

Pre-School Power Hour

Brain Development

DID YOU KNOW???

- A newborn can distinguish her mother's voice from others and may even be able to recognize the sounds of stories she heard while in the womb?
- At birth she has 100 billion brain cells (neurons). These have been forming since week 3.
- At birth she may have 2,500 synapses/connections to/from each neuron. Over the next 30 months (or so) that number can multiply by six to 15,000 synapses per neuron.
- Synapses increase by frequent use. Billions more will disappear due to inactivity.
- Parents/caregivers will be the ones who affect this. Your behavior/interaction with your child will not only decide which synapses will thrive but which will wither.

Reading Ability

DID YOU KNOW???

- Among adults at lowest level of literacy proficiency, 43% of them live in poverty!
- Contrast that with those with strong level of literacy proficiency: 4%!!
- Children who see/hear one million words/year will score in top 2% of standardized tests.
- Children who see/hear as little as 8,000 words/year score in bottom 2%.

- Some children who enter Kindergarten will have been exposed to/be familiar with 45 million words,
- Other children will enter the same classroom with only 13 million.
 - 32 million words = 10 words/second for 900 minutes.
 - 1 million words/year = 3,000/day.

Rhyming/Natal Language

DID YOU KNOW???

- 4-year-olds who know 8-10 rhymes will be top readers in class by age 8.
- Rhymes help with *Language Development*: Vowel & Consonant Sounds, Pitch, Volume, Voice Inflection, Phonemic Awareness, Language Order, & Unique Vocabulary.
- Rhymes help with *Cognitive Development*: Pattern Recognition/Memorization Help, Sequential Story Telling, Alliteration, Onomatopoeia, Imaginative Imagery, & Introduction to Metaphor.
- Rhymes help with *Physical Development*: Develop Mouth & Tongue Muscles, Movement, Coordination, & Choreography.
- Rhymes help with *Social/Emotional Development*: Safe/Secure Bond with Parent, Positive Physical Touch, Sense of Humor, Experience/Role Play Different Emotions, Self Expression, & Transmit Culture.

Brain Development, Reading Ability, & Rhyming/Natal Language...how can the Church help?

Should the Church help?

Pre-School Power Hour.

PSALM 139:14 I praise You, for I am fearfully and wonderfully made. Wonderful are Your works; my soul knows it very well.

ROMANS 10:17 So faith comes from hearing, and hearing through the word of Christ.

- 3,000 words/day. *Where the Wild Things Are*—344, *Curious George Flies a Kite*—2,327, *Read with Me Bible-Mary and the Angel*—119, *The Nativity* Julie Vivas—348
 - Synapses!
 - Romans 10:17
 - Psalm 139:14
- Natal Language
 - Unique Vocabulary?
 - Imaginative Imagery?
 - Safe/Secure Parental Bond?
 - Transmit Culture?

Pre-School Power Hour SCHEDULE

(see attached flyer)

Other essential verses:

- DEUTERONOMY 4:9 (ESV) “Take care, and keep your soul diligently, lest you forget the things that your eyes have seen, and lest they depart from your heart all the days of your life. Make them known to your children and your children’s children.
- EXODUS 12:25–27 (ESV) And when you come to the land that the LORD will give you, as He has promised, you shall keep this service.²⁶ And when your children say to you, ‘What do you mean by this service?’²⁷ you shall say, ‘It is the sacrifice of the LORD’s Passover, for He passed over the houses of the people of Israel in Egypt, when He struck the Egyptians but spared our houses.’ ”
- LUKE 18:16 (ESV) But Jesus called them to Him, saying, “Let the children come to Me, and do not hinder them, for to such belongs the kingdom of God.
- 2 TIMOTHY 3:15 (ESV) From childhood you have been acquainted with the sacred writings, which are able to make you wise for salvation through faith in Christ Jesus.
- DEUTERONOMY 6:5–7 (ESV) You shall love the LORD your God with all your heart and with all your soul and with all your might.⁶ And these words that I command you today shall be on your heart.⁷ You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.
- EPHESIANS 6:1–4 (ESV) Children, obey your parents in the Lord, for this is right.² “Honor your father and mother” (this is the first commandment with a promise),³ “that it may go well with you and that you may live long in the land.”⁴ Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.
- 3 JOHN 4 (ESV) I have no greater joy than to hear that my children are walking in the truth.
- DEUTERONOMY 31:19 Now therefore write this song and teach it to the people of Israel. Put it in their mouths, that this song may be a witness for Me.
- COLOSSIANS 3:16 Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.
- Romans 12:12 (ESV) Rejoice in hope, be patient in tribulation, be constant in prayer.
- Psalm 145:15–16 (ESV) The eyes of all look to you, and you give them their food in due season.¹⁶ You open your hand; you satisfy the desire of every living thing.
- Luke 18:13 (ESV) But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, ‘God, be merciful to me, a sinner!’
- Matthew 8:25 (ESV) And they went and woke him, saying, “Save us, Lord; we are perishing.”
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Some Bible Study subject/topics (Power for Parenting)

- Discipline, Law, and the Gospel
- Increasing Vocabulary & Faith Formation
- The Daily Grind vs. the Big Picture
- NPH's *Parent's Crosslink*
- Natal Language & Faith
- Prayer—God's Littlest Talk to Him
- The Atmosphere of the Christian Home
- Christ in the Center
- Culture Assimilation or Inoculation?
- Forgiveness: Modeling & Engendering
- Identity Development
- Ritual & Routine
- A.C.E.s
- Various pages out of *Patient Parenting—Raising Your Kids in the Shadow of the Cross* by John Juern, NPH 2006
- Various studies on parents in Bible

Starting a Power Hour in your congregation:
(see attached flyer)

POWER HOUR ARTICLE

Teacher: “Red, blue, red, blue, red... Who knows what comes next? That’s right! It’s blue! Very good!!”

“Parents, as your child sets the next block in place, synapses in the brain are being formed for pattern recognition. These connections are precursors to math, reading, music, and many other important skills. You could do this at home with to forks and spoons in the silverware drawer, with their peas and corn on the dinner plate, etc.”

Teacher: “Children, how many of each animal did God send to the ark? That’s right, two. Now lets try to find where animals live. The animal I have in my hand is a ‘giraffe’. (Walking across large world map decoupage to a wooden surface) Where would my giraffe live, on land or on water?” Now Sam, you choose an animal and you place him where you think he would live...”

“Moms & Dads, we’re making connections between today’s Bible story and the world we live in. We are introducing them to Earth science as we consider animal habitats and are also familiarizing them with a map. You could do this at home by looking at a tree and asking ‘Which of God’s animals do you think would live in a tree?’”

Pastor: “Moms and Dads:

- Did you know that 43% of adults with the lowest level of literacy proficiency live in poverty! Among those with the highest level of literacy proficiency, only 4% live below the poverty line.
- Did you know that children who see/hear one million words/year will score in top 2% of standardized tests while children who see/hear as little as 8,000 words/year score in bottom 2%.
- And, did you know that while some children arrive at their first day of kindergarten having heard/been exposed to 13 million words, other children arrive with 45 million words! A 32 million word difference!! That discrepancy will show itself in familiarity with print, with unique vocabulary, and with understanding.

Obviously, reading is important for a child’s future. Now consider this Bible verse:

Romans 10:17 (ESV) So faith comes from hearing, and hearing through the word of Christ.

So while reading the adventures of Curious George can increase your child’s success in this life, reading Bible stories and devotions together feed—and increase—your child’s faith! Let’s talk see what else Scripture says about faith, parents, and the children in our care...”

Those are all conversations heard during a typical session of Bethany—Port Orchard’s “Pre School Power Hour.” This is our fifth year since starting the program. Conversations #1 & #2 are heard during a typical hour-long session. Conversation #3 is typical of the half hour session during which Pastor takes the adults for Bible study while the children (now settled and comfortable with the teachers) have a supervised playtime. The hour-long session we follow this schedule:

Sign-In

Welcome Song

Music & Finger Plays

Bible Story

Lucas

Craft

Choice Time (Three activities to support growth in Literacy, Mathematics, and one of the following: Large/Small Motor Skills, Science, or Social Studies.

Story Time

Rocking Song

There are eight sessions in the fall and eight in the spring. This can be held in a Sunday School room or corner of a Parish Hall. We charge \$25/session and cap each "enrollment" at 12 families. The money is used to purchase craft supplies and furnishings. Three women from the congregation volunteer their time for set-up and teaching. We spent less than \$250 in "start-up" purchases.

Pre School Power Hour has put us in contact with families we would not have otherwise met: Stay-At-Home Moms (and Dads), Grandparents helping raise their children, nannies, etc. So far, one family has been baptized while many more have transitioned into our Early Learning Center or Kindergarten.

Not every congregation can start, and maintain, a Lutheran Elementary School but with only a few volunteers Pre School Power Hour might be something to consider. If you'd like to know more about the program, contact Melissa Pittenger at mepittenger@gmail.com

What is Power-Hour?



Preschool
Parenting Workshop
Kindergarten Preparation
Mom and Me
Sunday School
Arts and Crafts
Playtime

Preschool Power-Hour is all of this and much more as we share the love of Christ and learn to play under the shadow of His wing.

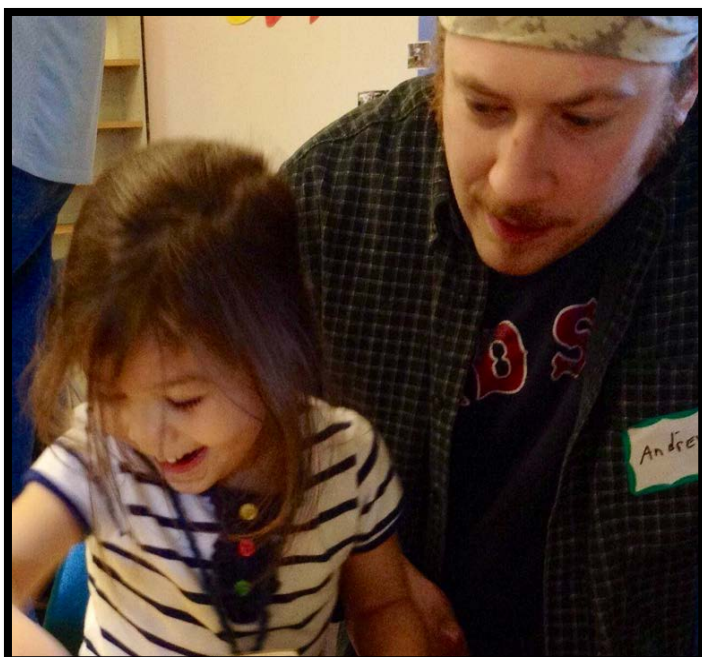
3 John 1:4 I have no greater joy than to hear that my children are walking in the truth.

Bethany's Preschool Power-Hour exists to strengthen families with young children by offering them an affordable program rich in spiritual, intellectual, physical, creative, and social parent/child bonding activities.



This philosophy drives our unique program as we believe that parents are the first and most important teachers in a child's life. Trained educators teach both the parent and child at the same time. Through "hands on" experience parents develop skills to keep the learning going when they return home.

Parents appreciate the time they have set aside each week to strengthen the relationship they have with their children through crafts and other learning activities. Each week we draw a theme from our Bible story that drives all the learning activities for the hour. We model ways for parents to talk to their children about Jesus all day long!



Who comes to Power Hour?

Either Mom, Dad, Grandma, Grandpa, or Nanny attends Power-Hour with their preschooler. Some are church members and some are members from our community. Learning activities are age appropriate for 2-5 year olds. Younger siblings are welcome to join us! We meet weekly for one action-packed hour.

Our Schedule

Yearly: We hold two sessions during the school year. An eight-week session in the fall and an eight-week session in the spring each session consists of two, four week blocks with a break in-between. Caregivers may sign up for four or eight week blocks. We chose not to have a drop-in program for ease in planning and continuity for students and teachers.

Weekly: We have three identical classes that meet on the same day, every week. Each class is followed (or preceded) by a 30 minute parenting class taught by our pastor. During this time volunteers from our congregation help with supervised playtime for the children. Members who provide this service become our biggest supporters in the church.

Our day looks like this:

9:00-10:00 am **Red Class**

10:05-10:35 am Parenting Class and Playtime for the **Red** and **Blue** Classes

10:45-11:45 am **Blue Class**

11:50- 12:20 pm Lunch and regrouping for teachers

12:30-1:30 pm **Yellow Class**

1:30-2:05 pm Parenting Class and Playtime **Yellow Class**



Daily: **Red, Blue, and Yellow** class schedule times are approximate to add up to one hour

Sign-in and Table Activities (5 min)

Welcome Song (5 min)

Music (10 min)

Bean Bag Song or Stick Song/Finger play

Bible Story (10 min)

Lucas the Lamb Puppet (5 min)

applies Bible truths to daily life

Craft (10 min)

Choice Time (10 min)

3 activities to support growth in literacy, math, and either large/small motor skills, science, or social studies

Story Time (8 min)

Rocking Song (2 min)

What do you need to get started?

- A compassionate **leader or team** eager to support young families with the tools they need for this life; most importantly, enthusiastic about sharing Christ with kids while equipping their parents to do the same. We have a team of three teachers who work well together- playing off of each other's gifts. We started as volunteers but are now paid workers in our congregation.
- A room or **contained space** that is safe and attractive to children
- A comfortable **room or space for adults** to meet in during the parenting class
- **Little Lambs Curriculum**: published by Concordia Publishing House includes both an illustrated teacher's guide, a reproducible children's book, and all the Bible lessons needed for a two year rotation. <http://www.cph.org/p-1707-little-lambs-teacher-guide.aspx>
- Lamb **Puppet**
- **iPod** or CD player to play-
The Bean Bag Song by Hap Palmer for Fall session
Tap Your Sticks by Hap Palmer for Spring session
Rocking Song (Barocha) by Michael Card for the end of class
- **Bean Bags** – one per child and extras for adults to model action/song
- **Rhythm Sticks**- two per child and extras for adults to model action/song
- **Three to six tables** set at child-appropriate height with enough preschool sized chairs for each of your students.
- A **computer** and **printer** to create weekly newsletters that reinforce the learning/theme for the week





"No matter what level of learning each child is at, they all enjoy themselves without realizing they've learned and practiced an important skill that will help with their kindergarten futures"

We also recommend:

- A **large area rug** (carpet or foam squares also work) large enough to seat parents and children <http://www.rtrkidsrugs.com/Jesus-Loves-the-Little-Children-Rug-p/cfk720xx.htm?1=1&CartID=0>
- A table-top **Crucifix or Cross**
- **Fabric Pieces** to use as headdresses and various other props to aid in Bible storytelling
- **Manipulatives** for math: shells, cars, bottle caps, etc.
- **Play Dough** for small motor development
- **Guest Reader** during Story Time: pastors, teachers, community leaders
- **Playtime Tools**: books, dolls, puppets, blocks, dress-up clothes, play kitchen, train table
- **Letter Links** to create name tags and a sign-in area that builds phonetic awareness <Http://www.amazon.com/Letter-Links-Alphabet-Learning-Children's/dp/1573791431>

Why have Power-Hour at your church?

All parents love their children and many are looking for encouragement and support. We provide that by honoring their role as their child's first and most loved teacher. We have what parents want. We have the resources to support the whole child as they grow: physically, socially, emotionally, academically, and spiritually.

Power-Hour fills two great needs:

1. It supports and strengthens families as they fulfill their vocations as Christian parents and children.
2. It provides a great outreach opportunity for those in our community who need to know their Savior.



We equip parents with the tools they need to prepare their children for life, and for the Life to come.

Approximately 80% of our Power-Hour families are non-members and many express appreciation as they have learned how to talk to their children about Jesus. We have what parents want and more importantly, we have what they and their children need a Savior who has come to take our place, forgive our sin, and give us Heaven.

"I was a mess of tears last night just thinking about it [the last class of the year]. Power-Hour has been such a blessing to our family and we will miss it dearly! It's hard to imagine, but we started when Brooklyn was Kate's age. I love how we've grown in our faith, our parenting, and number of children within those walls."

Lutheran Preschool Power-Hour as a Mission Arm of the Church

While God's Word may not be the primary motivation for some parents, loving caregivers will come to Power-Hour for a multitude of reasons. Strengthening the bond with their little loves, meeting other families from our community, experiencing games, crafts, parenting classes, and activities that prepare children for kindergarten are strong draws. The good news is the Holy Spirit is working in their hearts when they hear the Bible stories, but not theirs alone...also in the hearts of their little ones. Preschool Power-Hour is where they will come to understand 3 John 1:4 I have no greater joy than to hear that my children are walking in the truth.

As we invite young families into our buildings, they become more familiar and comfortable in a church environment. Relationships are fostered between church members, pastors, and teachers in a very organic and non-threatening way that translates into witnessing opportunities.



"I love the program...it gives me and my son some really special time each week to learn about Christ...the program takes some very "heavy" terms and Christian beliefs and makes them toddler-friendly...what I value most about Power-Hour is that, as a Christian, it has given me such a fabulous way to invite people to our church. Through casual conversation with other moms in the community, I have been able to talk about our church and invite them to see it in a non-committal setting. I have brought four families to Bethany through the "doorway" of Power-Hour...it has also given these families a chance to see our pastor in a very personal setting, through the Parent Bible Study. His teaching and advice has really resonated with these mothers. This opportunity to learn about our church and meet our pastor in such a setting would not be possible without Power-Hour."

What does it cost?

There are some set-up costs incurred by a congregation as they start a Power-Hour program. At Bethany we have been blessed to see those dollars back again while generating more funds for continued improvements.

We charge \$25 for 8 one-hour classes. If there is more than one child in the 2-5 year range then the parents get \$5 off the tuition for each additional child. That money has allowed us to pay our own expenses, classroom furnishings, and continuing education for our teachers. Our parents have told us they would pay \$40 for eight weeks.

A quote from one of our teachers on the first day of class:

"And that's why we call it Power-Hour, because we pack a whole lot into one busy hour. Of course, the magic doesn't happen in just one hour. It is our prayer that we have given you ideas of things that you can do at home with your children. Read with them, sing with them, love them, tell them of Jesus who made us and washed our sins a-waaay!"

We would love to help you and your congregation begin your own Power-Hour program!

Contact us for more information!

<http://bethanylutheranes.org/youth/hanylutheranes.org/church/preschool-power-hour/>

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