



# Dartmouth College Child Care Center Newsletter

December 2009

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**Office:** Jeff Robbins,  
Terry Chase, Amy  
Potter, Faith  
Goodness

**Floater:** Eileen  
Ruml, Moya Stevens,  
Joelle Wyffels

**Part-time, winter:**  
Anne Steele, Gladness  
Msumanje, Sue  
Hewitt, and other fine  
helpers.



### • Snow Days

Whenever Hanover schools close or open late due to inclement weather, DCCCC will have a late opening time of 9:00 a.m. A late opening at DCCCC will be announced on:

- WMUR TV Channel 9 and [www.WMUR.com](http://www.WMUR.com)
- WCAX TV Channel 3 and [www.WCAX.com](http://www.WCAX.com), (go to weather, select school closings)
- New Hampshire Public Radio web site: [www.nhpr.org](http://www.nhpr.org)

\*\*\*Hanover schools also announce their closing on a variety of radio stations.

### • Phone Number CHANGE: 646-6610

The new number will be effective: 1-18-10.  
PHONE: 646-6610  
FAX: 646-3232

### • Holidays: DCCCC Closed

Thursday, Friday, November 26, 27 AND  
Thursday, Friday, December 24-25 thru Friday, January 1

### • Here Comes Tax Time

Dartmouth College's EIN #02-0222111. You'll want that to claim a dependent care deduction.

### • New Address or Phone Number?

Please keep us right up to speed with changes in your address and phone number at work and at home.

• **Space Needed, Space available**

- Teddy One: need T
- Teddy Too: need M, W; F available
- Pandas: ThF available
- Koalas: need MF, Th available
- Woollies: need Wed; Th available
- Polars: space available
- Grizzlies: WThF available

• **Coming Up at DCCCC: Read With Me workshop for families**

A free workshop at DCCCC for two Tuesday evenings: January 26 and February 2.  
 Rain date: February 9. Sponsored by the Vermont Humanities Council.

Share the joy and importance of sharing picture books and conversation with children birth through six. Discover ways to make books come alive through animated readings, rhymes and extension activities that encourage language development and communication. More information after winter break.

• **Coming Up in the Community**

(Check the DCCCC BlitzBulletin for information about events for children and families.)

- Food Allergy group for friends, family, teachers, caregivers at DHMC in the Fuller Board Room (Come in at the main entrance and follow the signs).  
 Tuesday, January 26, 7:00 - 9:00 PM. Contact: [Emily.S.Pruszinski.00@Alum.Dartmouth.ORG](mailto:Emily.S.Pruszinski.00@Alum.Dartmouth.ORG)  
 Upcoming meetings include, March 16 and May 18

• **Best Breakfasts Ever**

Thanks to the DCCCC families who contributed family favorites. Big Jeff is saving his suggestions for Snow Days.

**Nummy Yummy Waffles**

A dairy and egg free recipe that is light, fluffy, and full of flavor from the oats!

- 2 cups rolled oats
- 1 cup flour
- cinnamon
- 1 tsp baking powder
- 1/2 tsp salt
- 2 Tbs oil
- 1 Tbs maple syrup
- 2 1/2 cups soy milk

Blend oats in a food processor or blender for about 1 min. Add other dry ingredients, blend. Add wet ingredients and blend thoroughly. Heat a waffle iron to medium hot and cook.

**Baked Oatmeal**

- 1 c. oil OR margarine OR butter
- 2 c. brown sugar
- 4 eggs
- 1 T. + 1 t. baking powder
- 6 c. oats
- 4 t. baking soda (optional)
- 2 t. salt
- 2 c. milk
- 2 t. cinnamon

Mix all well. Pour into greased 9x13 pan. Bake at 350 degrees for 30 minutes.

Variation:

- Add 1 or 2 cans peaches with syrup/juice; reduce oil and sugar.
- Mash bananas and mix it in with the wet ingredients. Then mix wet and dry ingredients and bake. It makes a gooey delicious film on the bottom of the pan!

## • **Best Breakfasts, Continued:**

- **Hard boiled eggs:** boil and peel ahead of time for a quick snack or an easy breakfast.
- **Banana pancakes:** mix mashed bananas in the batter. Serve with bacon and juice.
- **Strawberry smoothies:** a few berries, vanilla yogurt, a splash of juice, and a splash of milk. Blend.
- **French toast made with cinnamon bread.**
- **Toast with butter and jam.** Serve with hot chocolate.
- **Scones, fresh from the oven.** King Arthur has a good packaged mix.
- **Waffles, cut in wedges and frozen.** Great for a quick snack and for a teething biscuit.
- **One minute egg!** Spray a small Pyrex bowl with cooking oil, add an egg, a touch of milk and beat. Add cheese, ham cubes, tomatoes...whatever! Microwave for 60-90 seconds - cool and serve!

## • **Dear Big Jeff**

### **Dear Big Jeff,**

Last weekend my three year-old and I were shopping and he noticed a (very) pregnant woman. My child has a very loud voice and I'm sure that everyone in the store heard him say, "Look Daddy, that woman lady has a really big belly." When I tried to shush him he said it again, even more loudly. This has never happened before, but now I'm worried that he will comment on other physical attributes like a handicapping condition or skin color or manner of dress. What should I do? Will I ever be able to take him shopping again?

Signed,  
Embarassed Dad

### **Dear Dad,**

Welcome to the legions of parents who wish their child hadn't said something quite so loud—in public!

When young children verbalize a thought that would be rude when made by an adult, you should be reassured that your child is just learning about language and social norms. Most people will cut you some slack. If the recipient has clearly heard the remark and you think it would help to address him/her, you might say, "I'm sorry, my son is still learning about good manners. I'll talk with him about this at home."

As is so often the case, it's usually best not to overreact. When a strong reaction from us confuses or surprises children, they may not have the language to explore the issue and may use other ways to gather more information, like trying the same behavior over and over again!

Sometimes children just need more information or language. You might simply say:

"It looks like she's pregnant. A baby is growing inside her and it's getting very big."

"Everyone's body is different. People can be big or small, short or tall."

"Some people have light skin; some have dark skin."

"People dress in all kinds of different ways."

You may also wish to help your child see how his/her remarks might be received by the other person. You could simply say, "That might hurt her feelings" and move on with, "Let's do our shopping now."

If you choose to make such comments, it is best to be quiet and speak directly to your child. Sometimes embarrassed or upset parents correct their children in loud public voices which are intended to blame the child and to shift attention away from the parent. If anyone has ever embarrassed you in public, you already know that this is not an effective way of creating behavioral change. You might choose to discuss this incident privately with a child at a later time when you are calm. And, yes, you may certainly go shopping again. This is the stuff that makes for life learning (for both you and your son!).

Signed,  
Big Jeff

## News from Teddy One

Cathy Fleming,  
Coordinator  
Infant/Toddler  
Program

Wendy Irwin,  
Teacher

Keri Wolfe,  
Assistant Teacher

Dear Teddy Parents,

I have been sitting in front of the computer trying to decide what great magical words I can put down for my last newsletter. Then I realized a few things: the most important is that none of my newsletters were magical. I can honestly say that it never was my favorite thing to do. The words just don't flow from me like they do for others. I always liked to delegate it to others and stay in the classroom. Keri did a great job last month, so maybe she is an up-and-coming new author? And Wendy has done well in the past when I have forced it on her and now there's Debbie to step right in. The other thing I realized is that I'm not leaving, just moving around in the Teddy rooms, so I don't need to get sappy, either!!

With that said, I still might get a little sappy! In October I began my nineteenth year at DCCCC, seventeen of which I have been a Lead Teacher. I have gotten to know many wonderful families throughout the years and I consider myself lucky to be a part of this community. There have been many families at DCCCC who have been around for many years and still tell us that, with our support, they have grown very much. Well, the same thing goes for me. I have gone through my own growth spurts here at DCCCC and all with the wonderful support of my most awesome coworkers and the great families who have been here—both past and present.

DCCCC is the best place to grow up in. We all learn so much during our time here, whether experiencing it as a child, staff member or parent. Unfortunately there comes the time when we all have to go out and experience more of the big world. That part is scary for anyone—child or adult—leaving DCCCC because it is a cozy, warm, snuggly cocoon. Why would anyone even THINK about leaving? Fortunately, I am not leaving yet, but thinking about it makes me sad. I have the most wonderful and enduring memories, experiences and people to take with me.

I have been fortunate to have been given the opportunity to work here and become a part of this community. I have made friendships that will last my lifetime. I am grateful to have been able to work side by side with Terri Crane for the past seventeen years. We have become like a married couple and still finish each others' thoughts and sentences! And to me, the Teddy team is a group unlike any other. We all work so well together: Terri, Wendy, now Keri, Lori, and Denise. You can't always say that when you have a diverse group of personalities in a small space! Will I find that elsewhere? I don't know, so I am happy I was fortunate enough to experience it.

I look forward to my new role of Co-Lead teaching with Terri on Wednesdays, Thursdays, and Fridays beginning in the New Year. I will also be covering for planning and preparation time in both rooms. We are excited to have Debbie Burnham join our group and I gladly pass on my tiara to her so that she may experience what I have all of these years.

And so we're about to experience new beginnings in the New Year. Thank you all for your support (both families and coworkers, including Jeff, Amy, and Terry Chase). I promise to continue to be there for all of you throughout my time here at DCCCC, for however long that will be.

Happy holidays to everyone and may 2010 be a great year for all!! (Was that too sappy?!)

Sincerely and with lots of love, Cathy

## News from Teddy Too

Terri Crane,  
Lead Teacher

Lori Higgins,  
Teacher

Denise Ayres,  
Assistant Teacher

Dear Teddy Too families,

Winter has finally arrived here at DCCCC –the snow, the cold, the wind and the patches of ice, which are, of course all of the things that make winter really fun. I realized the other day as I was wrestling to get coats, snow suits, snow pants, boots, hats and mittens on several children at one time that there is nothing like getting a pack of toddlers ready to go outside. Getting one mostly ready while starting on another and making sure they don't get over heated before I got the next one ready is tricky. There's nothing like working up a sweat before heading outside. The thing that can make me work the most is trying to get that elusive thumb into the thumb hole of the mitten, so once that thumb is in there, I try to make sure that the children don't just pop that mitten right off. I keep telling myself winter is fun.

Actually, I really do like winter. I like snow and winter activities. It's the all the gear that I don't like. Twenty plus years of putting snow gear on kids and you'd think it would come easily to me. I do have a few tricks up my sleeve, but in the end it's really just a wrestling match. We'll go out as much as possible, though, so keep sending in all the gear and we'll keep wrestling your children into them.

The winter break will soon be coming up. I'm sure all of you will enjoy the time off to be with family, but sometimes feel like an overwhelming amount of time to entertain your children. Here are some toddler suggestions to help stay busy:

### **Go Outside!**

1. Even though it's cold, get outside and play. Bring out sand toys, shovels and buckets that are easily carried with mittens on. Shovel a path that will make it easier for your little one to walk around. Or use your snow shoes to pack the snow down.
2. If it's too cold out, put some towels down on the floor and bring in a few bowls full of snow in to play with. Have your child put on their mittens and get some mixing spoons, muffin tins, cookie trays and cups and let them have fun. The snow will soon turn to water which is equally as fun.

### **Cooking Projects:**

1. Make tortilla pizzas: take a few tortillas and have your kids help spread sauce over them. Then sprinkle cheese and other toppings on them. Pop your pizzas in the oven until cheese is melted. The same could be made with English muffins.
2. Make or buy rolls of premade cookie dough: Roll it out and have your child use cookie cutters to cut shapes. Place on a cookie sheet. You can add sprinkles or icing to the top after baking.

### **Easy Art/ Science “Stuff”:**

1. Make “Oobleck.” Put 1 cup cornstarch and ½ cup water in a bowl and mix well. The Oobleck will be a liquid and a solid at the same time. It’s fascinating to play with!
2. Make your own Playdough: 1 tsp. food coloring, ¼ cup veggie oil, 3 cups of flour, 1 ½ cup salt. Mix ingredients in a large bowl knead until forms a ball. Can be reused if store in an airtight container.
3. Easy basic bubbles: 1 cup dishwasher soap (Joy works well), 2 Tbs light corn syrup. Add ingredients to a jar with a lid and mix well.

### **Montshire etc.:**

1. If all else fails there is always the Montshire Museum, the Howe library, and Billings Farm. I hope you enjoy your time off and celebrate lovely holidays with family and friends.

Have a wonderful break.

Happy New Year!

Terri

P.S. Thank you all for taking time to take your wet shoes and boots off before entering the Teddy room. I know it’s a pain, but we really do try to keep the snow, salt and sand off of our floors where the babies are crawling around. We really appreciate your cooperation in keeping the Teddy room safe and clean.

## News from the Pandas

Susan Quimby,  
Lead Teacher

Jenn Boudro,  
Teacher

Tatyana Bills,  
Assistant Teacher

Dear Panda Families,

Here we are...welcoming in December with a big old BANG! It was great having the big storm hit us! The Pandas spent a long time outside while it was coming down (and yes, mittens on, mittens off, mittens on, mittens off!). We spent some time decorating the fence around the garden and the bean house with a bunch of greens that I brought in. Look outside—the decorations looked wonderful and festive!

We've been putting out the bird seed, too. The kids love scooping cups of cracked corn, millet, thistle and then spreading it in the garden or filling a tube feeder right to the top! I am on a mission to get a bunch of pine cones to make feeders but didn't quite get to that before they got covered with a bunch of snow! Soo...if anyone out there has any pine cones they'd like to donate, we'd love it! We have also been outside the playground fence looking for animal tracks. We've seen deer,

dogs, people and squirrels so far!

### SALT DOUGH

1 1/2 cup flour

1/2 cup salt

1/2 water

1/4 cup oil food coloring if desired

Mix flour and salt.

Slowly add water and oil and color. Mix and knead well.

Roll it out and use cookie cutters to cut out shapes.

Insert half of a paper clip into top.

Bake at 275 degrees for a couple of hours or until hard.

Paint and decorate!

We sadly had to say goodbye to Heitor and his family, as they prepared to move back to Brazil. Heitor was such a wonderful addition to this group. His laughter and presence will most certainly be missed. His last day was December 16. We also want to thank them for donating a bunch of toys!

We have been busy making decorations this week. I am including a recipe for salt dough that is fun to use at home.

We wish all of you a safe and happy holiday!! Fondly,  
Susan for the Panda team

## News from the Koalas

Terri Hollis,  
Lead Teacher

Debbie Lensing,  
Teacher

Tiffany Chapman,  
Assistant Teacher

Greetings Koala Families,

Was that a storm or what? I get reminded every year that it has been at least nine months since your children have been in the snow. They remember so much about it! Some need to relearn that Jack Frost nipping at your face is a normal sensation. They learn quickly the importance of keeping on mittens. The biggest struggle is always moving in big bulky clothes. For teachers, remembering the importance of having all children go pee before going outside is important. When that cold air hits, it seems to stimulate the need to go!



Unlike most adults who shovel for the purpose of clearing a driveway or walkway, Koalas are shoveling just to shovel. They often have a friendly competition about who can make the biggest snow pile. An unplanned but fun activity is the, “look what I found under the snow” (like a lost bucket or toy!) game. Sledding, however, is by far their favorite winter activity. The yelping of excitement as they go down the hill is joyous for both the children and teachers. So the Koalas are geared up

and ready to enjoy our winter season!

This has become one of the Koalas favorite winter songs:

Snow is falling, Snow is falling,  
All around, All around.  
Gently, gently, falling  
Gently, gently, falling.  
To the ground, to the ground.



On Behalf of the Koala Room,  
Terri Hollis

## News from the Woolly Bears

Debbie Girdwood,  
Lead Teacher

Barb Merchand,  
Teacher

Kristin Ball Cole,  
Assistant Teacher

Happy Holidays Woolly Bear Families!

We have been enjoying visits from our friends and family. It has been a great pleasure to have parents coming into the room and sharing a little something from your homes.

Andrew's dad, Jay, shared with the class their annual family camping/canoeing trip. He brought in a slide show of family pictures to show us. Some of the pictures included the island where they camped, family members who joined them and loons on the lake. Jay also shared a book about loons with us. The children were fascinated with the many loon sounds Jay could reproduce.

Our next visit was from Moritz's Mom, Karoline. We learned about St. Nicklaus and his tradition of filling children's boots or shoes with fruit and candy on the eve of December 6<sup>th</sup>. Karoline shared two stories with us and then we made a boot craft. We put our boots out in our cubbies to see if St. Nicklaus would arrive over the weekend. To our surprise he filled

our boots with a clementine and a few chocolates. YUM!!

Jon and Mary Zinman brought in three puzzles with family pictures on them for us to put together in small groups. Ella was thrilled to share that the puzzles, which included pictures of her and her brother Elias at an apple orchard and pumpkin patch. The last puzzle was of Ella and friends at the playground. Mary and Jon then read their own silly version of Green Eggs and Ham. The class loved that it was a book they all knew.

Visitors this week will include Lia's dad, Dave, who will share a little bit about Hanukkah with us. We will hear a story, talk about the Menorah and play the dreidel game with some chocolate gelt. On Wednesday, Nancy Katz will visit to tell us about Aiden's cats. We are excited to hear about the unique way the cats joined their family and see photos of them. Last but not least, Jeff Robbins will be in next week to tell the story of Rainbow Bunny.

I know of two families who will join us after the holiday break. We have not set a time limit on this activity, so feel free to join us at your convenience! The children love having others, particularly family, to come and read, play or visit. Remember you are always welcome in the Woolly Bear room!!

Seasons Greetings to all,  
Deb, Barb and Kristin

### Here is the Applesauce Cake Recipe

1 C. sugar,  
2 C. flour,  
1/4 tsp salt  
1 1/2 tsp. baking soda,  
1/2 C. raisins (optional)  
1/2 C. Canola Oil,  
1 1/2 tsp cinnamon,  
1 1/2 C. Applesauce,  
1/2 tsp cloves,

Mix all ingredients together. Pour into greased  
9x13 pan. Bake 20 min. at 350°F oven.

## **News from the Polar Bears**

Sunnie McPhetres,  
Lead Teacher

Bobbie Lynn Stone,  
Teacher

Ray Garcia,  
Assistant Teacher

This is the final newsletter of 2009; can you believe it? My grandmother always told me that the older one gets, the faster time passes. I didn't believe her when I was young, but I believe now. I watch the Polars lament over waiting two hours for something to happen and I realize how different our perspective of time is. Two hours is a big chunk of their relatively short lives whereas it is but a microscopic sliver of mine. This time of year is always filled with excitement and waiting – waiting for gifts, waiting for trips, waiting for visitors, waiting to light candles, waiting for special events....waiting, waiting, waiting. Along with all of the fun that these events bring comes the stress of waiting. We as adults have to be a bit indulgent of the behavioral results at this time of year.

The other side of the coin is the aspect of creating memories. Early childhood and holidays should be all about creating memories. While all of the special events of this time can be a bit stressful, memories are also being created. I was reminded of this when I was

helping my daughters decorate our Christmas tree. We always decorate our tree on December 11 – my oldest daughter's birthday. This year she had basketball practice on the 11<sup>th</sup>, so we offered to put off the decorating until the next day. This was met with a resounding, "NO!" She was willing to put off her special meal and cake, but not decorating the tree. "We always decorate on my birthday!" she said. Traditions and rituals are very important to children. As we decorated the tree both girls shared memories, "Remember the year when I ate the wrapping paper?" "Remember the year when I got this ornament?" "Remember how I liked to put these houses in the window and play with them for hours?" All of their memories were of pleasant fun things, not the waiting or hustle and bustle.

I also realized that this tradition brought back many fond memories for me as well. Each ornament that I chose to put on the tree had special meaning to me. Many of my ornaments were gifts from children that I have cared for over the years. Even after caring for so many children, I could still recall the names and faces that went with each ornament. I could remember Amanda's smile and the pride on Jane's face as she presented her gift. Most are handmade and only I know the secrets that go with the gifts. That's what comes from spending so much quality time with children.

The moral of this story is that the time that I spend with your children is spent making memories. They will remember the wood-working or the fairies or the Polar Pines or picking apples. I will remember their laughter or the special way they arrived each morning or the way they would hide at the end of the day or the cardboard ornament that they made just for me. Many of the celebrations that occur at this time of year celebrate light in one way or another. For me, my memories of the children that come through my life will always be many twinkling lights on my memory tree.

Happy Holiday Memories to You All!  
-Sunnie and the Polar team

## News from the Grizzlies

Carolynn Wilson,  
Lead Teacher

Karen Gray,  
Teacher

Yes, it feels and looks like winter now! We wanted to take this opportunity to capture some of the memorable and exciting things we have done over the past month as a way of saying goodbye to autumn and welcoming the snow and winter!

With the time change, we started out November discussing the longer nights and beginning to learn about several nocturnal animals (particularly bats and owls). We read many stories and did lots of activities related to nighttime and the dark: we learned facts about stars by acting out “The 5 Little Stars,” which helped us to better understand how we get day and night and the seasons. We also created decorative stars that currently glisten in our windows, drew with special markers, crayons, and pencils on dark paper, and enjoyed using our dark quiet space for creating pictures and designs with the translucent pegs on the Lite Brites.

In November we also took a closer look at the human skeleton and the important organs underneath our skin and bones. We discussed the many things we can be doing to keep our bodies healthy and strong. We incorporated many movement songs to help us identify our body parts, recognize how all the parts of our body work together to keep us going, and to help us distinguish our right from left sides. Two of the favorite songs to sing were, “A Roosta Sha” and “Dem Bones, Dem Bones, Dem Dry Bones.” After making predictions as to how many bones the Grizzlies thought they had, they were amazed to learn that the human skeleton is made up of 206 bones of all shapes and sizes!

Learning about our bodies got us exploring some of the many amazing things we can do with our hands. We set up a doctor’s office where the children were fascinated with performing surgeries, examining x-rays, giving shots, and prescribing medications. Outdoors, our hands were working hard to create endless obstacle courses and enjoying learning how to play different versions of tag. While putting the garden to rest, each Grizzly got to use their hands to plant crocus and daffodil bulbs. Many children helped Eileen get the worms ready for winter as well by sorting them into new trays, making new bedding, and providing them with lots of fruits and vegetables to eat. The Grizzlies have actually offered to “worm-sit” this winter. We will have some of the worms in our room to take care of and learn from. Our hands have also been used to create lots of artwork. We have been celebrating and admiring each child’s unique artistic styles and preferences. If you haven’t done so already, we hope that you can visit the children’s section of the Howe Library with your child to see the display of artwork created by most of the children at DCCCC. The Grizzlies would be proud to share their masterpieces with you and most likely they will have a story to go along with it.

Near the end of November, we began talking about families and homes. We read lots of great stories that represented all types of families and made people and house crafts

from different materials such as beads, tubes, paper, magazine cutouts, Magnatiles, and blocks. Children had opportunities to share what they felt was special about their family as well as to recognize that every person in a family makes it special and that a family must work together to protect, nurture, teach, and provide for each other.

We have also been learning about what animals are doing to prepare for winter by playing games with the terms migration, hibernation, dormancy, and remaining active throughout the winter. With talk about seeing some of the active animals in our area, we have been learning about the deer family and we have even examined real deer and moose antlers. It has been fun pretending what it would be like if we grew antlers! Grizzlies enjoyed learning a new group game called “4 Corners” in which the children pretend they are different animals getting ready for winter. It is a quiet and sneaky game where the children attempt to trick the adults by trying to not get captured as they move very slowly to one of the four corners depending on the type of animal they choose to be.

Entering into this magical time of year, we have enjoyed the preparations involved in making crafts, gifts, and decorations with such things as yarn, sticks, stencils, paper, special markers, and fuse beads. This group has shown great interest and focus in learning and playing games too. Besides some of the favored games such as Race to the Roof, Connect Four, Candy Land, Checkers, Rush Hour, and the Secret Door, we have enjoyed playing two types of mystery games- the mystery word (a.k.a. “hangman”) game, as well as the mystery picture game. In the mystery picture game children take turns to reveal a portion of a picture and then use those clues to make predictions as to what the whole picture could be. We have laughed to the stories of Tacky the Penguin by Helen Lester and have enjoyed some penguin activities. We have cuddled with and cared for our baby dolls and soon we will be creating a fireplace to relax by and “stay warm.” Grizzlies continue to be fascinated with the Playmobile set and the Magnatiles for construction. We are busy! We are enjoying frolicking in the first snowfalls and have even ventured over to sled on the big hill. Grizzlies are also enjoying spending more time in the multi!

Although the short days and busy preparations make this a hectic time, the wonder and delight of young children can remind us of the miracles and magic of the holidays. In the season of celebration, we hope that you and your children will experience the warmth of family love and togetherness, a sense of wonder, the joy of life and friends, and peace for everyone. We look forward to all that’s to come in the New Year together!

Happy Holidays,  
Karen and Carol