



Dartmouth College Child Care Center Newsletter

February 2016

In This Issue:

New Faces	pg. 1
From the Director	pg. 2
Announcements	pg. 4
Chickadee One	pg 7
Chickadee Too	pg 9
Owl	pg 11
Hedgehog	pg 13
Otter	pg 15
Badger	pg 17
Black Bear	pg 20
Curiosity	pg 22

Office: Jeff Robbins,
Sunnie McPhetres, Dawn
Cote, Karen Small,
Janene Robie

Wandering Woodchucks
Liz Harrington, Katie
Robinson, Eileen Ruml,
Terri Crane, Kristin Cole,
Brian Goodness

Two New Faces In the Office

In the Morning...Janene Robie

7am -11am

Janene will be in charge of making sure that your child's classroom has adequate coverage when teachers must be out as well as securing temporary and substitute staff. She will help to keep track of training and other staff records.

Janene has a preschool aged child of her own she knows what child care is all about!

If you come through the front door, you'll see her face every morning!



In the Afternoon...Karen Small

1:30pm-5:30pm

Karen will be responsible for keeping children's files up to date – so you'll likely be hearing from her when physicals and immunizations are due. She will also be in charge of our snack menu, making sure that your children have lots of nutritious choices each week.

Karen has already begun and is acclimating to DCCCC very quickly!

If you come through the front door, you'll see Karen's face in the afternoon!



From the Director

Dear Big Jeff,

In the last newsletter about changing preschool programs, you spoke against overly structured preschool programs with too much early attention to a narrow range of pre-academic learning goals. Did I say that right? I know you have, um, strong opinions about it. You also invited a different question and I quote “But I’d propose that parenting and family life have changed even more.” So, what DO you think?

Signed

Wants the Best Too



Dear Too,

I’ve been thinking about that since the last newsletter. Keep in mind that my views are based on my experiences in my family of origin, my own nuclear family, my newer blended family, my education and my career, as well as the demographics of my social class, gender, ethnicity and geography. As for the latter, I’m from Maine, which explains a lot. And I’m a Boomer, which explains a lot of the rest.

Parents are older.

We may be wiser, more patient and child-centered.

We take ourselves very seriously.

Extended families live further apart.

Parents are able to pursue career and home/community options.

Parents have less access to family support.

Children have less exposure to grandparents, aunts, uncles and cousins.

Two career families are the norm.

Boys and girls see firsthand that men and women play a variety of roles in the workplace, the family and in the community.

Families are busy. Work-family balance is an ongoing challenge.

Most children have experience in some form of child care.

Children have enriching experiences and relationships.

The amount of time available for families to be together is reduced.

Children have more of a say in family matters.

Children's voices are heard.

Children may have unrealistic expectations about having their wishes met.

Parents spend more time with their children.

Families enjoy interacting with each other.

Children may be less able to entertain themselves.

Parents are more permissive.

Children's wishes and preferences are respected.

Children may be less likely to accept 'No' as an answer.

Parents may be unclear about limits on children's behavior.

Rules and guidelines are customized for the situation.

Children may push their boundaries in an effort to determine what the limits are.

More recreational and cultural activities are available for children.

Activities may be selected to match the child's needs and interests.

Children's calendars may become overfilled.

Parents are more health and safety conscious.

Maybe children are healthier and safer, but I don't actually know if that's true.

Children may have fewer "safe" risks to learn from.

As I reflect on these changes and how my experiences are alike and different from others', I wonder what family life changes I might make if I were to do it over again. I'm sure they would center around taking myself less seriously. Maybe someone will ask me about that another time. In the meantime, I'm celebrating 2016. It's a great year to be a Dad to my amazing thirty-something children who seemed to have survived parenting mistakes and generational changes quite nicely.

Until next time,

Big Jeff

ANNOUNCEMENTS/RESOURCES/ACTIVITIES

DCCCC will Be Closed

Monday, March 14 – In-service training

Monday, May 30 – Memorial Day

Monday, July 4 – Independence Day

Two days in late August - TBA

Reminder

It is important to be out of the building by 5:30. The winter months can add to the time it takes to depart. Please plan accordingly!

Snow Days

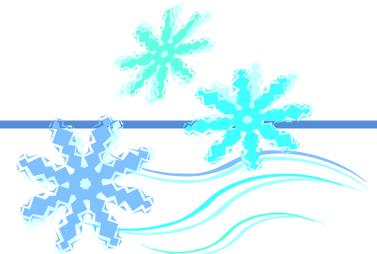
Typically DCCCC has a late opening time of 9:00 when Hanover schools close or open late due to inclement weather.

DCCCC will make an independent determination about a late opening if Hanover schools

- a.) Are on vacation
- b.) Announce closure a day in advance
- c.) Make a morning decision to close school in anticipation of poor PM driving conditions.

A late opening at DCCCC will be announced on:

- WMUR TV Channel 9 and www.WMUR.com
- WCAX TV Channel 3 and www.WCAX.com, (go to weather, select school closings)
- Whenever possible, Jeff will send an e-mail to all families, but TV and websites are your most reliable source of information.



LOOKING FOR SOMETHING TO DO?

HERE'S THE LINK TO A SEARCHABLE EVENTS CALENDAR.

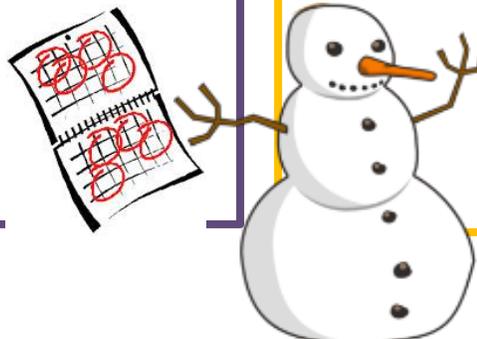
<http://www.spingo.com/calendar/near-me/all/today>

There's Ice on The Pond!

The Occum Pond Party is coming!

Saturday

February 13



ICE CASTLE

The acre-sized, all-ice castle returns to Lincoln this January. It features include giant archways, tunnels, slot canyons, ice slide, caverns, glacial waterfalls and a frozen throne, and an amazing light show set to music at night.

Weather permitting it will be open January 22 through March 5.

Tickets are limited and should be purchased in advance at icecastles.com/Lincoln. Children ages 0-3 are admitted for free.

Day	Time	General admission when purchased online (ages 12+)	Child admission when purchased online (ages 4-11)
M, W, Th	3-9 p.m.	\$ 12.95	\$ 9.95
Fridays	3-10 p.m.	\$ 15.95	\$ 11.95
Saturdays	12-10 p.m.	\$ 15.95	\$ 11.95
Sundays	12-8 p.m.	\$ 15.95	\$ 11.95
Tuesdays	CLOSED		

Find it at the location of the Hobo and Winnepesaukee Scenic Railroads at 64 Railroad Street in Lincoln, NH.

See photos and videos or learn more at icecastles.com, [instagram.com/icecastles](https://www.instagram.com/icecastles) or [facebook.com/IceCastlesNH/](https://www.facebook.com/IceCastlesNH/).



Hop Stop in Hanover

Sat Feb 27 2016 - 11:00 AM

Alumni Hall

Hopkins Center

[GERRY GRIMO & THE EAST BAY JAZZ ENSEMBLE & THE DARTMOUTH COLLEGE SWING CLUB](#)

Get “In the Mood” and ready to “Jump, Jive and Wail” with local jazz musicians and Dartmouth dancers. While the music swings, dancers demonstrate their moves. Audience members get an introduction to the sounds and steps so they can keep swinging after the show.



February 6

Winter Fest in Brownsville:

9 a.m.-4 p.m., Mount Ascutney, Ski Tow Road. Live music, food, "fat" biking, snowshoeing and skiing. Free. An Ascutney Outdoors and Trust for Public Land event. 802-291- 1348

February 6

Turkey Supper and Variety Show in Sharon: 5 p.m.

Dinner \$5 or \$10, 5 and under free, 5-6:30 p.m., Variety show, raffle and refreshments \$7 for individuals or \$15 per family.

Sharon Elementary School, Route 132.

A Sharon Congregational Church Event. 802-763-2007.

News from the Chickadee Ones

Michele Estes,
Lead Teacher

Denise Ayers,
Teacher

Judy Labrie,
Assistant Teacher

*When You Reach the Top, Keep
Climbing - Zen Proverb*

Fostering Developmental Drive to Climb and Safety



My daughter, Hailey (19), crawled at 6 months and discovered vertical exploration early into walking. One of Hailey's prime climbing locations was the stairs. Because the baby gate was in the way of the traditional route, Hailey put her efforts toward scaling the exposed outer treads. She maneuvered hand over hand, tiny grasps onto the balusters as she gingerly footed her way upward. This wasn't her only feat, as Hailey added mastering climbing out of her crib to her repertoire. She would make her way out of her room, into the hallway and lay flat on her tummy as she scooched her way backward, feet first, under the baby gate at the top of the stairs to make her way to the first floor.. Hailey continued climbing throughout the years, and at about 6 years old, she climbed her first outdoor climbing wall which was perched atop of a ski mountain. Nearly $\frac{3}{4}$ into the climb she looked down and asked, "How high can I go?" We said, "All the way!"



Your young toddler has quite a bit of time before scaling climbing walls, but the drive to climb and explore the various places climbing can take him/her has already begun for many of our/your Chickadees! Climbing builds strength, coordination, problem solving skills and drives curiosity. How do you foster your wee one's innate drive to take them to new heights (yep, I said it) and keep them safe? Here are

a couple of short reads:

[Climbing and Balancing: Toddler Development](#)

[Toddlers & Climbing Safety](#)



Recipe - refined sugar, egg, nut, grain & dairy free - great for teething!
Banana Ice Cream (one ingredient)



Reminders with ‘please & thank you:’

- DCCCC will be closed Monday, March 14 for a teacher in-service.
- Wash adult and infant (siblings, too) hands in the kitchen bathroom or the Chickadee kitchen each morning prior to entering the classroom.
- Sign in and out each day.
- Supply a hearty supply of indoor and outdoor clothing appropriate for the season.
- The center provides: wipes, sunscreen, Desitin/A&D diaper ointments, crib sheets, lite weight blankets, sleep sacks, milk (Co-op - from local farms) & a variety of snacks appropriate for infants/toddlers eating finger foods. Please let us know if we may use DCCCC provided items or if you would like us to use any of the above that you wish to provide.
- Enter & exit the infant room with quiet door & voices, as there are often sleeping babies.
- Look over our half door to the Chickadee rooms; some of our babies may be playing directly on the other side.
- For lunch and snack items, please provide a lunch bag/box for the fridge.
- Try out new foods at home first.
- Teachers are to leave the building by 5:30pm. Please have your little one all set before or by 5:30pm, too.



Warmly - Michele, Denise & Judy

News from the Chickadee Toos

Teresa Hahn,
Lead Teacher

Lori Higgins,
Teacher

Moya Stevens,
Assistant Teacher

Greetings from Chickadee Too!

We are growing in leaps and bounds! We have 7 children over the age of one and a birthday in February. We are quickly moving from an infant room to a toddler room and it is very exciting.

There are lots of walkers (and runners), several crawlers and a couple who are so close to take off.

Being mobile has allowed us to spend more time out of the classroom, playing with Chickadees in the kitchen, Owls in the multi and outside, and exploring the center and all the excitement of the older classrooms.

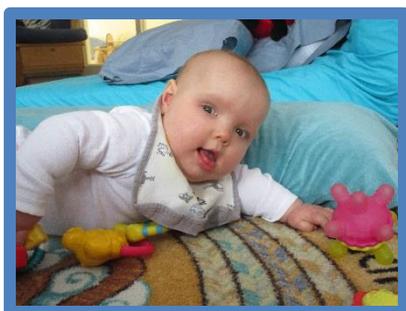
There is finally some playable snow and new shovels and sleds for winter fun. Please remember to send in snowsuits, boots, hats and mittens so we can enjoy the great outdoor space available to us.

The older Chicks are acquiring language at an astonishing rate, coming out with new words nearly every day, and becoming better able to express themselves and communicate with their teachers and their friends.

We have been making an effort to get everyone to music on Tuesdays and the children are really enjoying it! If your child is not enrolled on Tuesday, feel free to come and participate. The class is from 9:15 to 9:35. We would love to see you and your kids.

On Behalf of the Chickadees Too,

Teresa





News from the Owls

Debbie Burnham,
Lead Teacher

Wendy Irwin,
Teacher

April Buchanan,
Assistant Teacher

I have been thinking about community lately. I recently went to Georgia and was totally out of my comfort zone. Down south the food is spicier, the area is busier and the language sounds different. Yet, everywhere that I went I saw signs of community. At restaurants I saw the regulars interacting with the employees, people welcomed us when we went out and help was given to those in need.

DCCCC is a community. As a center we care about each other and we work together to make sure our program is the best that it can be. We reach out to each other for help and offer advice when necessary. We get to know each other's hobbies and hear stories from home.

The Owl Room is also a community. The children learn to care for each other and to work together. We guide them so they will develop empathy. We teach them to share and take turns. We help them to understand their friends so that they can interact on a positive level.

On a daily basis we introduce letters, numbers, shapes and books. We offer games and art materials. But for toddlers, learning to become part of the larger community is a most important skill. When social and emotional development occurs children develop a sense of confidence. They achieve the ability to have good relationships with others. They are able to identify, understand and express emotions in a healthy way. William Hartup, President of International Society for the Study of Behavioral Development states, "The single best childhood predictor of adult adaptation is not school grades, and not classroom behavior, but rather, the adequacy with which the child gets along with other children."

We have a big job to do! Wendy, April and I plan for activities, but also use opportunities that occur naturally to guide each child. We acknowledge feelings and frustrations. We give children words so they can express themselves and we model the behavior that we strive for.

You can help your toddler by having familiar routines - "two books and then bed," setting limits - "five more minutes and then we eat supper" , giving choices - "you can wear the red or blue pants today", and standing by your decisions - "time to

leave for school." Raising toddlers is hard work for us all. We want you to feel that we are part of your community. We love when you share stories from home. We are honored when you ask for our advice! We appreciate the feedback we get from you about our program. We thank you for sharing your children with us.

Thank you for being a part of our community!

Fondly,

Debbie, Wendy and April



News from the Hedgehogs

Jennifer Sprague,
Lead Teacher

Jenn Boudro,
Teacher

Anna Fuller,
Assistant Teacher

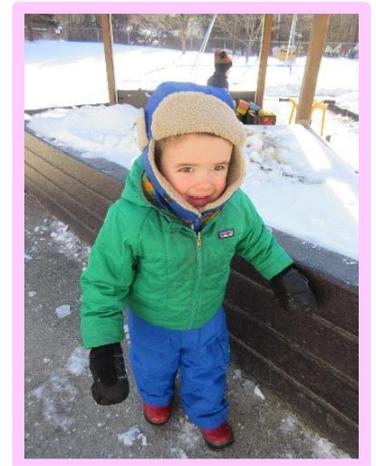
The Hedgehogs sure have settled right back into their routines after our winter break. We all have been busy doing all the activities on our January calendar. We have been making snow people, going on a winter wonderland walk, brushing our teeth on toothbrush day, coloring on snow inside, doing some snow people bowling, and growing grass in the greenhouse!

The Hedgehogs have been becoming very independent and wanting to do things on their own. They have been rolling up their sleeves to wash hands, putting the toy they are playing with away before going on to another

activity, packing up their lunch when done eating, and they have been practicing putting on and taking off their own snow gear for outside time. They have been zipping and unzipping their jackets and snow pants, flipping their jacket over their head, putting on their own hat, and helping to put their thumbs in their mittens. When they are done taking off their own things they are putting them into their own cubby. They are always so proud when they complete a task on their own and we give them a big hooray!!!

Coming up in February we will be doing some Valentine's activities and talking about who we love. We will have a Hedgehog Post Office set up in the classroom. Hedgehogs will be able to write letters to friends and send them using mailboxes. I bet you will be hearing a lot about the alphabet! We will also welcome Emerson back in February. He returns from his trip on the 22nd. The Hedgehogs have been missing him!





News from the Otters

Susan Quimby Young,
Lead Teacher

Joel King,
Teacher

Jen Murphy,
Assistant Teacher

We have had a great month of January!! While I have really missed a few big snow storms (and I am SURE we'll get more snow soon!!) , it has been fun for the kids to be able walk pretty easily out in the field and woods. Almost every day children ask if we can go for a walk or hike and we try to oblige whenever possible. We've been sliding on our bottoms, backs and tummies. There has been days of great crust to slide on and some of more crunchy snow to walk on. We've explored the community gardens and found mouse or vole trails. Deer footprints are always of interest and kids like to poke at them with sticks! With a light breeze blowing kids threw milkweed fuzzies in the wind and wondered where they'd land and someday grow. We've already checked out the pussy willow tree down in the gully by the bumpy bridge and will keep an eye on that as the next few months go by. Kids love to holler in the culvert under the bottom of the driveway and listen to the echoing sounds that come when we yell into the long tunnel. We've seen where deer are chewing off branches by seeing where so many tracks are as well as evidence of nibbled branches.



We are very much looking forward to Liz sharing her ice fishing skills with the group!! Heyyy.. she even goes to ice fishing tournaments so is our resident expert. We are in hopes of drilling a hole with her auger in the small pond up by the rugby house (about 9" in diameter) and letting her show up how it's done. I think a winter picnic will be in order that day and will let you know when that will be happening. We are also hoping to hike down to Storrs pond on the trail behind the Ray School in the next couple of weeks. Joel has also ordered 5 pairs of snowshoes so we'll start trying those out in small groups as well. I can't wait!!!



A lot of the Otters are playing around with letters both writing and recognizing them. We have various ways of exposing children to these skills (as I'm sure you may well do at home). We often have letters out in the morning as kids work on finding

letters in their name. I bought a set of wooden Scrabble type letters precisely for this reason. We have magnet letters in a variety of sizes as well. There are several puzzles available as well as some games. Kids have been having fun rhyming. Dr. Suess books clearly illustrate rhyming and kids love these books and making silly rhymes. We have a couple of matching 2 piece puzzles that fit together if you find "hat" and "bat" or "dog" and "frog". This group has great attention spans and has enjoined these activities.

While we've always done a lot of music together, Liz has repeatedly shared with us her skills and instruments. We've used drums and guitars, shakers and bells in a variety of ways to a variety of music. I've worked with the group with "echoing" you sing what I sing. A couple of classics are from a Kindermusik CD I have. One is about donkeys and repeating after the woman singing on the CD. That moves into "Sweetly Sings the Donkey" which is a quiet rocking song. Kids often pair up with each other and slowly rock back and forth. The other is called "Oopsy Daisy" which starts with echoing and moves into a circle dance. Arms go up and down and we work on staying in a circle holding hands (without pulling our friends down!) as we dance in a circle. It's been a blast.

Please continue to check your child's cubby to be sure snow boots and snow pants are there daily. I know sometimes they go home and may not make it back the next day. Pants, socks and underwear also seem to just plain disappear!! Thanks.

We are planning family conferences for February and March and will be in touch to set up convenient times to meet. Please email me with any questions or concerns you may have.

Happy Winter!

Susan for the Otter room



News from the Badgers

Terri Hollis,
Lead Teacher

Miranda Arruda,
Teacher

Valerie Stefani,
Assistant Teacher

Hello Badger Families,

Oh so much to share! I would like to start off by asking if you all have noticed (like teachers have) just how much your children have grown.

This is especially true in the area of self-help skills and independence.



Past	Present
*"I can't do it, I need you to..."	* Trying before asking, and some getting fully dressed, including zippers, hats, and mittens.
*" Will you write my name on my project?"	*All are printing letters of their name, some printing entire name.
*Going Zoo-like between transitions	*Self-regulating, making quiet choices, or finding activities, waiting for next step, and showing patience.
*Wiggle waggle, wiggle waggle	*At Circle or gatherings they are showing a real interest, contributing, turn taking, asking thoughtful questions, participating.
* "That's all mine, you can't have it."	*"You can have some of mine."
*"Nope, there is only one way to play and that's my way."	*"Hey, I know we can both play that way."

<p>*"I grabbed it because it is my turn."</p>	<p>*"Can I have a turn when you're finished?"</p> <p><u>An overall better understanding of how to problem solve in a social setting with peers.</u></p>
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As mentioned by Valerie's amazing notes home we have really loved indulging in activities that start with a featured book. The last time around we did a lot of very cool experiments involving water. Your children are such good cheerleaders during this process. At one point I had explained that experiments do not always turn out the way we hope, or the way we think they might. Sure enough one of the first times I was conducting an experiment, it failed... or did it? The colors were supposed to layer creating a layered rainbow. I gathered honey, water, oil, and water and poured them into the container. It was really obvious they were mixing. However, children clapped and cheered with excitement with each ingredient poured. So the outcome was not what was planned, but your children really enjoyed the unknown, the exposure to wonder, and the process of watching things change. For the record I did it again with them, and the layers were beautiful.



We have also done an experiment that consists of piercing a baggie full of water with pencils. Believe It or not it did not leak. Frozen vinegar cubes with baking soda powder. Making a sunken egg float by adding salt to the water. Bubble snakes were great fun. Why do things do what they do? It has been great watching your children's wondering faces.



By the time this is read we will have moved on to a different featured book. We will be doing The shape of things by Dayle Ann Dodds. We will be learning about many different types of shapes, what they are called and what types of things can be created by using them.

Lastly I feel the need to share that your children gave us warm and fuzzy goose bumps the other day when discussing Martin Luther King Day. As with anything at this age I feel it is important to expose children. Not with any expectations of going deeply, but adding to their small knowledge base. I explained in simple terms that he was a man that wanted everyone to feel safe, peaceful, and happy by the way other people were treating them. I then asked them how we could make our classroom feel that way too. They got it! Martin Luther King would have been proud. Some answers were: “No saying mean words,” “Be kind to each other,” “Say I love you.”

Until next time and moving forward peacefully,

On Behalf of the Badgers
Terri Holli

News from the Black Bears

Amy McLellan,
Lead Teacher

Barb Merchand,
Teacher

Kelly Bosma,
Assistant Teacher

Hello All!

The Black Bears have been busy these past months playing, learning, and laughing together. This year, we have explored the variety of holiday traditions represented by our Black Bear families. We learned about Dia de Muertos, Thanksgiving, Diwali, St. Nicholas Day, Hannukah, Christmas, Winter Solstice, and the job of the Tomten that lives in nature and takes care of animals. The common theme throughout is good time spent with family and friends, delicious food, and light.

We love special visitors! Many moms and dads have been able to read a story, do a craft, share something interesting, or just spend time in our classroom. Whatever the reason, special visitors are always welcome in the Black Bear room!

It took a long time to arrive, and is considerably warmer than years past, but winter has brought enough snow and chilly air to allow us to enjoy lots of time sledding and sliding on the big hill. We've been experimenting to see if the plastic toboggans, cardboard boxes, lunch trays, nap mats, or even a plastic kiddie pool work best!





We said, “goodbye!” and then “hello!” again to Sophia, who took a trip to China. We are looking forward to the return of Yan Ying from Taiwan, and Eleanor from California.

Happy birthday to Rena, Remi, Caroline, Rafa, Dara, Haoyi, Lily, Ian, Micah, Yan Ying, Alex! You are a “whole hand!”

Until next time,

AMY, BARB, and KELLY





This message is meant to be cut out, photocopied, and sent home with children as a resource for parents! It's also available online (in English and Spanish) at naeyc.org/tyc.

Encouraging Curiosity—

Because Inquiring Minds Want to Know!

“Why is the sky blue?”

“How does a car work?”

“Where did that plant come from?”

These are only some of the many questions that your precocious child likely asks you. It's not always easy to answer children's questions, but encouraging their curiosity is an important part of helping them grow. Here are some ways that you can encourage your child's curiosity at home.

1. Find answers together.

No doubt your preschooler asks you countless questions every day. This is a great opportunity to work together to explore and find the answers to their questions. Go to the library or search online together to get more information.

2. Ask your own questions.

Ask your child questions to see what she notices about the way her world works. Your questions will also show her how important it is to be curious—grown-ups have questions too, after all! During bath time you might ask, “Will the soap sink or float?” or during a rainstorm ask, “Where does the rainwater go when it stops raining?”

3. Read a book. After reading an interesting book, ask questions about what you read. This is another opportunity to find answers and make new discoveries.

4. Try something new. Give your child opportunities to be curious by taking him to different places, such as a museum or playground. He will naturally notice new things and may take these opportunities to ask you questions about these experiences.

5. Conduct an experiment. Watch seeds grow into plants, or bake dough and watch it turn into a loaf of bread. Notice how each changes over time, and talk about the results.

A message from your child's teacher:
