ways to Travel, How Do We Get Around, Handling Our Emotions, Different Types of Feelings. The letters for the month are O, P, Q; the numbers 14 and 15. The color for the month is purple and the shape of the month is the heart.

Holidays and observances we will learn about this month are: Valentine's Day, President's Day, Black History Month and Chinese Lunar New Year. We will be doing activities that talk about these holidays and observances as well as reading several books.

As always, if you have any questions or concerns, feel free to reach out via email (anjohnson@unomaha.edu) or during my scheduled hours at the center.

Ms. Allison and the Transition Staff



Points to Ponder with Preschool 1

Ky Jackson—Lead Teacher

Hello parents!

February in Preschool 1 is going to be filled with LOTS of fun themes and activities for your children!

This month, we are learning about Groundhogs for Groundhog's Day, Feelings and Emotions, Valentine's Day (and love), our Teeth, and will finish the month with Dr. Suess Week! We will also be doing activities around Black History Month and Lunar New Year.

We will be focusing on learning letters E-K, as well as counting to 25!

As a reminder, we will be having our classroom Valentine's Day party on Monday, February 14 in the afternoon. We will be decorating bags at school for your children to use to exchange Valentine's. If you would like to bring in Valentine's for the classroom, please make sure they are here by Friday, February 11.

Please also be aware of our friends with allergies in our classroom, so the best kind of Valentine's would be things like stickers, temporary tattoos, or other fun toys! All candy and trinkets must be store bought and in the original packaging.

The P1 Staff is excited for another lovely (pun intended) month with the children!

Teacher Ky and the Preschool 1 Staff



Hello~

It's February already, and I cannot believe January is already over! I have just a few announcements for the month of February, beginning with Valentine's Day. If your child's Valentine's have special treats or trinkets, please make sure they are store bought. Please bring in all Valentine's by Friday, February 11. I will put them in our designated treat spot! Please see Dawn, Monica or me if you need ideas!

The second announcement is starting the week of February 21, we will be shortening our nap time. Nap time will begin at 1:25 and we will continue to do quiet activities before it is time to nap. If you have any questions concerning nap time, please ask.

The final announcement is throughout the month of February, we will be doing activities related to Black History Month and Chinese Lunar New Year. Some activities may include discussing and recognizing influential figures in the African American community as well as participating in activities related the lunar new year. To continue the learning at home, the last page of this newsletter has activities that you can do at home to celebrate Black History Month.

If you have any other questions or concerns, please call me at the center or email me at mmliu@unomaha.edu.

I am looking forward to a safe and fun February! Thank you for all that you do,
Ms. 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

Child Care Guidance for COVID-19

The UNO Child Care Center continues to follow our COVID-19 policies and procedures. We are in constant contact with the UNO Health Security Office and the Douglas County Health Department. We follow all their recommendations and guidance.

You must continue to fill out the child daily health check form each day you drop off your child at the child care center. If your child has any symptom that are listed on the form, then your child cannot be at the child care center.

Anytime your child has been exposed to someone that is positive for COVID-19 or has tested positive for COVID-19, you must notify the UNO Child Care Center.

Anytime you notify the UNO Child Care Center that your child has been exposed or has tested positive to COVID-19, Dawn or Monica will contact the Douglas County Health Department.

Once we have consulted with the Douglas Count Health Department, we will notify you of the recommended quarantine/isolation times that your child will need to follow.

Please keep in mind that household contact exposure will have a longer quarantining time, if the child is in continuous contact with the household member who is positive.

The following criteria should be used to determine if a child should be excluded and stay home:

- Any of the following: fever of 100.4 or greater, new onset of dry cough, onset of shortness of breathe or difficulty breathing, new onset of lost of taste or smell, chills, congestion and/or runny nose, muscle pain, headache, sore throat, nausea, diarrhea, or vomiting.

Children who are displaying any of the symptoms of COVID-19 will be asked to follow recommended health guidelines.

If you choose to have your child tested, please let us know and provide us with the test results.

As a reminder, please let the UNO Child Care Center know **immediately** if **ANYONE** in your household has had close contact with any individual who has tested positive for COVID-19 or if **ANYONE** in your household has symptoms of COVID-19.

All cases are reported to the UNO Health Security Office and the Douglas County Health Department.

At anytime you have any questions, please let us know.

9 Parenting Tips to Raise a Happy and Healthy Child

Parenting is not easy, especially in this modern age. If both the parents are working, parenting might feel scary, but remember: no parent is perfect. Every parent always has their child's best interest in mind and hope that their decisions will keep the child safe, healthy and happy.

Parents and kids share a beautiful bond. Kids often replicate their parents' actions and incorporate them into their own lives, making them role models.

In the following article, we will discuss some parenting tips in which you can raise a happy and healthy child:

Reflect happiness

If you are a parent and have a toddler around you, there's one thing you need to keep in check, and it is your emotions. If you are excessively stressed or sad, the same emotions reflect on your kid. You need to be mindful of your feelings and positively impact your kids by being a happy influence. Kids have a habit of imitating you, so keep that in mind. Worry less and live more.

Food brings everybody together

Eating together brings the family together. If you are away all day, mealtime can be an excellent way to catch up with your kids and spend some quality time together. Eating together also helps strengthen your bond with the kids.

Outdoor play with your kids

In the digital age, our time is filled with technology in some way or another. We lived a childhood free from technology, but our kids have technology embedded into their lives. In an era where playing means being stuck to the computer or mobile phone, take your kids out to do some fun outdoor activities. Pick up a sport of their choice and indulge in playing outdoors with your kids. It will not only help your child's development but will also help you bond with your child.

Make time for your kids

If you are a working parent, there is a high chance that your kid might feel distant and unloved by you. You must make sure you make enough time for your child. Kids need your attention and guidance in their early stages of life, which set the foundation for them.

Guiding them doesn't mean you criticize them for any wrong moves; instead, you explain the

consequences gracefully. Make sure you say that you love them or show that you love them through your actions, as simple as being there for them.

Go out with your kids to do house chores, like grocery shopping from a supermarket, getting fresh vegetables from the nearby vendor or cooking with your kids.

Apart from the tips mentioned above to raise a happy child, there are a few other things that will make your kids develop better. Indulging in hobbies, art, sports, or pets can also bring out happiness in your child.

A healthy child is a happy child, and a child's health is the topmost priority for the parents. Here are some child health care tips:

A Nutritious Diet

A healthy balanced nutritious diet is crucial for your child's overall development. It significantly reduces their risk of acquiring any chronic diseases.

Make sure your child doesn't pick up unhealthy eating habits leading to obesity and diabetes at a young age. A child without a balanced diet might have less energy and less interest in learning. It will affect your child not only physically but also mentally.

Children might not like eating healthy, so it's your responsibility to develop creative ways to infuse the goodness of nutrition into your child's diet.

Good hygiene is important

Kids play around, coming in contact with millions of germs. Your children must learn to clean themselves to stay healthy, like washing their hands after playing. You must teach your kids about personal hygiene like brushing their teeth, bathing, and more to keep your child away from any illness. Good hygiene is also key to boosting your child's self-confidence and esteem.

Sleep Schedule

It's Important that your child has a proper sleeping schedule and gets a good 8 to 10 hours of sleep every night for their mental growth and development. Good nighttime sleep also helps ward off illnesses and strengthens the immune system.

Going to sleep on time every day makes it easier for them to be ready for the upcoming day and not feel rushed into another day. A quick afternoon nap is also proven beneficial for your child's health.

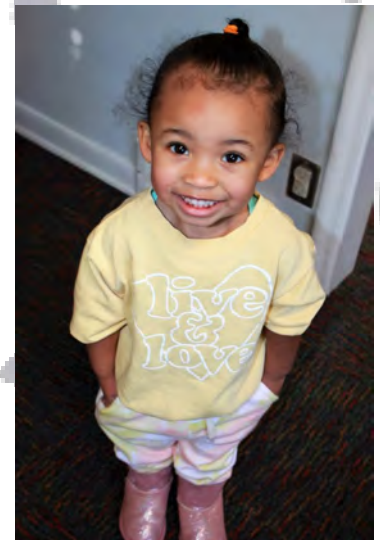
Breakfast is essential

Breakfast is the most important meal of the day, and as a parent, you must ensure that your child never starts the day with an empty stomach. Breakfast sets the tone for the day keeps your child energetic. It also improves metabolism and strengthens the immune system.

Stay Hydrated

Ensure that your child is well hydrated throughout the day, either by drinking water or with fresh fruit juice or milkshakes. Drinking water helps flush out toxins from our bodies. Milkshakes help experiment with nutritional stuff like walnuts, dates, almonds, and other nuts. A chocolate shake mixed with other good stuff can enhance your child's nutrition intake.

We hope the above parenting tips will help you raise a healthy and happy child.



BLACK HISTORY MONTH



PLAY IT!

Red Light, Yellow Light, Green Light

The three-position traffic light was developed by **Garrett Morgan**, an African-American inventor. Have your group line up on a starting line, and mark a finish line. When you say "green light," they start to run towards the finish line. When you say "red light," they have to stop where they are or go back to the starting line. And if you say "yellow light," they have to move towards the finish line in a different way - skipping, dancing, slow motion, or any way you choose.



MAKE IT!

Paper Quilts

The women of **Gee's Bend, Alabama**, have been making beautiful quilts for over a century, with patterns that have been handed down for generations, dating back to slavery. It's no surprise that their quilts are seen as some of the most important contributions to American art history. Make your own quilt by having your group design and color their own square of paper, and then tape or glue all the squares together to form a tapestry that is a unique reflection of your group's creativity and personality.



READ IT!

Black History Month Books

Look for these books at your local library or book store to celebrate Black history, art and culture.

Follow the Drinking Gourd by Jeanette Winter

Princess Hair by Sharee Miller

The Story of Ruby Bridges by Robert Coles

This Jazz Man by Karen Ehrhardt

Under the Same Sun by Sharon Robinson

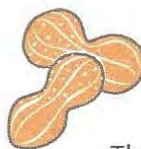


MOVE IT!

Rocket Ship Blast-Off

African Americans have been a vital part of NASA for decades. **Katherine Johnson**, **Dorothy Vaughan** and **Mary Jackson** were mathematicians who worked on Project Mercury, which put the first American into space. **Guion Bluford** was the first African-American astronaut to go into space in 1983, and **Mae Jemison** was the first African-American woman in space in 1992. Just last year, **Victor J. Glover** became the first African American to go on an International Space Station expedition.

Pay tribute to these space pioneers with an exercise that's great for gross motor movement. Have your group sit on a bench or chair with their arms extended straight above their heads and their palms touching. Count down from 10 and say "Blast off!" Then they jump straight up like a rocket.



EAT IT!

Peanut Butter & Apple Wraps

Though he didn't invent peanut butter like many think, **George Washington Carver** was an African-American scientist who developed over 300 products using peanuts. "The Peanut Man" introduced the idea of crop rotation, in which peanuts were planted on alternating years from the main cotton crops to help get nutrients back into the soil. With this, peanuts became a large part of farmers' diets. For a simple and tasty #CACFPCreditable snack, spread two tablespoons of peanut butter on a whole wheat flour tortilla. Slice half an apple and place it on the peanut butter, then wrap the tortilla like a burrito. One tortilla makes two servings.

