



News From the DCCCC Office

March 2014

Jeff Robbins, Director
Sunnie McPhetres, Assistant Director

Terry Chase, Administrative Assistant
Dawn Cote, Administrative Assistant

Staff

Teddy One

Debbie Burnham
Wendy Irwin
April Buchanan

Teddy Too

Ray Garcia
Lori Higgins
Denise Ayers

Pandas

Jennifer Sprague
Jenn Boudro
Teresa Hahn

Koalas

Susan Quimby Young
Joel King
Valerie Stefani

Woollies

Jo Brambles
Barb Merchand
Liz Harrington

Polars

Terri Hollis
Miranda Arruda
Kelly Bosma

Grizzlies

Brenda Metzler
Kristin Ball Cole
Rosalind Myles-Watkins

Floating Assistant

Teachers

Eileen Ruml
Terri Crane
Anna Fuller
Moya Stevens
Melissa Horrigan
Audrey Stout

Breaking News!!! The Crib Rooms are Going to Go!



DCCCC families and friends,

Get out the hard hats and the clipboards - the summer renovation project for the infant rooms is a GO!

In August, we will be changing the design of the infant area (Teddy rooms) by removing the sleeping rooms. This will bring us in line with the recommendation of the American Academy of Pediatrics and our accrediting body for the supervision of infant sleep. This will make August an exciting time of tools, workers and the creative use of space. We will be thinking carefully about how to best use our spaces for the Teddies' summer program. This will include the Teddy kitchen, the little multi and the Grizzly room. Happily, summer is a

great time to be outside and last year's infants are already toddlers, ready for new experiences.

To this end, we will sadly bid the Grizzlies good-bye on Friday, August 1 which will be the last day of the summer Grizzly program. Indeed, it will be the last day of the Grizzly program ever. In the fall, most local schools, including Hanover, will have transitioned to full-day Kindergarten, eliminating the need for our After-K program.

Teachers throughout the building have been busy designing their new programs for the fall when our use of space will be reorganized to accommodate more children under five, filling the gap left by the departing Grizzlies. **DCCCC will be closed on August 21, 22, 25, 26 to prepare for the reorganized programs, right down to moving the furniture and the toys.**

I'd be happy to field questions, as would Sunnie.

Go, team, go!

Big Jeff



From Big Jeff

Dear Big Jeff,

I blame you. More specifically, I blame the wonderful teachers who, day in and day out, let my son play, learn, and have fun in tables full of sand and/or water and/or bubbles and/or shaving cream snow... without regard for the enormous amount of work they always have cleaning up the sand/water/soap. So now that blame's taken care of, here's the problem. My little one comes home and loves to play in the dirt (just like at school!)... that surrounds our potted plants. We do not have the amazing patience and strength of character his teachers have, or we'd simply clean it up. We do not like the look of linoleum in our bedroom nor cacti in all our potted plants, though I'm seriously considering this last one. How do we let him know which behaviors are appropriate in which large plastic containers?

Ideas?

Struggling Botanist

Dear SB,

In a separate conversation your wife provided some logical instruction, "Take quick action to save the carpet." (Just saying.) Here are some suggestions that reflect basic principles of child guidance:

-Remove temptation - Move the plants for now. I've had to do this recently with puppies in the

house. I'm still not happy about it, but I'm happier than when I was watching them

chow down on the greenery. It's why that big Christmas cactus is in my office.

-Remain calm. Take a deep breath. Escalating the situation makes it harder for your child to receive the message.

-Review the rule with a clear, firm message, "Those plants are just to look at."

(Stop there. He's not listening after the first 10 words anyway.)

-Refocus: "Let's find something else for you to do."

(Help him choose something. If you turn him loose, he'll return to the last activity that had his attention.)

-Redirect to an appropriate activity (SEE BELOW). "I know an indoor way for you to be messy." (Choose something that fulfills the need to mess around.)

-Reinforce "The plants are safe in their pots and you are working right here at the kitchen table."

(This is descriptive feedback rather than evaluative. It helps your child develop internal controls rather than relying on external praise.)

-Review with your child's teachers. Their suggestions will be based on their knowledge of your real-life child.

Can you dig it?

Big Jeff

ACTIVITIES FOR MESSING AROUND INDOORS -

Here are some messy and smeary activities you can do at home that provide an opportunity for the sensory input that children crave. They are absorbing, open ended, creative and scientific. It is helpful to include cleaning up as part of the activity. If it doesn't actually help, at least it is a legitimate activity itself. Cleaning materials might include: a Dust buster, a small dust pan and whisk broom (look in the automotive section at Walmart), a small spray bottle of water and a cloth. Thanks to the DCCCC teachers who provided ideas

Water play: Fill a dishpan with a few inches of warm soapy water. Cover the kitchen table (or the floor) with a bath towel to absorb the spills. Add measuring cups, measuring spoons and other plastic containers. The same set-up works for giving the baby doll a bath, washing plastic toys or sailing boats. If you prefer, you can set your child up with a stool at the kitchen sink. Worried about getting wet? Take the shirt off!

Sand play: Perhaps you keep a gallon of clean sand for this purpose or you purchased one of the several store bought alternatives. If not, a couple of inches of cornmeal or used, dry, coffee grounds or small critter bedding material will do the trick. Add the scooping toys or make roads with small cars and trucks. For a seasonal change, bring in a little snow and provide mittens.

Other ideas:

-Use water to "paint" on construction paper. Watch the paper change color when you put water on it.

-Give your child a bit of washable paint in a flat dish, a large piece of paper, and a toy truck or plastic animals to make tracks. Cookie cutters are fun, too.

-Try magnetic letters on a cookie sheet. It isn't messy, but they can be manipulated in an infinite number of ways.

-Put a few dabs of paint in a zip lock bag and draw with your finger on the outside.

And for when you have a little more time, DCCCC staff also provided these suggestions. Most of these recipes can be refrigerated to use again. Play dough will keep at room temperature for quite a while.

No-cook play dough - You don't have to be at all exact. Try about 2 cups flour 1/2 cup water, 1/4 cup vegetable oil and a pinch of salt. Adjust as needed.

Oobleck: 2 parts cornstarch to one part water. (Be sure to read Dr. Seuss's "Bartholomew and the Oobleck")

Goop - 2 parts glue to 1 part liquid starch. (2 cups glue & 1 cup liquid starch). NOTE: this can be very sticky, use caution when using near carpet and protect clothing and hair.

Clean Mud- 2 to 3 rolls of Toilet Paper, 2 bars of grated soap, and warm/hot water. Tear papers up when mixing (with hands). You can also sub out the bar soap with liquid soap or powdered soap. Should feel like "cool whip-esque". Can be tinted with food coloring (add to the water).

Cloud Dough- Flour (2 cups) and baby oil (1/4th cup).

Finger-paint- 2 cups cornstarch, 1 cup of cold water. Stir. Add 4.5 cups of hot water, stir between each cup. Separate into cups and add food coloring & stir.

Melting Snowman Dough- Add two cups of baking soda and two tablespoons of salt. Afterwards, mix 1 tsp of liquid dish soap. Add 8 tablespoons of water and mix. Should form a ball- not too wet or too crumbly. Add more water if needed. Melt with either spraying/pouring vinegar.

Jell-O Jigglers

2-1/2 cups boiling water (Do not add cold water.)

2 pkg. (8-serving size each) JELL-O Gelatin, any flavor STIR boiling water into dry gelatin mix in large bowl at least 3 min. until completely dissolved.

Pour into 13x9-inch pan.

REFRIGERATE at least 3 hours or until firm.

DIP bottom of pan in warm water 15 sec.

Cut with cookie cutters, scissors or plastic knife.

After jiggling, eat!

Microwave play dough

Ingredients:

- 1 c flour
- 1/2 c salt
- 2 t cream of tartar
- 1 c water
- 1 T oil
- Food coloring

Directions:

- 1 Mix all dry ingredients together.
- 2 Add oil, water and food coloring.
- 3 Mix dry and wet ingredients thoroughly together.
- 4 Microwave on HIGH for 3 to 4 minutes, stirring every 30 seconds.
- 5 Let cool and knead.
- 6 Store in airtight container after cooled and when not in use.



Announcements/Opportunities and Things to Know

Working Mom's Group:

Spring is in the air – well, not really, but I'm sure by our April lunch it will be. Below are the dates for the spring lunches for the Working Mom's group so mark your calendars now and join us if you can:

Monday, April 7

Friday, May 16

Thursday, June 12

All lunches will take place at 12:00 at Ramunto's in Hanover

Those of you that have never come or not come in a while, please join us as you might just make a new friend, learn something, or at least get out of the office!

If you would like to be added to the e-mail list for future events, e-mail [Megan Sobel](#).



Snow Days

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

- WMUR TV Channel 9 and www.WMUR.com
- WCAX TV Channel 3 and www.WCAX.com, (go to weather, select school closings)

During school vacations, late openings will be decided by the Director in consultation with local authorities and will be announced in the same media as above.

Grizzlies may arrive at 9 a.m. too and pay the full day rate.

DCCCC Will Be Closed On The Following Days:

May 26, 2014 – Memorial Day

July 4, 2014 – Independence Day

August 21,22,25,26 –
Transitional days

August 1 will be the last Grizzly day - No Grizzlies in August





Wonder About Waldorf?

School Observation in Quechee: 8:15 a.m., Upper Valley Waldorf School, 80 Bluff Road. Adults tour pre-K through grade 8 classes in session. Free. Registration requested. 802-296-2496



Clay Class in Woodstock: 10 a.m.-noon, ArtisTree Community Arts Center, 1206 Route 12. Parents and children make an item to be left for glazing and firing ^ \$20 per parent-child pair, \$5 per extra person. 802-457-3500.



The Wizard of Oz in Hanover: 4 p.m., Spaulding Auditorium at Hopkins Center, \$5.

Come in costume and be eligible for door prizes! Photo ops for the kids with Dorothy and the gang!

"There's an audience for Oz wherever there's a projection machine and a screen," (*Variety*). As Dorothy, Scarecrow, Lion and the Tin Man follow the Yellow Brick Road—pursued by the Wicked Witch—you will be invited to sing along with on-screen lyrics to all your favorite songs, from "Somewhere over the Rainbow" to "If I Only Had a Brain." Don't miss this interactive theatrical film experience that combines audience participation with one of the most beloved motion pictures of all time. *D: Victor Fleming, US, 1939, 102m*



Move It Challenge

Many DCCCC staff members are participating in the *Move It Challenge* that is sweeping the Dartmouth Campus! If you wish to follow our progress, we have three teams:

- DCCCC
- Slick as Lightning
- Suzella's team

So when you see staff moving in unusual ways, you'll know why!



Chia kids!

How about that no cook, prepare the night before oatmeal and chia seeds breakfast? Thanks go to Nancy Duhaime, Dartmouth Health Coach, for bringing sample ingredients and spreading the word about the health coaching program.

“On the Go” Breakfast Recipes

Refrigerator Oatmeal and Chia seeds

- 1/4 cup uncooked old fashioned rolled oats
- 1-1/2 teaspoons dried chia seeds
- 1/3 cup low-fat milk (cow's, soy, almond, etc.)
- 1/4 cup low-fat Greek yogurt
- 2 teaspoons maple syrup (more or less to taste)
- 1/4 cup blueberries (or enough to fill jar)

In a half pint (1 cup) jar, add oats, chia seeds, milk, yogurt, and maple syrup. Put lid on jar and shake until well combined. Remove lid, add blueberries and stir until mixed throughout. Return lid to jar and refrigerate overnight or up to 2 days.

Refrigerator Chia seeds

½ cup milk (soy, cow's, almond, etc.)

½ cup plain low-fat Greek yogurt

1-2 Tablespoons maple syrup

½ teaspoon vanilla extract

2 Tablespoons chia seeds

1 cup berries

¼ cup sliced toasted almonds, walnuts or pecans, (optional)

Gently whisk the milk, yogurt, maple syrup, vanilla, extract until blended.

Whisk in the chia seeds; cover and refrigerate overnight.

The next morning, add the berries and nuts and a dash more of maple syrup to taste and enjoy!



Did you know?

- Chia seeds have more Omega 3 fatty acids than flax seed (important for heart health)
- They absorb 10 times their weight in water and transform into a gel-like substance--great for athletes for maintaining hydration and helps with weight loss by making you feel full longer
- They are as high in protein as quinoa
- They are loaded with calcium, potassium, Vitamin B, and anti-oxidants
- They can be eaten whole (unlike flax seed); they don't have to be ground before adding them to food in order to digest them and benefit from their nutrients
- They have a two year shelf life, stored at room temperature.

Did you also know?

Health Coaching can help you with the changes you want to make by starting with a 30-minute coaching session. Sign up for an appointment soon.

www.dartmouthhealthcoaching.com

