



Dartmouth College Child Care Center Newsletter

June 2010

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

Floaters: Eileen
Ruml, Moya Stevens,
Joelle Wyffels, Amy
Potter, Teresa Hahn

•Tuition Due

June tuition is due by June 18 to clear out books for the end of the fiscal year.

• Moved? Changed jobs?

Be sure the office has your new contact information.

• DCCCC will be closed:

- July 5, Independence Day
- August 30-31, Preparation for the new school year
- September 6, Labor Day

• Arbor Day Celebration June 7, 2010

Our Arbor Day heroes, David DiBenedetto and his crew Jesse and Scott, came to help us celebrate a (belated) Arbor Day. First we saw a slideshow about trees, and then we went outside to put our trees in the ground. Everyone had a chance to ceremoniously help plant the tree with a handful or two of dirt. This year we planted a sugar maple in Carol's honor, as well as a lilac bush in Cathy Fleming's honor. We remembered Judy Tompkins, the Woolly Bear teacher who retired last year, when we checked on her lilac bush. Some of us even remembered Ansel Ploog, who planted an apple tree for us in 1990!



• Where's Big Jeff?

I'll assume my new responsibilities as the Director of Child Care Services on July 1. I'll still be the DCCCC Director (and still the Boss of You as I like to explain it), but I'll also be the Director of the Child Care Project. I'm still available by phone and email for answering questions, solving problems and providing an opinion on most any topic. Plus I'll be on-site frequently so you will still see me patrolling the multi and the sidewalk at pick-up time. When I'm not at DCCCC, I'll be in the Child Care Resource Office at 17 ½ Lebanon Street where you can call me at 646-3196. In a new role as assistant director, Sunnie McPhetres, currently the Polar Bear lead teacher, will be at DCCCC to provide her wisdom and administrative expertise.

• Dear Big Jeff,

My two-year-old started to choke on a piece of popcorn last week. Happily, she coughed it out right away. I never thought of popcorn as food that might cause choking. What other foods should we avoid?

Thanks,

Paranoid about Popcorn

Dear Paranoid,

You did just the right thing in letting her cough, by the way. Whenever a child (or an adult) is coughing to remove an object from the airway, just encourage her to keep coughing. You might say something like, "That's right, keep coughing. You're getting it out." If your child is coughing forcefully, do not clap her on the back. Let them do what they need to do without interfering with the body's natural reaction. For more information about CPR and chokesaving, contact the American Red Cross or the American Heart Association.

There are other foods to avoid for children under three, or for children who have been identified as having chewing and swallowing difficulties. These include, but are not limited to:

- (1) Spoonfuls of peanut butter
- (2) Whole or rounds of hot dogs
- (3) Whole grapes
- (4) Hard candy
- (5) Raw carrot rounds, peas or celery
- (6) Chips or hard pretzels
- (7) Marshmallows
- (8) Nuts or seeds
- (9) Popcorn, and
- (10) Other foods that may pose a choking hazard.

Other materials may also pose a choking risk for children under three. These include coins, marbles, latex balloons, plastic bags, safety pins, small toys and toy parts, exposed foam padding and so much more. A good rule of thumb from the American Academy of Pediatrics is to avoid toys or objects with removable parts with a diameter less than 1 ¼ inch and a length of less than 2 ¼ inches.

Yours in safety,

Big Jeff

PS – All regular DCCCC staff are certified in CPR and first aid.

● UVHEAL

The Upper Valley Healthy Eating Active Living (UVHEAL) Partnership is hosted by the Children's Hospital at Dartmouth-Hitchcock. It links and supports community members and organizations working together to build a community embracing healthy lifelong habits of 4-season physical activity and good nutrition. It is one of four communities in New Hampshire funded to create a comprehensive approach to reduce the increase in overweight/obesity by addressing policies, practices, and communications of towns and cities, health care providers, schools, child care and after-school programs, recreation programs, workplaces, and food vendors. The Child Care Project at Dartmouth College is one of UVHEAL's local partners.

The initiative that UVHEAL is promoting is called 5210: Eat at least 5 fruits and vegetables every day. Limit screen time to less than 2 hours—less is best! Get 1 hour or more of physical activity every day. Avoid sodas and sugary drinks—try lowfat milk and water instead.

Those interested in learning more can visit the web site, <http://www.uvheal.org>, where information on classes and activities is posted on the community calendar.

● Books Available to Borrow:

The following titles are available for you to borrow in the Infant/Toddler hallway:

- *Is Your Child Ready for Kindergarten? Tips to Help Your Child Succeed* (comes with DVD)
- *So Many Goodbyes: Ways to ease the transition between home and groups for young children* by Janet Brown McCracken
- *Raising a Daughter* by Jeanne and Don Elium
- *Endangered: Your Child in a Hostile World* by Johann Christoph Arnold
- *The Expectant Father* by Armin A. Brott and Jennifer Ash
- *Is My Child OK? When Behavior Is a Problem, When It's Not, and When to Seek Help* by Henry A. Paul, M.D.
- *You Can't Say You Can't Play* by Vivian Gussin Paley (two copies)
- *Raising Cain: Protecting the Emotional Life of Boys* by Dan Kindlon, Ph.D., and Michael Thompson, Ph.D.
- *Teaching Your Children Good Manners* by Lauri Berkenkamp and Steven C. Atkins, Psy.D.
- *The New Father's Panic Book* by Gene B. Williams
- *Making Sense of Adoption* by Lois Ruskai Melina
- *Adventures in Parenting* from the National Institute of Child Health and Development, and the National Institute of Health
- *Reflections on Parenting* by Carol Garhart Mooney
- *Real Boys* by William Pollack, Ph.D.

To borrow a book, fill out the library card with the date you are borrowing it and your name.

News from Teddy One

Debbie Burnham,
Lead Teacher

Wendy Irwin,
Teacher

Keri Wolfe,
Assistant Teacher

Dear Teddy One families,

As parents you anxiously wait for the day when your sweet baby waves goodbye as you leave in the morning. We teach babies and toddlers to wave, blow kisses and even say, "Bye Bye". When it finally happens we are thrilled. That first acknowledgement of your departure is a joy we all share in.

Then comes the dreaded next stage...Separation Anxiety! You go to leave and your child clings to you, crying. As you pull into the child care parking lot, your child refuses to leave their car seat. Although this is a difficult stage for you, it is a normal, healthy stage for your child.

Your child is showing you their independence. They want to be with you and protesting your departure is a healthy way to handle this separation.

So what is a parent to do? First, please know your child's protest is short lived! Usually before your car leaves the driveway, your child is engaged in play or cuddling.

The best plan is to prepare your child ahead of time by letting them know it is a child care day and that you will return for them at the end of the day. Once you have arrived at the center with your child, engage them in an activity or a toy. If this does not work we will help comfort your child as you leave.

Be prepared for a protest. Promise to return and then say a QUICK goodbye. A quick goodbye really is the best way to leave, but always be sure to say goodbye. Sneaking away without your child seeing you can cause more anxiety.

You can always email us or call to make sure your child's day is going well. We understand it is hard to leave a crying child and we love to report that they recovered quickly and that their day is going well.

This stage of separation anxiety will eventually pass and your child will have developed new coping skills and a little more independence. A consistent pattern of attentive goodbyes and happy returns builds your child's confidence in their relationship with you.

So take a deep breath, one more kiss, a quick goodbye and off you go!!

Fondly,

Debbie Burnham

News from Teddy Too

Terri Crane,
Lead Teacher

Lori Higgins,
Teacher

Denise Ayers,
Assistant Teacher

Dear Teddy Too families,

The Teddy room is full of activity. We are seeing Teddies rolling, crawling, scooting, walking, jumping, and running. The older Teddies have started visiting in the big multi with the Pandas. They are really developing their strong muscles to climb, jump and run around. They are so happy to be out in that big space with the mats and toys to play on. It also gives them time to play with kids they may be moving up with, and to get to know the Panda teachers as well.

The baby Teddies have been exploring our own room and are seeing it in a different way. Now that they are rolling, crawling and scooting around they are able to check out what's in the toys, shelves and bins. No more playing with what we choose for them—they get focused on a toy and off they go to get it.

The kitchen set-up has proved to be fun for all. There are tea parties and bread tastings, cooking and pouring, sipping and stirring.

We have some who have fun sitting in the chairs and pretending to be sipping from cups and have their teddy bear tasting all the foods put out. Then we also have the gregarious chefs who lick the food, bang pots and pans, steal cups and throw food around the room. It's been fun to watch them get into this pretend playing.

The warm weather has brought on some early outside water play. What a blast we have with the water bugs! These would be the kids that come in soaked head to toe from the water table. They are the ones who thoroughly enjoy water play and can't wait to get out there. They are also the ones who want to help with the hose and get themselves soaked before the water table is even filled.

We also have the ones who prefer not to be anywhere near that cold water from the hose and would rather play in the sandbox or on the climber. It's all good clean fun...well, not so clean.

This is what you can expect as the summer approached: swinging, climbing on the big climber. More water play with sprinklers and water tables. Sandbox play with trucks, cars, buckets and scoops. Sandcastles. Cool drinks of water and popsicles in the shade. Watching the flowers grow and birds fly and eating string beans from the garden. Painting pictures on the fence. Coloring at the picnic table. Singing and dancing in the gazebo...and that's just when we go outside.

A warm welcome goes out to Simon Faherty, his parents Nicole and Brendan and his big sister Elyse. We are so happy to have them back in the Teddy room. Welcome back to the Teddy Too room Faherty's!

Happy Summer everyone.

Terri

News from the Pandas

Susan Quimby,
Lead Teacher

Jenn Boudro,
Teacher

Tatyana Bills,
Assistant Teacher

Alas.....this daycare teacher's dream has come true...a robin is nesting on our porch!! She has been sitting for at least a week and we eagerly await the hatching of some baby robins! This happened a few years back and it was so awesome to watch. We should be able to witness the parents feeding the babies worms with their mouths wide open. We'll watch them grow and get scraggly feathers. Eventually they will leave their nest and head out on their own. We'll talk about this as it happens and be reassuring to the children that the babies will be okay when they leave and that they are able to fly! I asked the Pandas the other day how many eggs they thought were in the nest and here are their predictions:

David – 4	William – 4	Eliza – 2
Elyse – 3	Avery – 5	
Brennan – 3	Stella – 3	
Natalie – 4	Mya – 3	

We'll see how many hatch within a week I betcha!

I just have to include what I watched last week. There I was down by the garden (probably talking to the bean plants or something!!), and I looked up the hill and a bunch of Pandas were sitting with Jenn talking about something. Well, suddenly Jenn comes running down the hill (she's fast, by the way!!) and says, "I have to get some paper and a pen! We're talking about how to fix the oil spill." I thought to myself, "Well, that's pretty cool," but had no idea of the extent of the children's thoughts. I was so very impressed! Jenn told them that people were working really hard to get the oil out of the water and she asked them how they could make that happen and here's what they said:

David – I would use a rope and a so so so long shovel and put it into a smaller shovel and pull it out.

Zosia – I would use a lot of spoons to scoop and scoop and scoop the yucky oil away.

Elyse – I would use a big giant shovel.

Claire – A diver with a mask will take a boat to the oil and use a big long rope, catch all the oil in a bottle and dump it into a big hole far away and put the oil in the big hole and close the top so the fish don't get sick.

Avery – I would catch the oil and put it in dirty sand. Then I would go to the oil store and get some clean oil that doesn't make the fish sick.

Eliza – Get the oil out so the fish can swim far away.

Stella – A shovel and a spoon.

Mya – I catch the fish with my fishing pole and move the fish away from the oil.

Brennan – I would use a blue shovel and put the oil in the dirt.

Natalie – A shovel and a pink bucket.

Well...there you have some solutions from 2 and 3 year olds. Cool huh?!

We are piecing together parent conferences and wanted to let you know what times we have readily available. If these times do not work for you, just let us know and we'll find one that does. We can do almost any naptime (2 o'clock) and Tuesdays from 10:15 – 2. Think about what will work for you and let us know.

We'll be talking about your child's transition in the fall and wanted to touch base with some of what we do.

We have already walked down to that end of the building to talk about which rooms children will be going to. We do this pretty lightly at this time of year, knowing the change isn't until September 1. Children will have visits to their classrooms hoping to include lunch/snack times and general play times. We will be sure to introduce teachers outside to the children. Jenn does a role playing activity with lunch boxes as well. As the summer progresses, we'll suggest entering the building down by that "west wing" entrance. This will help familiarize them with that part of the center. Feel free to stop in to say hello to the teachers and children. Often this takes a few trips down that hall but it's a beginning step. We'll have more advice at conference time.

OK THEN!!!! We'll keep watching that robin's nest and watch our beans grow. I am thrilled with the new bean house!! I have bought a few herbs to smell and nibble. I have chocolate mint, orange mint, peppermint, and ginger mint. We have basil and pineapple sage as well. This adds to those chives and mint we have already. I love the garden!!

Happy happy summer!!

Oh so very fondly,

Susan for the Panda team

News from the Koalas

Terri Hollis,
Lead Teacher

Jessica Lambert,
Assistant Teacher

Hello Koala Families,

5 4 3 2 1.....blast off. Just in case you all have not guessed, the Koalas have been learning about outer space. Actually, they have been living in space. We started off by making sure we had the proper equipment to enter space. We made milk jug helmets and cereal box oxygen tanks. I knew we were on the right track when children from other classrooms were letting us know how “cool” it was. We blasted off with paper tube rockets. The Koalas showed great skill in taking turns as they waited for their turn for a mission in our large box Koala Shuttle.

Our journey was splendid as we floated through our glittery paper stars, and our descent from the sponge-painted earths was beautiful. We learned about the planets, stars and space missions from computer images, books, space floor puzzles and playing space bingo. We had fun creating our galaxy bottles using karo syrup, stars, glitter and blue water.

Once we reached our destinations, our Koala Astronauts needed to fuel up with Astronaut Ice Cream and Tang. They could not get enough of that sweet orange liquid. One child described it as “drinking candy”. I know it brought back childhood memories for myself.

You will be happy to know that we have safely touched down on Earth again. As should be expected, we hit patches of turbulence as we maneuvered different obstacles. In a way our exploration of space is a parallel of what has been happening for your children in our classroom.

This is the time of year when they are eager to explore and do things that are different and unknown territory. After a few spills they are all able to pour their own milk from pitchers to cups. They are able to take small missions on their own that up until now we could not allow. Before now they were not always able to stay on course and would detour along the way. An example would be independently going out to their cubbies to put away or retrieve materials. They are operating much more independently overall. They are having an understanding of the responsibility they share in taking care of each other as well as classroom materials.

This is the time of year when I am able to look back as a teacher and see just how much your children have grown. With mixed emotion I need to admit that they are ready to move on. I am always happy to have been a part of that process!

Sincerely,

Terri Hollis

News from the Woolly Bears

Deb Girdwood,
Lead Teacher

Barb Merchand,
Teacher

Kristin Ball Cole,
Assistant Teacher

Welcome to summer,

It may not officially be summer for a few more weeks, but the end of May and the beginning of June sure did feel like summer here at DCCCC.

The Woollies were so excited to enjoy a variety of water play activities. They experimented with hoses in the sandbox, making large holes to fill with water and squishing through sandy puddles with their bare toes. We also played with water wheels and water pumps in the water table on the front lawn. They had fun getting wet from head to toe with or without bathing suits. We look forward to having many more days of summer fun to come.

We still have our tank of tadpoles from the vernal pool. A few of our pollywogs have back legs and we are anxiously awaiting for front legs to appear. We had a visit from a frog as well. When Barb went to get us some fresh water, she returned with a small frog. It was fun to watch the frog sit mostly under the water and peer at us with just his eyes above the water's surface. He would also sit on the rocks or the stick and gladly jump off into the water when WB's would get too close to the tank. We walked over to the vernal pool and returned the frog so he could get food. While we were there, Woollies were able to make observations about the changes that have occurred in the vernal pool's environment since our last visit. The most significant to the Woollies was that the grass has grown so tall that, in fact, the grass was taller than them in some places. They also enjoyed listening to the frogs chirping to each other. Children were trying to guess what the frogs might be saying to each other.

We have been playing in the fields outside the daycare fenced area. They have had fun picking wild flowers, playing hide-n-seek in the tall, tall grass, and even just sitting and chatting under the shade of the trees. Many of us have been found to like butter as the children place buttercups under our chins and see the yellow glow of the flower. On a more serious note, it is possible for us to cross paths with ticks when playing outside. I do a check of all the children after each visit to the field. We also make sure we write it on the Daily Activity sheets... Visit to the Field of Woods, so you can check them again at home that night. We have been tick-free to date.

The time has come for us to begin our goodbyes to many of our Woolly friends. Kristin has displayed the summer months on a bulletin board as a visual reminder so children can track the leaving and returning of friends. Our first goodbye will be next week to Emilia and her family. We hope they have a wonderful visit to Italy. Ashley's last day will be June 25 and Stella's June 30. As we become aware of last days or vacation schedules we will post it on the calendars. We will be continuing to do our special WB good-bye chant and good-bye books as each Woolly Bear departs.

We wish you plenty of sunshine and time to relax with your families.

Deb, Barb and Kristin

News from the Polar Bears

Sunnie McPhetres,
Lead Teacher

Bobbie Lynn Stone,
Teacher

Radoyka Garcia,
Assistant Teacher

Yikes!!!! This is a day that I did not envision coming! This will be my last classroom newsletter article ever! Writing articles for the newsletter has been one of my joys while here at DCCCC.

I began working here in 1987 as the teaching assistant in the Panda Room. My son was only 3 years old! He is now a grown man and I have moved through many classrooms and many positions during that time. DCCCC has been both family and support for me along the way! Now as I move into this brand new position here at DCCCC, I'm both excited and a bit melancholy. I think back over all of the years, children, families, and staff members who have touched my life and I wonder if I can really give it all up! Then I remind myself that I will not be giving it up; I will always have a piece of each child within me. I am not losing anything, I am simply changing

and moving to a newness.

In undertaking these changes, I look to the work of Virginia Satir (1916 – 1988). Through many years of psychotherapy practice she developed the Satir Change Model that is useful for looking at change in any human organization whether it be a family, a class, or a work group. I remind myself that we are all accustomed to the old status quo: DCCCC has one director and Sunnie is the peaceful, steadfast leader in the Polar Room. Everyone knows the way things have happened for so many years now. Then a foreign element is introduced – Dartmouth needs to reorganize in order to become a more efficient organization and that means DCCCC needs to reorganize as well. A new position is created and one director becomes a director and an assistant director. I take on a new role. We are still in this state of chaos. The staff at DCCCC, the Polar children, the families of Polar children and of upcoming Polar children and I all need time to let this chaos sink in.

I look forward to the process of integration as we find all of the positive things that this change can mean for us. On the Polar level, the new Polar team will get to know each other and find the teaching methods that work best for them. I know that they will keep the welfare of the children at the center of their explorations. The children will take the time to make sense of the new class order as well. The new teaching team will realize that the Polar children are already in this state of chaos due to the closeness of the Kindergarten horizon for many of the children. I will be available to help the new team find ways to help move themselves, the children and their families through this chaos.

After we make sense of the situation we will have plenty of opportunity for practice. Practice will entail trying new things to see if they work and deciding to continue or try something else. Eventually this practice will yield a new status quo where everyone feels balanced once again. This will not all happen in an orderly fashion by any means and it will not happen overnight! There will be times when behavior slides backwards and we have to

move back a step or two. There will be times when we feel discouraged and question decisions that we have made. There will be times when we feel quite comfortable and believe that we have reached the other side only to find that there is still work to be done. But we can be confident that we will get there and that we will support one another.

The most important thing to remember about this whole process is that we will be keeping the needs and wellbeing of the children at the center of everything! I love being a Polar Bear and there will always be a Polar Bear embedded in my spirit (just as there will always be a piece of each classroom in which I had the privilege to teach). The old ways will always stay with us on some level. The key is to use the old ways to strengthen the new. I will take all of the lessons that I have learned from hundreds of children over the years and I will use this wisdom to support the staff at DCCCC in continuing to make this the wonderful place for children that it is.

Sunnie McPhetres

News from the Grizzlies

Karen Gray,
Lead Teacher

Joelle Wyffels,
Teacher

A school year of learning, building friendships, exploring and having fun has quickly passed by. Much growth has occurred physically, socially, emotionally, and cognitively throughout the year. In the Grizzly room we have supported children's diverse learning styles, personalities, and interests. Most importantly, we've placed an emphasis on making certain that children felt valued, capable, and special. Having this positive image of oneself and sense of competence enables children to try new things, learn from their mistakes, tackle the challenges, and appreciate individuality. We want children to view themselves as teachers and to share their strengths and talents with one another to help us all learn and grow in new ways. We celebrate children's accomplishments and the hard work, perseverance, bravery, and time they devote to getting better at

something.

We asked the Grizzlies to think back to the start of their Kindergarten and Grizzly experience to how they felt and what they could do. Comparing their abilities to where they are now, they began to realize the strides and achievements they have made. We would like to share these with you.

Evan: Before I started kindergarten and Grizzlies I only knew how to write my letters and now I know how to write some words and sound out others words. I have also gotten better at reading.

Alexander: First I wasn't very good at drawing but now I am better because I draw the details better.

Mia: I can now read many words.

Riley: I am doing math now. I can add numbers together. I can also sound out words.

Wyatt: I like writing now and I know how to make my letters the right way. I take my time to do nice writing and have copied writing words to get good practice.

Iris: I am a better reader and speller. I had a jump rope but never knew how to use it and now I can jump rope really well.

Kate: This year I tried jump roping and have gotten to good that I can now do it forwards, backwards, fast, while walking, and on one foot! I am better at writing too.

Logan: I couldn't snap my fingers and now I can. I watched others do it and I practiced a lot.

Matthew: I couldn't play the violin before and now I take lessons and practice and can play "Lightly Row".

Melissa: On my own this year I have been practicing doing cartwheels and handstands and now can do them better.

Ellie: I can count.

Michael: I can keep my model trains on the track better so they don't derails as much. I can make better tracks.

Emma: I've gotten taller and stronger to be able to reach the monkey bars and pull myself up on top of them and also climb up the swing pole. I am doing better with jump roping and reading words too.

Natalie: I tried whistling a lot and now can do it. I can also snap and tie my shoes.

Eleanor: I'm better and focusing on drawing pictures and having them look real by getting ideas out of books.

Zane: I can write my name in lowercase letters and not just scribble or do uppercase.

Olivia: I can now make it all the way across the monkey bars!

Aidan: I watch my friends jump roping and am learning to do it too.

Shantel: I have been practicing jump roping and am doing better.

Lindsay: I have gotten taller this year so now I can reach toys up higher on the shelves.

What an exciting age with their determination, discoveries, curiosity, independence, fun-loving spirit, energy, generosity, and pride!

By the time you read this newsletter, Carol will have retired. Several of our Grizzly friends will also have ended their Grizzly time with us – Aidan Peterson, Evan Yang, Shantel Zhou, and Natalie Feyrer. We hope we will get to keep in touch with them over the summer. We are all excited to have Joelle Wyffels become the new Grizzly teacher!

Looking forward to the summer program,
Karen

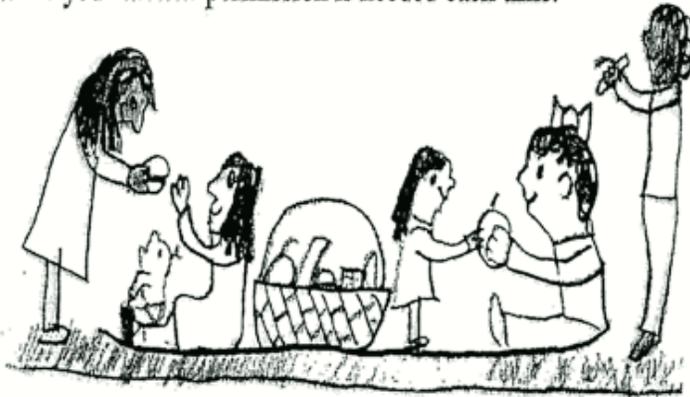


DCCCC is a peanut and tree nut safe environment

Several children enrolled in the center have tree nut or peanut allergies. The tiniest particles of ingested nuts/peanuts may be harmful. These may come from foods made with nut or peanut products, as well as from foods contaminated by being prepared, handled or stored where nuts are present. Oil from peanuts and nuts (or peanut butter) left on your hands, for example, could contaminate another food or a food preparation surface. Remember to read the label of EVERY package as the ingredients may have changed. We will send home any foods that we are not absolutely sure are peanut/tree nut free. We'll substitute another item, if appropriate. Please consult with the teachers before sending in special treats for the class. More information about food allergies can be found at a useful web site: <http://www.foodallergy.org/>, for the Food Allergy and Anaphylaxis Network.

Packaging issues

- not all processed foods are labeled "peanut free" so be sure to read all the ingredients.
- suspicious foods like chocolate, may not indicate whether or not they were prepared where peanuts were present.
- manufacturers change ingredients and processes without notice, thus we can't create a list of "safe" products. Even with familiar foods, we must read the label of every package.



When making lunches:

Do **NOT** send:

- whole peanuts or tree nuts, cashews, pecans, walnuts, etc. (i.e. nuts that grow on trees and products that contain peanuts/tree nuts in any way).
- foods processed where peanuts are present such as chocolate

DO send:

- all prepared or packaged foods in the original wrapper with the ingredients listed, or, if you repackage prepared foods, write "tree/peanut free" or "OK" on the bag indicating that you know the food is safe. **You must do this every time for every prepared food.**