



# Dartmouth College Child Care Center Newsletter

Summer 2015

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**Office:** Jeff Robbins,  
Sunnie McPhetres, Terry  
Chase, Dawn Cote

### Wandering Woodchucks

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

## Center-wide Farmers' Market Day





## From the Director

Dear Big Jeff,

We just can't seem to dispel our child's worries about Kindergarten. No matter how much we reassure her, she has a list of worries: the slide is too high, she won't know what line to be in, the big kids will make fun of her and more. She's even worried that she doesn't know how to read yet, for goodness' sake. What can I say to make her feel better?

Signed,

I'm Not Worried; She Is.

-----

Dear Not Worried

I'm happy to talk about that. Children worry about all kinds of things. Since simple reassurance and logic aren't working right now, a problem solving approach might help. Although your question focused on Kindergarten, the same concerns might arise for a child transitioning from one classroom to another at DCCCC or one in the midst of most any kind of change. Here are some guidelines. The whole process may only take a few moments. If it's taking a really long time, let's talk about a different approach for you and your child.

- Listen to your child's concerns without judgment.
  - The problem may be insignificant to us or have an obvious solution, but the children are still processing the idea.
- Reflect what you hear.
  - Simply repeat the words or restate the concepts so both you and your child are sure that you are hearing the right thing.
  - Listen to what your child is trying to say, not just to the words that s/he can access at the moment.
  - Ask for clarification if you need it.
- Acknowledge the affective component.
  - Let your child know that you understand that they are feeling \_\_\_\_\_ (insert emotion, positive or negative or both)

- Ask if your child would like help coming up with a solution.
  - Don't assume that they want you to solve it. They may just need to put it out to the universe.
- If your child would like help, examine the possibilities together.
  - Ask what their ideas are.
    - Accept all ideas as valid.
  - You may add your own ideas if you don't interrupt your child's flow.
- Review the ideas.
  - Think together about which might work and why.
  - Encourage your child to pick one or two ideas to try.
  - If the ideas can take place before Kindergarten begins, try them. If not, save them.
- Ask your child if there is anything else.
- Repeat if needed. I suggest that you not repeat the cycle more than once in a sitting.
- Review the plan.
- Conclude. Express your confidence that things will work out and your pleasure that you could work together to make things better.

And then,

HERE'S THE BIG MOMENT...

Move on.

Enough is enough.

Change the subject.

Pick something else to do.

But, really, go forward.

If your child is perseverating, they have given you the gift of words and you can give them the gift of learning to let go. Letting go is a process. It takes time. Changing ideas and behaviors takes time. Be patient with your child and with yourself. This too shall pass. Go for a walk, make cookies or read a book.

The teachers and Sunnie and I are all available to help you decide how to apply these thoughts, or any others, to your child's particular situation.

Fondly,  
Big Jeff

# Information for Families

## DCCCC Will Be Closed On The Following Days:

- Monday and Tuesday, August 31 and September 1  
To prepare for the new school year
- Thursday and Friday, November 26 and 27  
Thanksgiving break
- December 24-January 1  
Winter Break

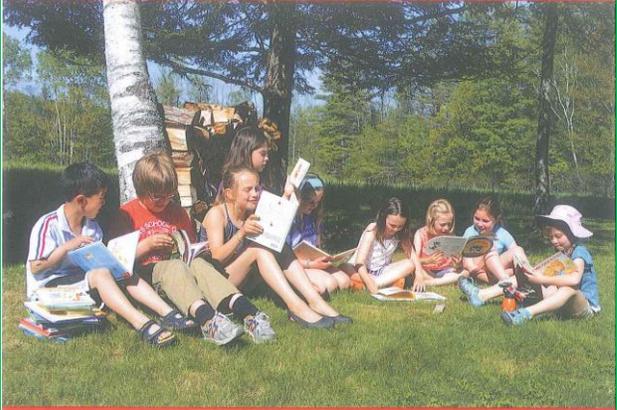
**-The first day of the 2015/2016 school year for the Ray School and our first day of new groups will be Wednesday, September 2.**

## DHMCCCC – FYI

Just a quick note of congratulations to DHMCCCC admin staff on their smooth transition to Bright Horizons management. I'm sure that changes will continue and will be in the context of stable child care for the kids and families. No changes are planned in the College contract or tuition for DHMCCCC spaces. DHMCCCC provides an important component of College child care services. Questions about the College's relationship with DHMCCCC can go directly to Jeff.



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## Thank You From Sunnie

I want to thank everyone for your caring support as I coped with the death of my husband. The outpouring of concern greatly touched my heart!

I am so grateful to work in such a caring community. Coming back to work has been a blessing to me. I'm in my familiar place, doing my familiar routines and getting Oh So Many Hugs! I couldn't ask for more than that!

YOU'RE INVITED TO ATTEND THE **5TH** ANNUAL

# **ABENAKI AND INDIGENOUS PEOPLES HONORING DAY**

**Sat. August 15, 2015 11 am-5 pm  
LYMAN POINT PARK**

(historically an Abenaki trading center and river port beside Hartford Town Hall in White River Junction)

**Wild Meat Barbecue, Corn on the Cob and Pot Luck: Noon-1:30 pm**

*Featuring  
Special New  
Guests*

**THE  
BLACK  
HAWK  
SINGERS**



They will teach us about the drum and what the songs mean. They sing songs in the Abenaki language.

*Also Featuring*

**JESSE LAROCQUE**

*Demonstrating the pounding of the Black Ash Log to make splints for making baskets*

**RHONDA BESAW**

*Internationally known Abenaki Master Beadworker will give free beading lessons*

**THE BOLES FAMILY**

*Valerie, Emily and Megan making Abenaki baskets, and Mike demonstrating ash splint making*

**JEANNE BRINK**

*Abenaki basketmaker, returning with a special program for us this year*

**NATE PERO**

*Chief of the Koasek Band of Thetford, VT will give a talk*

**DONNA AND JOHN MOODY**

*Masters of Ceremony, will speak on Local Indigenous History & Traditions*

**DAVID FAIRBANKS FORD**

*of the Main Street Museum with his display of Historic Abenaki Baskets*

**FREE & OPEN TO THE PUBLIC – CHILDREN WELCOMED – HANDICAP ACCESSIBLE  
PLEASE BRING FOOD TO SHARE WITH EVERYONE**

*SPONSORED BY: HARTFORD HISTORICAL SOCIETY, WINTER CENTER FOR INDIGENOUS TRADITIONS, HARTFORD PARKS & REC, VERMONT FISH & WILDLIFE & THE JACK & DOROTHY BYRNE FOUNDATION*

Questions? Contact Martha Knapp (802) 296-3132 or email [info@hartfordhistoricalsociety.com](mailto:info@hartfordhistoricalsociety.com)

# News from the Chickadee Ones

Michele Estes,  
Lead Teacher

Denise Ayers,  
Teacher

*"You're off to great places! Today is your day! Your mountain is waiting. So... get on your way!"*

-  
Dr. Seuss

Summer has been met with numerous changes; all wonderful, as growth = change and change = growth. First, we said our goodbyes to Forest, Skyla and Anna Mae. We miss them and their gift of individual presence they lent to our Chickadee One family, but are excited for each of their new adventures. Soon, we will see our eldest Chicks move on to become Owls! Fred, Jaeden and Hugo have been exploring their new nest most days of late. We will miss you and, therefore, are very happy that you are not too far away! With heartfelt goodbyes also come joyous hellos. Our newest Chickadees to land in our nest are Libby, Joshua & Louisa and their families - welcome!



*"Play is the highest form of research"*

-  
Albert Einstein

0-3 years of age presents non-stop explosions of development. Many of us who enter the field of Early Childhood Education tend to be 'development junkies' of sorts. Oh yes, we are very excited with all aspects of your baby/young toddler's emerging and mastered developmental milestones and make ongoing modifications to provide an environment that will augment exposure, exploration and play (repeat over and over) essential for the varying stages of physical, cognitive, social and emotional development. Though teacher initiated projects are fun, provide oodles of exploration, layers of process and product, infants and toddlers simply flourish in an environment that fosters innate play as the essential means to learning. If you have never joined us for snack or lunch, this quote from the article in the below link is a play/exploration example that may be disguised as a mere adult cleanup opportunity - *"Exploration is the heart of play, and in your child's mind any experiment counts, even hurling a bowl of cereal off the highchair tray."* **Take a read:** [Play: Why It's So Important.](#)





Reminders - Please and Thank You for the following:

- sign your child in and out each day.
- the center doors are locked at 5:30pm, please be sure that you are in and signed out no later than 5:30pm.
- provide outdoor wear appropriate for current weather conditions (raincoats, puddle boots, sun/rain hats...)
- be sure your child's closet is current with extra clothes that fit and work for fluctuating temperatures & messy fun!

Recipe

Banana Snack Muffin for Baby

*Grain free, dairy free, nut free, no added sugar*

Wishes for an amazing remainder of the summer,

Chickadee One Team

Michele, Denise, Kristin & Liz



# News from the Chickadee Toos

Teresa Hahn,  
Lead Teacher

Lori Higgins,  
Teacher

Moya Stevens,  
Assistant Teacher

It is hard for me to believe the end of another school year is coming so soon. Watching our Chickadees grow, learn and blossom into young toddlers has been so exciting. It will be difficult to say goodbye, but thankfully they will be right next door.

Parents who have children moving up to the Owls, please take time to stop by and visit at drop off or pick up. It is comforting for your child to see you excited about their new room and teachers. Debbie, Wendy and April will be welcoming and are eager to have you all there.

As this extremely warm weather is upon us, we need to remember to keep our children and ourselves well hydrated. Lots of water for one and all (try watermelon for a refreshing snack.) And please remember sunscreen and sunhats to protect delicate skin.

So who is over run with summer squash and zucchini? Try cutting it in strips, dredge in flour, dip in milk and/or beaten egg, coat with bread crumbs (I mix panko with a little parmesan cheese) and bake on a greased/baking sprayed sheet at 350 for 15 – 20 minutes. A yummy and nutritious alternative to fries.

There are a lot of new developments in our room; new crawlers, first steps and first words. It is such an exciting time for us! We are really enjoying spending time outside and exploring the world beyond the classroom.

As we prepare to say farewell to the future Owls, we are readying ourselves to welcome new friends and families to Chickadee Too.

Happy Summer,

Teresa for Chicks Too

# News from the Owls

Debbie Burnham,  
Lead Teacher

Wendy Irwin,  
Teacher

April Buchanan,  
Assistant Teacher

When we started the Owl Room last September we could not envision that the group would become this fun, wild group of toddlers. We have been through winter storms, birthdays, illnesses, sibling births and the start of potty training. We have seen major growth in social skills. Children have learned, and are still learning, to take turns, share and help their friends. Language skills have developed. Children can recite parts of books and teach you the songs that we sing. Children have learned, or are learning, how to count, know colors and even recognize the first letter of their name.

To think back to last September, we had cribs and children who still took two naps and had bottles. We had children who were not verbal and some who were new walkers. We had children who were not sure that they wanted to be here.

Now they can jump, run and boy are they LOUD!! There is laughter and group play. Children are concerned when their friends are upset and offer to help. They know the routine of our day and what jobs need to be done. They truly are ready for the next challenge.

We have loved being part of your family. Thank you for letting us be in your lives. We want to celebrate this time with you with a Family Breakfast on Wednesday, August 19 from 7:30am to 9:30am. We hope that you can join us for a sweet farewell before these “big kids” move on!

Fondly,

Debbie, Wendy and April





## News from the Hedgehogs

Jennifer Sprague,  
Lead Teacher

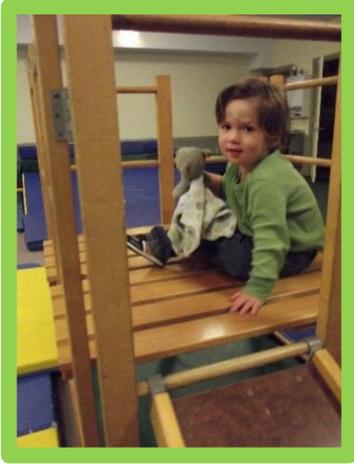
Jenn Boudro,  
Teacher

Anna Fuller,  
Assistant Teacher

Hello Hedgehog Families!  
Wow this past year has flown by! What a great year we have had together. We would like to thank all families for a wonderful year together and for coming in for all of our fun celebrations. We have taken lots and lots of pictures throughout the year. It's amazing how much they have all grown. If you would like your child's pictures from the year please bring in a flash drive/USB and we will put your child's pictures on it for you. We will be celebrating our year together during our family snack on Friday, August 28<sup>th</sup> at 4:00pm. The Hedgehogs will be making a delicious snack to enjoy and we will be showing a slideshow of pictures from the year.

Here are pictures of the Hedgehogs from last September. My how they have grown!!





## News from the Otters

Susan Quimby Young,  
Lead Teacher

Joel King,  
Teacher

Valerie Stefani,  
Assistant Teacher

Long long ago..... I believe the year was 2014 and the month was late August or early September, a group of 2 year old children and one 3 year old joined together and became a class called the Otters. Most of the children knew each other from a previous group and a few newcomers joined as the year went by. This was a happy group of Otters as they grew and learned together.

They spent lots of time outside doing so much. They used all 3 playgrounds in different ways. The Infant/Toddler playground has a great hill to run up and down and a variety of cars and trucks to drive. There is a cool playhouse at the top surrounded by sand that was the venue for some dramatic play whether it was a lawnmower house or perhaps the 3 little pigs' house. The window shutters open and close and doubled as an ice cream shop too. The Preschool playground has WATER coming from a hose that is shared by all. The sandbox is used on a daily basis with a variety of trucks, shovels, pails, a variety of different sized containers, CVP piping and diggers. These children also expanded their physical capabilities using the big climbing structure. They hung from the monkey bars and used a variety of ways to go up to the top from climbing ladders, stairs and a chain link area. One of my favorites was watching kids work so hard trying to go up the slide to get to the top. A few children made it and lots slid back down. There was lots of cheering for this particular feat! Bikes are used daily during decent weather months. They are used to transport "stuff" as well as friends. It can be hard to wait for a turn with a favored bike but the teachers are sure that all will get a turn. The other playground houses more natural elements such as gardens, wood cookies, shady trees and soft grassy areas. We as a staff are working on developing this area with an emphasis on using natural materials. Stay tuned!

HOWEVER... this group of Otters often preferred to be outside the playgrounds hiking down the paths, playing under trees, climbing trees and exploring the woods. I'll list off just some of what they enjoyed out there in the big outdoors!

- hiking to the rugby house
- exploring the community gardens
- yelling into the culvert at the end of the driveway
- finding evidence of animals that live around here such as where deer nibbled off twigs, scraped antlers against the bark of trees and of course scat.
- sliding on sleds
- sliding on bottoms and tummies
- sliding all together on big air mattresses and nap mats!!
- climbing the big snow mountains left by plows in the winter
- running around on the rugby fields

-shaking cattails that were about to blow sending their seeds off in the breeze  
-noticing vegetation that changes over the year from apple blossoms to fall foliage  
I was so happy with how much these Otters loved being out in the field or woods and asked almost daily to go for a hike. We accommodated as much as we could, with an exception in the tall grasses during tick season!

So much has developed over this last year. There has been tons of toilet training. Verbal and "negotiating" skills have bloomed. There has been robust gross motor growth. Children are recognizing some or all of the letters as well as colors and shapes. Observation skills are amazing as they often see things that we adults take for granted. Music class with Brooke was a delight and looked forward to with eagerness. This group loved books as well.

OK then..... now the hard part..... I want to thank you all for sharing your awesome kiddos with us. It has been an awesome year. It will be with tears in my eyes as I say so long to you all and your children. But it will also be with excitement as your children enter a new chapter of their life here at DCCCC. And I must say that we will see many of you in a couple/few years when your second born comes to the Otter room! Please... feel free to stop in to say hello anytime!

Oh so fondly!!

Susan for the Otter team

# News from the Badgers

Terri Hollis,  
Lead Teacher

Miranda Arruda,  
Teacher

Hello Badger Families,

.....So hard to believe that this is the last newsletter that I will be writing for you as Badger Families. It has been a long standing tradition of mine to share quotes that your children have said throughout the entire year. It is one of my favorite newsletters to share. Out of the mouth of babes is certainly true when reading these. So laugh and be puzzled by what they must have been thinking as they said the following.

- "My friend is Mommy."
- "Will you have a pickle party with me?"
- "Well that's specific.....so okay."
- "I'm not a regular guy."
- "Zero plus zero is, is, is, always a good time."
- "I brought my armor so you're okay, you're safe."
- "Sometimes he just gets in the shower and burns the cake, and that is what he does."
- "Crabs can bite your penis, and it hurts."
- "You bring magic into my life."
- "It's inside out. I need it inside in."
- "The mac and cheese has no pumpkin because we ran out, but it does have chocolate chips."
- "I think I am starting to love you."
- "My eyes were popping out I am so excited."
- "If your teeth fall out it makes you talk funny."
- "I can't eat two things at the same time, I choke if I do."
- "My mom says daddy's not the boss."
- "I'm allergic to dinner."
- "My brothers went to Disneyland when I was the size of a piece of glitter."
- "Last time when I was home sweet home I used toothpaste."
- "This garage that I built is only for Subaru's."
- "You're talking what I am talking."
- "Is it deep out?"
- "I have a bless you."
- "I just saw germs." ( as they were looking at a baby)
- "I've had enough of this week."
- "Your heart is beating really fast because you love people."
- "I'm pretty impressive huh?"
- "Oh Miranda she always does the hokey pokey."
- "Terri, do you ever rest?"
- "My kiss makes fireworks."
- "I don't want anything else to hold my breath so I am holding it."
- "I went to the doctor and got my four year old power shots."

- "Today I am happy."
- "When people play too loud it makes my eyebrows itchy."
- "I am so excited I have shivers."
- "The hugs make us be happy."
- "I'm always right."
- "Only in my house I turn into a normal person. In the classroom I don't."
- "We're Badgers we know everything."
- "I'm going to be a thief when I grow up."

Remember Teachers in the room are not the responsible parties for the content of this newsletter. I hope you enjoyed and laughed as much as the teachers did when these quotes were said to us.

Thank you so much for sharing your children!  
Lovingly  
Terri and Miranda

## **News from the Black Bears**

Amy McLellan,,  
Lead Teacher

Barb Merchand,  
Teacher

Kelly Bosma,  
Assistant Teacher

It's time to say goodbye  
Our year has come to an end.  
We've made some happy memories  
With all our preschool friends.

It's with these happy memories  
We all go out the door.  
With great hopes and expectations  
For what next year holds in store!

Dear Black Bear Families,  
Kelly, Barb, and I would like to take this opportunity to thank you for trusting us to love and care for your children this year. Whether moving to a new state, starting Kindergarten, or enjoying a new experience in Black Bears, we are all headed for our next great adventure. Hold on tight, and enjoy the ride!

The Black Bear Team  
Amy, Barb, & Kelly