



# News From the DCCCC Office

September 2017

Jeff Robbins, Director  
Sunnie McPhetres, Assistant Director

Dawn Cote, Office Manager  
Karen Small, Administrative Assistant

## **Staff**

### Chickadee One

Ali Wachunas  
Denise Ayers  
Deserai Stone

### Chickadee Too

Teresa Hahn  
Lori Higgins  
Moya Stevens

### Owls

Debbie Burnham  
Wendy Irwin  
April Buchanan

### Hedgehogs

Jennifer Sprague  
Jenn Boudro  
Angelica Morrison

### Otters

Susan Quimby Young  
Stephanie Cummings  
Jordan Rosenzweig

### Badgers

Terri Hollis  
Miranda Arruda  
Judy Labrie

### Black Bears

Amy McLellan  
Barb Merchand  
Liz Harrington

### Floating Assistant

### Teachers

Vipasha Oza  
Kristin Cole  
Terri Crane  
Jenn Murphy



It really is a new year! New groups are forming and everyone is trying very hard to get to know one another! I'm tired and I'm not even in a classroom on a regular basis. I imagine that you are tired too! During transition time, we all tend to forget all of the things that we knew just because everything is so new. Here are a few reminders for the start of a new year:

- Label your child's clothing, each and every item.
- Keep a set of spare clothes (or two or three) in your child's cubby.
- Dress your child in layers. We'll peel them off and put them back on as the temperature dictates.
- Include a note in your child's lunch, every day, to let us know that it has passed your tree nut and peanut free inspection (notes are included near the end of this newsletter if you would like to print them out – or ask your child's teacher for some).
- Always sign in and out.
- Call to let us know if your child isn't coming for the day or will be very late.
- Let your child's teacher know when you are leaving at the end of the day and expect a report about your child's day.
- Arrive in time to be out of the building by 5:30.
- Keep older and younger siblings with you while they are in the building.
- Reinforce our rule, "The Multi closes at 5:00."

- Don't wait long before you ask your child's teacher about something that is worrying you. Talk to Sunnie or Jeff if you have concerns that can't be addressed by your child's teacher.
- Let us know when your phone number, address, place of work, income or emergency contacts have changed.
- Be prepared to give your full attention to your child and your child's teacher when you drop off or pick-up – that text might have to wait a few minutes.
- Be ready to be very tired!
- Drive very, very slowly on Reservoir Road – the Hanover Police Department works very hard to keep children safe, especially in the morning commute to school hours.
- Help with field trips when you can; don't feel guilty when you can't.
- Share your family culture and traditions with your child's class!
- Do something nice for yourself!





## From the Director

Dear Big Jeff,

I've been happy that my daughter is excited to come to school and play in her new classroom. She really seems to have bonded with her teachers. She likes having some of her old friends and some new children to play with, too. But....I heard another parent make an unsettling remark, "Wait until the honeymoon is over!" The other parent has 3 children and this is my first. What does she know that I don't?

Signed,

Happy?

Dear Happy,

You should definitely be happy. Every time your child successfully handles a new challenge, she's building life skills. For that matter, so are you!

Honeymoon period? Well, yeah, but let me back up. First, everybody is different. As you learned when your baby popped out (as my children used to say), infants come to us with innate temperaments. From birth, children have different styles of interaction and engagement with the world. When it comes to change, some eagerly seek new experiences, some go with the flow, some need a little coaching and some flat out resist anything that looks, sounds, tastes or feels differently than it did yesterday. Each way of being demonstrates strength:

Novelty seekers lead us into new experiences.

Kids who go with the flow adapt easily to new circumstances.

Kids who profit from a little extra support show a willingness to accept help.

And the resisters? They express themselves well! They put into words and actions how we all feel sometimes.

Kids handle things in their own ways. Truly there is no right way to handle life changes.

There is often a group phenomenon, though, the honeymoon. When a major change happens, like moving from one classroom to another, children may be eager and cooperative in learning new routines and following directions. It's a smart way of entering into a new situation. Adults do it all the time. I know I try to be on good behavior in new situations. I take that time to learn the social norms and the terms of

engagement. No sense in sticking my foot in my mouth on the first day, eh? Your child is learning the major life skill of adapting her behavior to the circumstances.

Eventually, sooner than later perhaps, it's time for the group to get to work and figure out the more detailed parameters and nuances of the situation. A simple rule like "Walk Inside" has numerous interpretations, for example. Does it mean all the time or some of the time? Does it mean just in the classroom or also in the hall? And is it just with my teachers or when my parents come too? As an adult, we can choose to use our Super Powers of Observation and Verbal Inquiry to determine this. Your child's Super Power at this stage is more likely to be Try It And Find Out. When children get the same reaction each time, they can be fairly sure what behavior is expected and what works. It's reassuring to know that you can always get the same response. As a side note, we should pause to thank the children who are frequent rule-breakers. They provide us with important second hand information, so we don't have to do all the experimenting ourselves.

So, when it's time to check the rules out, the honeymoon is over. Perfect! Testing the new waters is an important stage. By sometime in October, things will have sorted out and we'll be in a harmonious place, then on to the next stage!

And with that, I bestow upon you the Super Power of Patience.

Big Jeff



## Greetings From Sunnie:



Welcome to the new year! Kids are starting to realize that they are truly in a new classroom and that they are going to stay there! Let the fun begin! As Big Jeff said, the next few weeks will be a time of figuring out what the new rules will be, who will be in charge, and what the expectations will be. That means that your child may start having a difficult time saying good-bye after three weeks of pleasant partings. You may hear more reports of tricky behavior during the day. You may have children who need more attention during the evening. Don't panic! This is all quite normal and will pass if we support children during this time.

What kind of support can we give them? First and foremost is to listen – yes, even to the infants! Give them time to complain if they need to and then reassure them that you understand and that you care. Maintaining consistent rules and limits is important. Children need to know that the expectations are the same even when they are feeling a bit overwhelmed and confused by the transition.

This is also a tricky time for parents too! You had great relationships with your child's former teachers, now you have to adjust to new communication styles. You have expectations of what the classroom should look like and what activities will be offered and how much assistance is given to children. Things could be very different from one classroom to the next because the children are growing. My advice to you during this time of transition is to speak up if you have concerns. All of the DCCCC staff are here to do what is best for the children and you, their families. If you see something that you are not comfortable with or just not sure about, please speak up! It might take some time to develop new relationships but that should not stop you from saying, "I notice that..." or "Thank you so much for..." You know your child better than anyone else; we need your expertise to best help your children grow and learn!

Here's to another great year filled with new relationships, new roles, new skills achieved, and new knowledge gained! If you ever need someone with an open ear, Jeff and I are here to listen!



# Announcements / Resources

**DCCCC Will Be Closed On The Following Days:**

**-Thursday and Friday, November 23 and 24, Thanksgiving Break**

**-December 25-January 1, 2018, Winter Break**

**-Monday, April 9, 2018, In-service Training**

**-Monday, May 28, 2018, Memorial Day**

**-Wednesday, July 4, 2018, Independence Day**

**(anticipated: Monday and Tuesday, August 27 and 28, 2018, Transition Days – subject to change)**

**Save the Date**

**Friday, October 6,  
2017**

**PICTURE DAY**

Once again, Peter Swett of Doughty Falls Photography will be here to photograph children and families. Dawn will send information as we get closer to the date.

We are always amazed at the quality of Peter's photographs.

For more information about Doughty Falls Photography:

<http://www.doughtyfallsphotography.com/page2.html>

## Music With Brooke

Brooke Wilkinson will resume music lessons with us on Tuesdays starting October 3!

Brooke is a popular addition to the DCCCC program and we look forward to making, listening to and moving to music again this year.

You are always welcome to join your child's music lesson.

Check with your child's teacher for time.

If your child doesn't normally attend on Tuesdays, you are very welcome to bring and stay with them.

# HopStop Family Shows

## Hanover HopStops

- Saturdays at 11 am, September-May (no Dec)
- Seating is limited and on a first come, first served basis; doors open at 10:30 am
- Unless otherwise noted, all shows are in Alumni Hall, second floor of the Hopkins Center, 4 East Wheelock Street, Hanover, NH
- Metered parking is available on the street and paid parking is available in the Hanover Parking Garage on Lebanon Street.

## Claremont HopStops

- Saturdays at 3 pm in Sep-Nov and Mar-May
- Seating is on a first-come first-served basis; doors open at 2:30 pm
- Unless otherwise noted, all shows are at the Claremont Savings Bank Community Center, 152 South Street, Claremont, NH
- Free parking is available in the lot right next to Community Center or across the street at the middle school.
- Special thanks to our partners in Claremont, the West Claremont Center for Music and Arts and the Claremont Parks and Recreation Department. Claremont HopStops are supported by the [Hop's Community Venture Initiative](#).

## This Year's Shows



### [Antonio Rocha - HopStop Family Show](#)

Sat Oct 14 2017 - 11:00 AM in Hanover

Sat Oct 14 2017 - 3:00 PM in Claremont

Astounding animal stories from around the globe.



### [Jason Tardy - HopStop Family Show](#)

Sat Nov 18 2017 - 11:00 AM in Hanover

Sat Nov 18 2017 - 3:00 PM in Claremont

High-energy juggling.



[Tanglewood Marionettes - HopStop Family Show](#)

Sat Jan 13 2018 - 11:00 AM in Hanover  
Puppet theater troupe performs Chinese folktale.



[Middle Eastern Dance Club and Soyeya African Dance Troupe - HopStop Family Show](#)

Sat Feb 03 2018 - 11:00 AM in Hanover  
Dartmouth dance groups perform works from the Arab world and the Middle East.



[Pete's Posse with Sharon Comeau - HopStop Family Show](#)

Sat Mar 17 2018 - 11:00 AM in Hanover  
Sat Mar 17 2018 - 3:00 PM in Claremont  
Music and dance for St. Patrick's Day.



[Alissa Coates - HopStop Family Show](#)

Sat Apr 28 2018 - 11:00 AM in Hanover  
Sat Apr 28 2018 - 3:00 PM in Claremont  
Dance along to children's songs.



[World Music Percussion Ensemble - HopStop Family Show](#)

Sat May 12 2018 - 11:00 AM in Hanover  
Captivating rhythms of Africa, Cuba and everywhere in between.



[Frogtown Mountain Puppeteers - HopStop Family Show](#)

Sat May 12 2018 - 3:00 PM in Claremont

Hand-crafted puppets tell the story of a search for buried treasure.

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- Thanks to generous gifts from Hop Members, the Children's Fund of the Upper Valley of the New Hampshire Charitable Foundation and donors like you, Hanover HopStops remain free.

A helpful website for families: [www.families.naacy.org](http://www.families.naacy.org)

This site provides research-based information on children's learning that families can trust. They offer a monthly newsletter that brings highlights from the site. I have added a sample of their newsletter to the end of ours!



Dear DCCCC Families,

Welcome to the 2016-2017 school year! We will all be working hard to make this transition as smooth and safe as possible for all children. Please let us know how the transition is for your family.

In the interest of keeping this a safe place for ALL children, we would like to take this opportunity to remind you about our “no nut” policy. We are vigilant about this matter, not to make your life more difficult, but to be sure that children with allergies are safe. Remember that even the tiniest trace of tree nut/peanuts or their oils could be potentially life threatening to children with allergies. If a child who has eaten tree nut/peanut products touches a toy, playing with that toy could potentially send a child with an allergy to the emergency room. No one wants that to happen.

What you can do to help:

- When packing lunches, wash your hands thoroughly if you have made another lunch, or breakfast, that involved handling tree nuts/peanuts, tree nut butter/peanut butter, or oils from tree nuts/peanuts.

- Your child’s lunch should contain an assortment of foods that your child will eat. Foods should not contain any trace of tree nuts/peanuts or their oils.

- Check ingredients every time that you purchase a food for your child’s lunch. Manufacturers do sometimes change the plant where things are processed. If the ingredient label of a processed food says, “contains tree nuts or peanuts” or “may contain traces of tree nuts or peanuts” or “processed on machinery that also processes tree nuts or peanuts”, it is not a safe item to send to DCCCC.

- Check the ingredients on bulk items at the Co-op before you buy them for lunches.

- Ask about food from a restaurant before putting it in your child’s lunch. Be sure that peanut oil was not used when lunch food was cooked.

- If you are not sure that it is tree nut/peanut safe, don’t include it.

- You must enclose a **signed and dated note** in your child’s lunch box that lets the staff know that the lunch is safe. Attached, please find notes that can be photo copied, cut, initialed and dated to be put into lunch boxes each day.

What we will do:

- Be available to share ideas of things that your child might enjoy for lunch.

- Answer any of your questions.

- Check each lunch daily for a note.

- If there is not a note, we will attempt to contact you if time allows. If we are not sure that the lunch is safe, we will give your child a different lunch from our kitchen. Your child’s lunch will still be in the lunch box at the end of the day.

Thank you for helping to keep all children safe!

I have checked the ingredients in this lunch. It is tree nut/peanut free.



Initials: \_\_\_\_\_

I have checked the ingredients in this lunch. It is tree nut/peanut free.



Initials: \_\_\_\_\_

I have checked the ingredients in this lunch. It is tree nut/peanut free.



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Initials: \_\_\_\_\_

This monthly newsletter delivers highlights from [families.naeyc.org](http://families.naeyc.org)—research-based information on children's learning that families can trust.

### *Learning and Development*



#### [10 Ideas To Get You and Your Child Exploring Outdoors](#)

Exploring the great outdoors can be useful for summer learning and families looking to spend quality time together. Here are some activities that can be used to observe, document, and interact with nature.



#### [Museums and Libraries for Summer Fun and Learning](#)

Discover local museums and libraries where you and your child can have fun, learn new and exciting things, inspire a real love of learning, and build important skills and knowledge during the summer.



#### [7 Tips for Vegetable Gardening with Your Toddler](#)

For National Fresh Fruit and Vegetables Month, this author suggests great tips for families with small children to help tend the

[Search Programs](#)

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[Families Today](#)

[Blog](#)



garden in a fun and educational way.

[More Learning and Development](#)

## Families Today

Drs. T. Berry Brazelton and Joshua Sparrow answer questions about the meaning behind children's behavior.



### [Feeding a Quiet Child and an Active One](#)

As a child grows out of babyhood, a family's goal is for her to feed herself independently and to enjoy eating the right kind of foods to help her grow.



### [A 7-Year-Old Throws the "Fit of All Fits"](#)

*When my son throws a fit, should I lock him in his room, or would that send a bad message?*

[More Families Today](#)

## Music

Be sure to come back every month to hear a new selection of children's music—and don't miss our [growing archive of children's songs!](#)

## Find Child Care & Preschool >>



# 10

The NAEYC  
Early Childhood  
Program Standards and  
Accreditation Criteria –  
Your guide to finding a  
quality program.



[The Seed](#)  
123 Andrés



[Players' Life](#)  
Alphabet Rockers



[Sing a Summer Song](#)  
Charity and the JAMband

[More Music](#)

## *Our Learning Moments Blog*



[Five Ideas to Encourage Learning This Summer](#)

School may be out for the summer, but there are still lots of opportunities for young children to play and learn. Here are five family-friendly activities that support child development and learning during the summer.

[Read the Blog](#)