



Dartmouth College Child Care Center Newsletter

April 2011

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Office: Jeff Robbins,
Sunnie McPhetres,
Terry Chase, Amy
Potter

Spring On the DCCCC Playgrounds!!!!



From the Director

Dear Big Jeff

Our toddler's naptime at daycare is regular. But naptimes at home are anything but regular. Our son will resist going down at nap-time (even though at daycare he does it willingly) or he'll wake too soon. Why the inconsistency and what to do about it?

Signed,
I'm Exhausted

Dear Exhausted,

We understand the issue and three possibilities leap to mind:

1. Your child is more tired at school.
2. Your child doesn't need to sleep every day.
3. Your child has your number.

For starters, not many children eagerly embrace a rest time. I don't think I've ever heard a child say, "I'm tired. May I lie down now?" It's not hard, really, to understand that they don't want to miss anything, plus they are still inexperienced at reading cues from their bodies. Keep in mind that's tiring to be at school. In the same way we may be exhausted by lunchtime on a busy day, so are the children. When you throw in fresh air, lots of exercise, a darkened room, soft music, and a backrub it can be pretty easy to fall asleep here. This is especially true when everyone else is resting and the teacher's reaction to disturbances is so calm and matter of fact that even that isn't very interesting. If your child was able to sleep in a bit on the weekend and pace the day according to his/her own rhythm, s/he may simply not be as tired as s/he is at school. If you can see that sleep is indeed warranted, apply the same principles that you do at bed-time: a regular schedule, plenty of exercise, clear expectations and a wind-down time.

If your child is a toddler, though, certainly he or she still needs at least one nap a day. In the preschool years, children will grow out of their naps, often between three and six, with a great deal of individual variation. We notice that children's

daytime sleep needs are changing when they take longer to fall asleep, wake up sooner or more easily, or sleep for variable amounts of time, often unpredictably. It would be nice if they grew out of their naps in some logical way, but it can be as confusing for them as well as it is for you. I remember having a hard time letting go of my kids' naps, being much more convinced than they were than they were that they needed the sleep. My son, at three, decided he was done missing the action and successfully tackled the challenge of keeping himself awake at naptime. If, in desperation, I laid down with him I was more likely to fall asleep than he was. It took a whole year for this to iron itself out, but eventually it became clear to both of us that sleep wasn't necessary on most days and that a quiet time was sufficient.

As your child is learning to manage his/her sleep behavior, s/he may have also become interested in managing your behavior too! If you feel like your child is winning the nap time battle, you might want to reframe the experience for both of you. Your child's teacher would be helpful in suggesting strategies since s/he knows both your child and you. For some children who feel compelled to resist, it is sufficient to back-off a little bit and let nature take its course. You might say, for example, "I can see that you may not need to sleep. You may look at these books and I'll come and get you when it's time to get up." You might also break the cycle, by changing a bit of the routine. If you child can't fall asleep on her bed, you might switch to couch for a few days. You can cover your bases for a return to the bedroom by saying something like, "I can see that you've had trouble resting in your room. We're going to shake things up a bit and have you take your break on the couch. We'll have this worked out in a few days and you'll be able to rest in your own room again."

If all else fails, apply the wisdom of the ages and reassure yourself that it's just a stage.

Zzzzzz,
Big Jeff

Greetings From Sunnie:

—It is remarkable that the acts of kindness important to people do not include actions we might think would impress, such as the giving of expensive gifts. Rather, the powerful kindnesses that stay with us and change our lives are simple, unsolicited, and seemingly insignificant acts of pure giving. - Judith Anne Rice (*The Kindness Curriculum*)

This seems to be a time of year when gratitude takes center stage. We are celebrating the week of the young child which demonstrates our gratefulness for young lives and new discoveries. Administrative Professionals day will be celebrated later this month. We are very grateful for Terry and Amy who really keep things running smoothly here at DCCCC. On May 6 we'll be celebrating Child Care Provider Appreciation Day to show our gratitude for all of the teachers.

What does all of this gratitude mean to children? I wrote an article last year about that very issue. I will reprint part of it here:

...Watching the faces of children as they came into the classroom bearing their symbols of appreciation caused me to realize how important it is for children to have the opportunity to say "thank you for caring about me." Some children brought cards or drawings, some flowers, some edible treats, some gifts, some homemade crafts. They offered their gifts in a variety of ways. Some were so excited that they just couldn't contain it. Some were shy and a bit embarrassed. Others were very serious and looked for my reaction. One child who did not bring a material offering asked me, —Why are they all bringing you stuff? I replied, "Because it is a day called Child Care Provider Appreciation Day and they want to say thank you for taking care of me." I was worried that the child would feel sad about not bringing something for the teachers. I watched the child's face while pondering my response; it was very thoughtful and reflective. Neither sadness or anger or joy was apparent on the face. After a few seconds the child looked directly in my eyes and responded, "Thank you." This simple, heart-felt expression of gratitude was one of the most amazing gifts that I have ever received.

Showing gratitude is not something that children do naturally. It is something that is nurtured by loving caring adults. Adults who express love and gratitude for children serve as examples for future behavior....

My main message is that days like Administrative Professionals Day, Provider Appreciation Day, Mother's Day, or Father's day all give us the opportunity to help our children express their gratitude. Writing their words of thanks on a Testimonial for their teachers may seem like just one more thing to do – but it is very important. We hang these testimonials in the multi for all to see and the children love having people read the words to them. Some testimonials come only with pictures drawn by loving hands. We all, young and old alike, enjoy seeing these displayed.

Whether it is bringing a flower to those who work in the office or much loved teachers or filling out a testimonial with your child – you are helping your child learn to appreciate the efforts that matter most.

ANNOUNCEMENTS

DCCCC Will Be Closed On The Following Days:

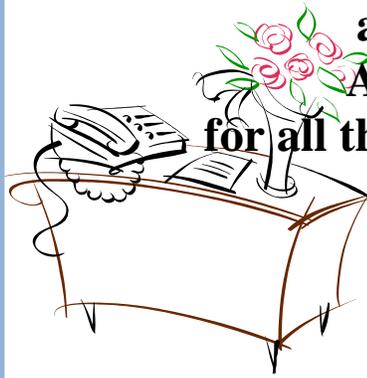
- May 30, 2011 – Memorial Day
- July 4, 2011 – Independence Day
- August 29 & 30, 2011 –
Preparation for the new school
year
- September 5, 2011 – Labor Day

Administrative Professionals Day April 27

Thank You
Terry

and
Amy

for all that you do!



No
Snow
Announcement
This
Month!



Resources for Families

April 15, Dinner, Family Dance and Contradance in Woodstock: Vegetarian dinner at 5:30 p.m.; family dance at 6 p.m.; potluck dessert at 7:30 p.m.; contradance 8 to 10:30 p.m., Little Theater, 54 River St. \$8 for adults, free for ages 17 and under. Music by Old Sam Peabody, calling by Delia Clark. No partner needed; bring clean soft-soled shoe. 802-785-4039 or hoffman.wright@valley.net.

April 15, 16, 17 *Annie* directed by Charles H. Massey and Deborah Barton: 7 p.m., Newport Opera House, 20 Main St., Newport. \$15 and \$12. 603-863-2412 or newportoperahouse.com.

April 17 Begins at 2:00 p.m., Montshire Museum. Toothpick Bridge Competition. Build a bridge from just toothpicks and Elmer's glue, then test how much weight it can hold. There will be door prizes and one free Montshire Museum admission for each bridge entry. You can compete in either the Student Division or the Open Division. Co-sponsored by the American Society of Civil Engineers. Pre-register by e-mailing Jeffrey.Bjrz@lebcity.com or calling Jeff Bjrz at 603-727-6042.

[View the complete rules for the competition](#)

April 17, Flavors of the Valley in White River Junction, 11 a.m. to 4 p.m., Hartford High School, 37 Highland Ave., White River Junction. Sample local foods from more than 50 farms, restaurants, grocers and nonprofit organizations. \$25 for families, \$8 for adults, free for ages 6 and under. Sponsored by Valley Food and Farm, a program of Vital Communities. 802-291-9100, ext. 112 or vitalcommunities.org.

April 22, Community Dinner in Hanover: 5 to 6 p.m., Our Savior Lutheran Church, 5 Summer St. Free. Sponsored by Students Fighting Hunger of Dartmouth College. 603-643-3703 or lutheran.center@dartmouth.edu.

April 23rd from 10:00 a.m. – 3:30 p.m, 3rd Annual Family Day at the Billings Farm. featuring family-centered programs with the farm's lambs, chicks, and calves, plus heirloom garden activities, and wagon rides.

Visitors can learn about the importance of heirloom seeds and plant seeds saved from the Billings' garden and take some home to plant in their own gardens. Heirloom Gardening Today – a colorful presentation and discussion of the importance of old vegetable varieties – will be held several times during the day.

Admission includes all programs and activities, the farm life exhibits, plus the working dairy farm and horse-drawn wagon rides.

Admission: adults: \$12.00; over 62: \$11.00; children 5-15: \$6.00; 3-4: \$3.00; under 3: free.

April 23, 2011 -- 9am - 5pm and April 24, 2011 -- Noon - 4:30pm (all items half-price) Five-Colleges Book Sale Lebanon High School Gym,

Mt. Holyoke, Simmons, Smith, Vassar, Wellesley

One of New England's Largest Sales of Old Books

This Year we will be celebrating our 50th anniversary

Usually 35-40,000 books in all fields, in good condition and carefully sorted

-- maps, prints, computer materials, CDs, videos, DVDs, Books-on-Tape, ephemera --

-- discounts on first-day sales over \$200 --

sealed-bid auction of special items -- everything half-price second day

April 28 at 6:30 PM at Hanover High School. In cooperation with the Upper Valley Educators Institute and the Dartmouth Teacher Education Program, The Aloha Foundation in Fairlee is sponsoring an exclusive Upper Valley screening of the **documentary film "Race to Nowhere,"**

*"Race to Nowhere" tells compelling stories about students, parents and teachers involved in the kinds of schools the vast majority of American children attend. **Race to Nowhere is a critique of American schools' methods, particularly in the wake of "No Child Left Behind," with the pressure on educators to "teach to the test," get kids accepted at the so-called, "best schools," and the resulting pressure and stress many high school and even middle school students feel.*

To find out more about "Race to Nowhere" and purchase tickets online, see:

www.tinyurl.com/UV-Race-To-Nowhere . For a recent review, see:

<http://www.racetonowhere.com/>

April 30 & May 1, from 10:00 a.m. – 5:00 p.m. Spring Farm Festival Weekend

Kicks Off Billings Farm & Museum 29th Season, featuring two days of traditional spring farm activities, including shearing the farm's Southdown sheep, plowing programs and demonstrations, wagon rides, and more.

The farm's Southdown ewes will be sheared each day at: 12:00, 2:00, and 4:00 p.m. during narrated programs, with spinning and carding demonstrations of the skills needed to turn fleece into yarn.

Plowing with oxen and draft horse teams will take place in the farm fields and visitors also can try their hand plowing behind a Billings' team. Baby chicks will be in abundance, with interactive programs starting at 10:30 a.m.

Additional activities include horse-drawn wagon rides and cooking demonstrations of oxtail soup and shoofly pie in the 1890 Farm House. The Teago Volunteer Fire Department will sell lunch and snacks, with all proceeds to benefit the fire department.

Admission includes our 26th annual commemorative spring button and children's art show.

Admission: adults: \$12.00; over 62: \$11.00; children 5-15: \$6.00; 3-4: \$3.00; under 3: free.

May 7th, 2011 - 7:00 pm. Lebanon Opera House. Lebanon Ballet School Presents **The 2nd Annual Dance Festival.** \$12 General Admission.

MAY 7, 10:30 a.m.- 3:30pm. Montshire Museum. Ephemeral Zoo. Come and meet amphibian and aquatic creatures from local marshes and ponds, participate in special indoor and outdoor activities and hands-on explorations. Valley Quest will be hosting a stamp carving and book making at 10:30 am. Then join us for an all-new Quest on the Ridge Trail. Experience the wonders of spring during this great event. Free with Museum admission.

May 14, 8:30am - 3:00pm, VINS. 2nd Annual - Art on a Rain Barrel Festival. Rain Barrels will be available for purchase at the event. Learn how rain barrels can help save water, protect the environment, and save you money! *Watch rain barrel artists in action or paint one yourself for free by [pre-registering](#) for the event.* [Pre-register](#) prior to April 30, 2011 and receive a FREE Rain Barrel!

Rain Barrels are also available at the event for \$50 each. For more information, please contact us at 802.359.5000 x221.

May 15th- 7:00 pm, Lebanon Opera House. A benefit for Japanese Earthquake & Tsunami Relief. Burlington TAIKO Japanese Festival Drumming
ON SALE- 4/15/11 @ 9AM. Pricing: General Admission- All seats \$30



Recent Events at DCCCC



All Center Healthy Fruit and Vegetable Snack



Hartford Middle School Job Shadow day

On April 4, we were joined by four eighth-graders from the Hartford Middle School as part of their job shadowing program. They were hosted by Wendy from the Teddy One classroom. Each girl spent time a variety of classrooms and got a feel for what it would be like to be an early childhood teacher. They even had the chance to make and use play dough!

Here are some comments that they had for us:

“...I loved taking care of the children and playing with them...throughout the day I realized that your jobs are very tiring and very fast paced...you are very good with the children and very good role models to them...”

“...I really enjoyed getting to sit in some of the rooms and read to the kids and even play with them. You told me a lot of stuff I didn't know about child care...This was a wonderful experience for me...”

“...I learned that watching kids has its ups and downs like when you need to change their diaper or when a child is having a temper tantrum...but the ups are when you get to hold them, play with them or better, make them smile...Working for a daycare means you don't get good pay but if your heart is really with working with children then it is worth the pay.”

“...The atmosphere that I watched you work in on Monday was honestly very nice. It was the nicest daycare I have ever been to and the children were wonderful. I could really tell that the teachers had been well trained...”



Ukulele Fest Including the Telling of Abiyoyo by Big Jeff and The Professor of Percussion (James Burger)



News from the Float Team

Eileen Ruml

Teresa Hahn

Moya Stevens

Gladness Msumanje

Sunnie's Appreciation for our Team of Floating Assistant Teachers

The float team has been very busy this past month! We have had so many people moving from one classroom to another. Our team of Floating Assistant Teachers have been the anchors that we have needed to make everything happen.

It really does take a great deal of teaching talent to move from room to room the way that our float team does. They never know what their schedule will be like from week to week! They may be in one classroom for a whole week or more to cover for an absent team member. They may be in three or more different rooms during the week. There are even days when they are in three different rooms in one day. Our mobile team make it possible for classroom staff to have time outside of the classroom to plan and prepare materials. Because of our talented floating team, more staff members are able to attend trainings that are held during working hours.

Imagine the talent, flexibility, and adaptability it takes to be able to actively engage a group of infants and young toddlers during the morning hours, supervise a group preschoolers on the playground during the middle of the day, and then keep up with Grizzlies at the end of the day! Our team does that without blinking an eye.

Each member of our team brings special qualities with them into the classrooms. Moya brings a sense of calm and assurance. Teresa brings passion and laughter. Gladness brings a sense of amazement with live. Eileen brings a sense of peace and relaxation.

How lucky we are to have these amazing people in our presence!

News from Teddy One

Debbie Burnham,
Lead Teacher

Wendy Irwin,
Teacher

Keri Wolfe,
Assistant Teacher

Despite the long winter and the current illnesses, we do have a lot to celebrate in Teddy One! We had a big milestone this month with Roxana and Amelia both turning two on April first!



Amelia loves to read books, sing songs and color while Roxana is our collector. Give Roxy a basket and she will soon have it filled with blocks or eggs or toys to carry around.

Harper has been counting in English and Spanish and is starting to notice the printed words in books.

Leilani is the "mom" of the group. She will carry a baby doll around throughout the day and take good care of it.

Guillem has been away for a few weeks, but we look forward to having his gentle nature back in the teddy room soon.

Annabel loves to dance. As soon as she hears music she will start spinning until she is dizzy, a big smile on her face.



Greta is walking and greeting everyone. She will go up to her friends and give them a gentle pat to say, "Hi".

Katharine is our "signer". She will sign for more when she wants us to keep singing or reading books or to keep feeding her at snack! She definitely lets us know what she wants.

Nate has decided that he loves being outside. He goes to the cars and trucks and can now make them move, if only backwards for now.



Kirsten has been rolling all over the room and is moving herself backwards too. She is quite vocal these days, making all kinds of wonderful sounds.

Remi is a charmer and is full of smiles. Even though he is only here on Fridays right now, he seems comfortable with us all.



We are looking forward to getting outside without all the winter gear to put on. We are also looking forward to all the colds and viruses going away!

Happy Spring to you all!

Fondly,

Debbie B., Wendy and Keri

News from Teddy Too

Terri Crane,
Lead Teacher

Lori Higgins,
Teacher

Denise Ayres,
Assistant Teacher

Even though in the last newsletter I said we were ready for mud season Mother Nature had other plans. We had a few storms and snow piled up once again. Now we hope this is the last time we write about snow for this season. We are now fully ready for spring and have started wearing mud boots, mud pants and lighter jackets. Now that we have big kids who can navigate the playground with ease we are eager to get out as much as we can. The sandbox is completely uncovered and ready for some active toddlers with shovels and buckets. The climber is being explored by the toddlers who are ready for climbing and sliding. The gardens are growing and the birds are singing. Some of the Teddies are fond of saying listen and putting their fingers to their ears when they hear a bird chirping.



Meanwhile, inside we have discovered all kinds of activities to keep your child fully engaged. In the last month we have had **the saddle and “horse” out for riding. Everyone enjoyed riding and sometimes shared the saddle with a**

friend or two. The kitchen set was out with pizza boxes. We made many pizzas and drank many pots of imaginary tea. We had hats and purses from our dress-ups out and many Teddies enjoyed wearing hats and carrying bags around. The tunnel was out for climbing through and playing peek-a-boo with a friend.



Speaking of making friends it seems the Teddies are seeking out friends and interacting even more with their peers. There are silly games that make everyone laugh. There are lots of hugs to go around from one Teddy to another. Sometimes those hugs last a little too long and everyone ends up in a heap on the floor. But everyone is learning about gentle touches and how to give them.



In the past month we welcomed Ian and Micah they are very sweet together and sometimes hold hands when they are on the futon together. They are settling in to the big loud noises of the Teddy room and are accommodating when the toddlers want to pat and greet them. When life seems overwhelming

they fall asleep as Micah did in music class the other day when everyone was drumming and shaking instruments.



This month we will really say goodbye to Camilla as they pack up and have their final days at DCCCC and move to Italy.

Happy Spring everyone!
Terri, Lori and Denise



News from the Panda Bears

Susan Young,
Lead Teacher

Jenn Boudro,
Teacher

Angie Terino,
Assistant Teacher

WELCOME SPRING!!!

It is going to be a great spring. There will be lots of fun to be had by all outside and yes it will be wet and muddy at times. As always, please be sure your child has a bunch of extra clothes including socks, pants and shirts. Puddle boots are truly needed for our wet playground. Rain pants help keep them dry during their outside play as well.

We are seeing changes all around us. We have seen birds coming to eat seed in our garden. If

your child comes home saying "junco" it is my favorite bird. It has a dark gray body and a white belly. These birds come in the spring and fall and are "ground feeders". Your child may talk about this at home. We also saw a cardinal up in a tree. We've seen a variety of our winged friends and have listened to their songs. I took the Pandas on a walk the other day to show them where all our birdhouses are on the playground and where a couple of nests are. I asked them at one point to close their eyes and listen. I was trying to see if they heard the sounds that i heard. OK THEN... you try to get 6 or 7 2 year olds to close their eyes... my eyes were closed but theirs were NOT!!

However... they were using more of their senses than just their hearing. They were looking around as well and said they heard children on the big playground and then YES.. someone heard a BIRD! I was delighted!! We talked about different birds and sounds



I am so in hopes that our robin will return to lay her eggs in the nest either on the shed or even better, on our porch. In years past, we have been so fortunate to have the baby robins right on our porch. We've watched the parents work on building a nest, sitting on eggs and finally have seen the babies with mouths open so wide and the parents feeding them worms. It is this daycare teacher's dream come true!!

I want to thank Mala for all her help in the Panda room these last few weeks while Jenn recovers from her knee surgery. The children have become very accustomed to her presence and love her. What is even more clear to me is how much she loves your children! We are hoping Jenn will be back on the 25th if her recovery continues to go well. We miss her too!!

Happy spring!!

Susan

Beach Week in The Panda Room



News from the Koalas

Terri Hollis,
Lead Teacher

Bobbie Lynn Stone,
Teacher

April Buchanan
Assistant Teacher

Spring is in the Air !!

Koalas mixing primary colors to make new colors



Koalas
excited to eat
a rainbow
fruit snack!.



News from the Woolly Bears

Deb Girdwood,
Lead Teacher

Barb Merchand,
Teacher

Assistant Teacher

Fun Times in the Woolly Room

Look at all those blocks and proud faces!



Fancy and Happy!



All Center Healthy Snack



Good Friends



Look At That Structure!

News from the Polar Bears

Radoyka Garcia,
Lead Teacher

Tatyana Bills,
Teacher

Raquel Fluette,
Assistant Teacher

Hello to all!

Polar Bears, like everyone, have been looking forward to the spring weather! Raquel has piloted the planting theme and began planting indoors with Polars—since we had a cold blast of snow and ice a couple of weeks ago. Polar families contributed to vegetable and flower seeds and we have recently seen some sprout! Children have been watering their individual planters and talking about how to keep these plants alive. So exciting!

Talking about spring has led us to discussions about the weather, why we need the sun and the rain, and also understanding the seasons, which connects us to learning about the calendar. The outdoors has been incredibly fun with muddy playtime! We have a chunk of melting ice where the grass grows and children hang out in those puddles, while digging, scooping and jumping! In a multi-age group like our preschool classroom, children consistently share all kinds of information about

what they notice in their environment. We continue to develop themes based on these conversations in order to keep their interests going. We've learned about clouds, rainbows and the life cycle of plants. Tatyana has been putting together many crafts with the Polar Bears and recently added a 'science and math' shelf where children explore while measuring, weighing, comparing and counting. Children have enjoyed arts and crafts while creating rain clouds, tissue flowers and also mixed lots of different color paints to make the colors of the rainbow.

During the past few weeks, we've had 'make your own pizza' day and every Polar Bear made their own personal mini-pizza with the topping of their choice. We also joined in the 'all center' snack in the Multi, led by the Woollies. Every classroom made something healthy and delicious to share with everyone and we sat in the Multi and had a picnic! It was so much fun to see other children and teachers that we don't see regularly and have this special time!

We're looking forward to experiencing "The Week of the Young Child" on April 15, where every classroom will be displaying how children learn the skills they portray. It has been a wonderful journey seeing it come together. Raquel volunteered to be part of this committee and has made great success in informing all classrooms, as well as getting the Polar Room's display together.

Another special event that is coming up is the Polar Bear Art Show on Friday, April 29! Through the year, Polars have been working on many types of art and these exhibits will be displayed in the Multi. It's a one day event (between noon and 4pm), so come by and take a peek!

Happy Spring!

Ray and the Polar Bears

News from the Grizzlies

Karen Gray,
Lead Teacher

Kristin Ball Cole,
Teacher

Spring is here...and the growth of the Grizzlies is the surest sign! These last few months of the Grizzly year is a time of real blossoming. You may be hauling out the puddle boots, rain gear, and summer clothes, only to find that they've become too small for your thriving girl or boy! The Grizzlies have become so capable, so involved with each other, and so engaged in their play that it feels like the program runs itself- this is a sure sign of how much they have grown. We see in the children an increasing ability to understand each other, and to understand cause and effect in their relationships. The Grizzlies even surprise themselves as they discover that they really can do many things by themselves without needing the assistance of an adult. What proud and independent children they've become!

We see other kinds of growth in the strength, speed, agility, stamina, and coordination individuals have on the playground and in the Multi. Grizzlies are determined and ready to challenge their bodies. With the nicer weather, there is an increased interest in playing sports again which is requiring a great understanding of the rules, working together as a team, patience, and practicing good sportsmanship. Now that we are spending more time outdoors, there is much discovery and fascination with digging, using water, and noticing many changes taking place around us. The children amaze us daily with their curiosity, creativity, explorations, and discoveries!

What better time than now to talk about TIME! We are looking at the sense of time in many different capacities- from looking back on the year, to focusing on the month we're in; by making plans together for the week ahead; enjoying the present and what each day has to offer and anticipating what comes next. Through playing games, reading stories, and being exposed to various clocks and timers, children are better understanding how to tell time. Every child at an early age begins to ponder over the mystery of a clock. Their lives are largely regulated by the clock. Their parents or teachers look at the clock and say it is time for them to do this or time to do that. And before long children notice that their parents' and teachers' lives seem to be governed by the clock, too. A clock thus appears to have a remarkable power of its own. Since the Grizzlies are often asking "what time is it?" we are teaching them the basic parts of the clock and how to tell time by the hour and half hour. They are learning that 60 seconds make one minute, 60 minutes make one hour, 24 hours make one day, 7 days make one week... Putting time into perspective by figuring out how long it takes to do daily activities and sequencing the typical events throughout the day has aided us in teaching the children about time.

In addition to practicing telling time, we will enjoy many spring-like activities with mud...flowers...eggs...baby animals...rain...wind...Earth day...Arbor day...

Grizzlies have also been challenged to all learn how to tie their shoes by the end of the school year. We will continue to practice and plan to celebrate this success as well as all of their other successes this year in the months to come.

There is a sense of realization that these children are noticing, as they discover how much they have grown and the many capabilities and interests they all possess and share amongst the group. Sadly, these are all signs that they are ready to move on to the First Grade in a matter of months. We are doing our best to cherish every moment spent with this wonderful group of Grizzlies, as we approach the many changes that occur at the end of the school year. It is satisfying to see them caring for one another, taking initiative, exploring their possibilities, and having fun together.

Please Save the Date: Wednesday, April 27th from 4:30-5:30pm stop by the Grizzly Room for refreshments and conversation. Joelle will be present with her son, Edison, to officially say goodbye to. You will have time to express your appreciation to April for all that she's done for the Grizzly program and wish her luck as the new Koala Assistant Teacher. It will also be an opportunity to welcome Kristin Cole as the new Grizzly teacher!

Three Cheers for those celebrating birthdays this month:

Emilia Torresani on April 3rd

April Buchanan on April 8th

Carter Hawke on April 10th

Ben Williams on April 19th

Kate Valentino on April 25th

Ashley Cotter on April 27th

We are looking forward to a fun-filled All Day Grizzly week next week, April 18th-22nd.

Happy Spring,
Karen

Praise or Encouragement?

In an effort to build a child's self-esteem, some parents go too far with praise. A child who is praised too much may fall into the great-expectations trap, or as Alfie Kohn dubs it, a "praise junkie." It's perfectly fine (and desirable) to burst out in spontaneous delight over something your child does. But, by the time children are preschool age, parents and caregivers should think about when and how they praise.

Don't misunderstand...children need adults who are caring and supportive. But, recognizing the difference between two major types of reinforcement—praise and encouragement—is helpful as you interact with your preschooler.

- **Encouragement** gives children positive feedback focusing on their efforts. It allows children to evaluate their own efforts rather than comparing to others. Encouragement is specific and is given as a child works towards a goal.
- **Praise** is highly judgmental, and focuses on what the adult feels. Praise statements send a subtle message that the adult's opinion is what matters. Children who receive too much praise tend to do things to please adults, not because they are self-motivated.

Encouragement teaches children to evaluate themselves on their own merits. When adults provide children with feedback about what they are doing, children learn to evaluate themselves without comparing their efforts and successes to those of others. Children who hear encouragement regularly learn that what they think about themselves is more important than what others think.



The Down Side of Praise

Praise, according to Alfie Kohn, has negative impacts.

- Praise often works in the short run because children are hungry for approval. But, parents should not exploit that dependence for their own convenience. When you tell your child, "Good job!" are you saying that for your child's emotional benefit or for your own convenience or control?
- Praise expects children to measure themselves based on your approval. It can make children less secure about coming to their own evaluations. Help children become independent thinkers by describing what you see and letting them come to their own judgments.
- Our evaluations (Wonderful! Great effort! Awesome!) tell our children how to feel. We impose our feelings on them. Resist giving your judgment and let your child decide how they feel about their own efforts.
- The more a person is rewarded for doing something, the less likely they come to do it in the future withOUT a reward.

Re-Thinking Praise

The Better Kid Care program from Pennsylvania State University Cooperative Extension in "Re-thinking Praise" offers these tips for encouraging children.

1 – Be specific.

Instead of saying, "Liza, your picture is beautiful," make specific comments about the child's picture. "I see you used a lot of blue in this area and red over here." Or simply ask a child to tell you more about his picture. Judgment about the picture should be left to the child to decide.

2 – Describe what the child is doing or has done.
 Instead of making a general statement such as “Good job,” comment on what the child is doing. “You picked up the blocks and put them back on the shelf without being asked.”

3 – Set children up for success.
 Comments such as, “You’re such a good boy,” or “You’re a really nice girl,” set up children for failure because it’s impossible for a child to be good or nice all of the time. Comment instead on specific behaviors that you want to reinforce. For example, “Jacob, I saw that you helped Ethan clean up the spilled milk.”

4 – Describe the effect of your child’s efforts on others.
 When children hear encouragement such as “I appreciate your help in setting the table for lunch” or “You were a good friend to help Coralee when she fell,” your comments help them to feel good about their efforts. Their effect on others, not your praise, becomes the motivator.

5 – Avoid comparing children.
 Telling a child “You’re the fastest runner” may be intended to commend her efforts, but what does that statement say to other children? A better way to encourage this child without hurting others would be to say, “You can run fast.”

How Praise and Encouragement Differ

Praise	Encouragement
What a beautiful painting!	You used lots of bright colors in your painting.
What a good girl/boy to clean up your room.	I see you are putting your dirty clothes into the hamper and already made your bed.
You are so strong!	That was a heavy load. Thanks for your help.
What a generous person you are!	When you saw your friend forgot his sandwich, you gave him part of yours. He looks pretty happy to have something to eat.
You were the perfect child.	That was a long speaker. You played quietly with your toys and read your book so as not to disturb others who were listening.
Good job!	You are really working hard to line up those blocks.

Challenge yourself. Encouraging your child may take a bit more effort than simply offering a quick praise statement. The next time you are ready to praise, think how you could change your praise statement to words of encouragement.

Remember: Most children thrive with **more encouragement.**



References:
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 Kohn, A. (2001). Five reasons to stop saying “Good Job!” *Young Children*. Retrieved from <http://www.alfiekohn.org/parenting/gj.htm>
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 Wilburn, D. (2009). How can praise be negative? *AccessNorthGa.com*. Retrieved from <http://www.accessnorthga.com/detail.php?n=221118&c=11>

This document can be made available in alternative formats, such as large print, Braille, or audio tape, by contacting your county Extension office. (TTY 1-800-947-3529)

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 March 2011

About Good Beginnings of Sullivan County

Good Beginnings of Sullivan County helps pregnant and postpartum women, and parents with children ages 0-18. We help over 800 families a year.

Our mission is to promote the optimal health and development of children and families in Sullivan & Grafton Counties.

We make over 5000 home visits a year, giving parents the knowledge, help and support they need to raise healthy, happy children.

GBSC employs a team of registered nurses, two pediatricians, a licensed mental health worker, certified parent educators and trained volunteers who help families in their homes. Good Beginnings' offices are located in the Diana Love Center for Children and Families in downtown Claremont, NH.

GBSC is a small non-profit with an annual budget of \$696,000. Your participation in the Born to Run 5K makes it possible for GBSC to serve all families who need our help regardless of income or circumstance. GBSC never turns a family away due to inability to pay.

Most parents have questions about raising children. Many experience feelings of stress at times. GBSC helps families cope with complicated issues and feelings. If you are a parent who needs help, call us:

phone: 603-542-1848
toll free: 877-287-7144
fax: 603-542-1848
email: info@gbnh.org

169 Main St. Claremont, NH 03743
www.dianalovecenter.org

Good Beginnings of Sullivan County
169 Main St.
Claremont, NH 03743



GBSC

Good Beginnings of Sullivan County

BORN TO RUN 5k run/walk

Sunday, May 1, 2011
Cornish, NH



register online
www.dianalovecenter.org
email: info@gbnh.org

Registration

Register online at www.dianalovecenter.org or use mail in form. Payment by check, cash, debit or Visa and Mastercard.

Only registrations received by April 20th are assured a race t-shirt.



Born to Run 5K

supports prenatal and child health services in Sullivan and Grafton counties

How to raise \$100 in five days

- Day 1: Sponsor yourself—\$20
- Day 2: Ask 3 family members to give \$10 each
- Day 3: Ask 3 friends to give \$5 each
- Day 4: Ask 2 neighbors or church friends to give \$5 each
- Day 5: Ask a business you frequent (doctor, dentist, mechanic, store, ski area etc.) to give \$25

www.dianalovecenter.org

Event information

Schedule

Sunday, May 1, 2011
7:30am—Sign-In, Get T-Shirt
8:45am—Kid's Fun Run
9:15am—5K Begins
After Race—Prizes, Food, Fun

Location

Old Town Hall
Cornish Fair Grounds
Townhouse Rd.
Cornish, NH

About the route

The 3.1 mile course starts and ends at the Cornish Fair Grounds and features winding dirt roads and a mother of a hill.



www.dianalovecenter.org

Mail-in form

Individual \$20

Student \$15
Under age 21



Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Gender: M _____ F _____

Age: _____ Phone: _____

Unisex T-Shirt Size: S M L XL XXL

Email: _____

RELEASE FROM LIABILITY: In consideration of my participation in the Born to Run 5K and all related activities, I hereby assume all risk of injury and, on behalf of myself, my heirs, executors, administrators, and personal representatives, release and hold harmless the organizers, sponsors, and volunteers involved in the planning and operation of the Born to Run 5K for any injury to me or my property and any and all claims in any manner arising from or associated with my participation whether the liability, loss or damage is caused in whole or in part by their failure to use reasonable care in their activities associated with the Born to Run 5K and all related activities. If I am under the age of 18 years, this release and hold harmless agreement shall be signed on my behalf by my parent or guardian.

Participant Signature: _____

Parent/Guardian signature: _____

Date: _____

Payment enclosed: Check _____ Cash _____

Checks payable to Good Beginnings of Sullivan County
169 Main St. Claremont, NH 03743.

603.542.1848

The Upper Valley Child Care Association
c/o Child Care Project, 17 1/2 Lebanon Street, Suite 2, Hanover, NH 03755

April 2011

Dear Parent or Guardian,

Child care organizations nationwide have joined together to declare Friday, May 6 to be **Child Care Provider Appreciation Day** this year. *Provider* refers to the person/people caring for children in both child care centers and family child care homes. Locally, the Upper Valley Child Care Association and Child Care Project have again collaboratively planned a celebratory event for your child care provider on this evening at the River Valley Club in Lebanon, NH. We hope you'll encourage your provider to attend.

To assist us in honoring providers, we invite you to send us a statement about why **YOUR** child care provider is so special to you and your family.

Just complete the attached form and return it **by May 3** to: **Child Care Project, 17 1/2 Lebanon Street, Suite 2, Hanover, NH 03755**; or even better, email it sooner to: **Anita.Dole@Dartmouth.EDU** and we'll print it for you.

The paragraph can be adult- or child-written. Your testimonial will be on display during our provider appreciation celebration and sent home with your child(ren)'s provider following the event.

We also encourage you to take advantage of this day to show your child care provider directly how much you appreciate her/his hard work and dedication. It takes a special person to work in this field and these individuals are often unrecognized and under-appreciated by our society. Ideas... get together with other families to create a surprise; send flowers, a card or a handwritten note of appreciation; bring breakfast or lunch for your provider and for the children; work with your child to create a special remembrance; donate something to your provider's classroom or the center; key in on your provider's hobbies and buy her/him an appropriate gift. Use your imagination and remember, it really is the thought that counts here!

If you have any questions regarding Provider Appreciation Day or the form attached to this letter, please call Cindy Binzen or Chris Pressey-Murray at the Child Care Project, (603) 646-3233 or (800) 323-5446.

*Provider Appreciation Day 2011
Testimonial*

Provider & Program Name

Child name _____ Age _____

Child name _____ Age _____

Child name _____ Age _____

Parent/Guardian(s) name _____