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## Dartmouth College Child Care Center Newsletter

Summer 2023

#### So Happy for the Return of the D4C Bike Parade



#### From the Director



Is it really August already? It seems like yesterday that I was watching the children transition into the classrooms that they are currently in. Now I walk into the Black Bear Room and see Badgers sound asleep at rest time. I see Otters and Hedgehogs eating lunch in the Badger Room. I see Hedgehogs and Owls playing in the Otter Room. I see Chickadees and Owls making the journey to the Hedgehog room to play or just to take a peek! This is always a busy time of year for staff, children and families alike!

There can be a great deal of stress and anxiety, especially for parents! You have spent a year or more developing relationships with staff and other families and now things are getting turned topsy turvy yet again! Some of you have had the same teachers for two years and now you have to say good-bye!

You have so many questions. Will my child's next teacher love them as much as their current teacher? Will they miss friends that go into a different classroom? Are they going to the right classroom? Will I be able to hang out in the morning? Will the new teachers listen to me when I have concerns? Will I still be able to chat with my child's old teachers if I want to? Will life ever be the same? What are naps like? How do I find out all this information? I am going to miss these teachers so much – what do I do?

So many questions! Yes, this is always a big transition and one that you and your child will experience over and over again throughout life. The questions never go away! The best thing that you can do is to attend "meet and greets" if offered or set up a time to talk with a teacher in your child's new class. Our staff realize this is a process for you as well. We are more than willing to help you get through.

My biggest piece of advice for this time of year is to embrace the positive – your child is growing and learning and ready for change. Your attitude of excitement or nervousness will rub off on your child. The more positive you feel, the more positive your child will feel and the easier the transition will be! In the front foyer there are copies of a pamphlet called So Many Goodbyes: Ways to ease the transition between home and groups for young children by Janet Brown McCracken. While this does not directly address the *group to group* transition, it is a very helpful read. Feel free to take a copy from the bookshelf near the front door.

I'll leave you with a few quotes from the pamphlet:

"Good feelings are contagious! If you are genuinely enthusiastic about any upcoming change, your child will look forward to it, too." "In a high quality program, you can count on staff members to help your family during this important time. They know that every parent, and every child, adjusts different and needs time to feel at home in a new situation."

"Young children, just like adults, always feel more comfortable if they know what to expect."

"...visit the room in advance so your child can learn the way around...take a few pictures so your child can show others what their new [class] looks like."

Want to know more? Pick up a pamphlet!

My door is open to you! If you have some concerns that you want to talk through, please stop by, give me a call or send me a message. I've been through these transitions many, many times: as a parent, as a teacher and as a director. Even if you just need a place to cry – my door is usually open and I am always available via e-mail!

**Transition Dates** 

Last day of current classes: Friday, August 25, 2023 Closed for transition days: Monday, August 28, 2023 Tuesday, August 29, 2023 First day in new classes: Wednesday, August 30, 2023

#### **ANNOUNCEMENTS/EVENTS FOR FAMILIES**



## News from the Chickadee Ones

Ashley Flannery Lead Teacher

Margaret Fraser

Prajna Mohapatra



Where has the summer gone?! With just a few weeks left with many of our kiddos we would like to share what we have been up to! Since this time of year is a transition period for many children and families, we have been trying to prepare everyone to the best of our ability. We have two kiddos moving up to Hedgehogs (Miles and August) and we have four friends moving to Owls (Otto, Freddie, Violet, and Simon). The three kiddos returning to Chickadees in the Fall are Rhett, Sebastian, and Emilio along with many new faces.

A lot of time is spent preparing, allowing them to visit their new classrooms, enjoying lunch with their new teachers and transitioning on nap mats. They have all done a wonderful job and seem so ready to move up. We are here as always to make the kiddos' (and families') transitions as easy as we can.

We have spent all nice days outside playing with water and in the gardens. We have had many birthday celebrations and have also unfortunately spent many days inside due to rain. Thankfully throwing some paint and large paper out on the table is a quick, messy, and fun activity for all.

We would like to invite all families to our end of the year celebration on Wednesday August 23<sup>rd</sup> from 4:30-6:00 pm. It will be a bring your own picnic dinner event. All family members are welcome to grab a blanket, picnic dinner, and meet us here for a gathering  $\bigcirc$ 



As always, we are here if there are any questions or concerns please feel free to reach out. It has been a wonderful year having your children in our chickadee room and we can't wait to continue seeing them around the building!















### News from the Chickadee Toos

Teresa Hahn Lead Teacher

Michelle Ackerman

This is a bittersweet time of year for me. I am so impressed with the growth that has taken place in each Chickadee's life. I am so proud of them all. Now it is time for most of them to fly out of our nest, which makes me happy and sad at the same time.

Miriam will join Miles and August from Chick One in the Hedgehog room, where they will have so many fun adventures.

Sibyl, Jude, Holden, River and Vera will move up to the Owl room, where they will learn so many new things.

Teddy, Ivy and Sarah will stay with us another year and will go from being the youngest to some of the oldest!

This summer has been filled with lots of outdoor time, playing in water, sand and doing some gardening. Unfortunately, something ate all our sunflowers, so no flower house this year. We have some tomatoes, peppers and beans coming along nicely though. The children have been developing their gross motor skills with all the climbing structures offered and time spent in the big multi.

Everyone's favorite past time these days are our dance parties, we often start the morning off moving and grooving. We all have become interested in books and we spend lots of time reading. I will miss these special moments.

This Momma Chickadee will be sad to see her Chicks leave, but excited for their new adventures.





Missing them already,

Teresa



























#### News from the Owls

#### Moya Stevens Lead Teacher

Maya Lopez

Jyanna Vaughan

We can't believe that it has been a year since we began meeting the tiny Chickadees from last year, got to see them grow up and mature as Owls, and soon will say goodbye to soon-to-be Hedgehogs, Otters and one Bostonian (we will miss you, Mana!)! They have all grown so much! We hear sentences, instead of sounds, and even sing some songs ("Down By the Station" is a favorite!). We are learning to count in French with Vincent's grandmother, Nicole, and love to sing "Frere Jacques". We ask for turns, or preferences in regard to what kind of music we'd like Alexa to play. And we are beginning to potty train!

This is a very busy time, and will continue to be every year, full of buying new school supplies, meeting future new teachers, as well as making some new friends. It can be both a lot of fun as well as a little

intimidating. Know that it will be a time filled with a lot of snuggles, as your child demonstrates one of their first few transitions and their manner of dealing with such a big change. Picture yourself in their shoes, as if you were taken from one "country" to another. There will be different people, with different cultures and beliefs, along with different ways of doing things (even the soap dispensers will be different – you have to catch the soap?!). But no need to worry, as we have offered your child a version of "Babbel" replete with multiple visits to their new rooms, where they may observe how the "big kids" play with the different table activities, use the bathroom, eat their lunch and put it away, or even have the liberty to do more themselves, like reach the counter and be able to get their own water bottle themselves!

Feel free to take photos of new places (whether it be a new classroom or new city) and help your child get acquainted with the idea. Let them know that most of the day will be the same (drop-off, snack, outside time, lunch, nap, snack and pick-up time). Closer to the time, feel free to offer them items that they will be using in their new classroom, i.e. new shoes that they'll be wearing as a Hedgehog, or a new lunchbox now that they're going to be a "big" Otter, or your new membership to the Boston Aquarium. Be prepared for this change to affect sleep patterns, potty-learning and eating habits, but this normalizes as they gain confidence in their new situation.

The Owls have demonstrated such great confidence in their new rooms. They get along with their new teachers well, and even for some who are still a little nervous, we see little to no tears now. The support you have offered your child, when you go to visit in the mornings, is felt. As they see you comfortably chat with their new teachers, they feel some comfort in knowing that you trust this new person in their life.

For us teachers, what makes most of these changes easier is knowing that we will get to see your child at the fence, during Outside Time. For Jyanna, for example, as well as for some of the Owls, it'll be the first time saying goodbye after two years of being together. The first few weeks may be difficult, but they will soon pass. Week one you may see a very excited child, ready to go play in their new room. Hopefully, they'll remain this way, but also be prepared if they begin to get sad in week two. This may be because the realization of the change takes effect and because missing someone or even a place can really "hurt", and just like with many "boo-boos", we can heal this one with a little bit of patience and some TLC!

Have a wonderful new school year all, it was a pleasure to get to watch you grow!

Moya, Jyanna and Maya





















News	Hedgehog Quotes:
from the Hedgehogs	"I'm gonna scare the spiders away"
	Hedgehog holds up red drill tool and says "This is my fire drill"
Jenn Boudro Emily Courtemanche	"I snore like Hooper"
	Hedgehog sitting on the toilet "I'm on the potty train"
	"My grandma has a pullup"
	"I'm a big Hedgehog, I got STRONG legs"
	"I'm gonna be a monster too, I'm a frog!"
"Emily look out there's a scary robot coming!"	

"Abiyoyo is gone, he's disa-gone!"

"The wolves are in the dark. We can take a helicopter or a car to them."



Julian loves reading *Abiyoyo* with his peers and helping recite the words along as we read them. Out on the playground, Julian participates in our famous lawnmower races along the Owl Playground path. He likes being ahead of the group and being the first one to complete the race. After lunchtime, Julian will ask to play with his favorite puzzle: The Car Puzzle and continuously take it apart and put it back together until it's rest time. If we are outdoors, you will find Palmer on the swings! She loves spending her outdoor time on the swings and getting as many teacher pushes as she can before she is encouraged to try pumping her legs. Palmer spends lots of time playing dramatic games with her peers and pretending to care for them; whether it be preparing them a meal or reading a story before bedtime. Palmer just turned 3 and is very excited to continue growing and being able to do everything her big brother Hudson can!





Thalia is excited to be a badger next year and talks about being bigger and caring for her baby brother Arthur. Thalia loves riding bikes around the playground or participating in the lawnmower races we have on the Owl Playground. Thalia enjoys playing catch with her peers inside the classroom and trying to throw the ball from one side of the room to the other. Her favorite way to play ball is by trying to throw the ball into the kitchen sink like a basket.

Riley takes great care of our Hedgehog gardens and spends lots of time watering and weeding out on the Owl Playground. His favorite thing to look for is "Dark red tomatoes, I love to eat those!" he says as he stuffs a tomato in his mouth and squishes it between his teeth. Riley enjoys filling the 'smiley' watering can and makes multiple trips up the hill to water all the vegetable plants. Riley also enjoys climbing and experimenting with different ways of climbing up playground equipment. He likes to climb up the slide and let go as he almost reaches the top. Riley also climbs on the large waffle



blocks in the sandbox, he likes pulling his body up on top of the cube before sliding himself back down.



Rowan is a master dancer and loves jamming out to *Pump Up The Jam* with the rest of his peers. Rowan creates crazy dance moves and enjoys sharing them with the Hedgehog dancers around him. Rowan got to attend Circus Smirkus with his family and likes to tell us about the funny music and people he saw there. Rowan also spends lots of time caring for our Hedgehog gardens and helping pull the weeds out. He encourages his peers to help pull out the weeds and not the plants themselves or the green tomatoes that aren't ripe yet.

Gigi has spent a lot of time exploring the books and becoming familiar with the new stories on our bookshelf. She can be found snuggled on the couch with her friends Foxxy and Deer while deep in a story book. During group stories, Gigi will volunteer to turn the pages for us and listens along to the book. Gigi also enjoys playing catch in the classroom with her peers or teachers, she loves trying to catch the ball as it comes towards her! Out on the playgrounds, Gigi likes to climb or play on the horizontal bars. Gigi says "I'm practicing gymnastics" as she swings from the hang bar.





Elliott loves playing in the kiddie pool and using the hose to spray the Hedgehogs as they run by. He also likes to splash around by holding the side of the pool and jumping with his peers. Elliott also spends time playing in the sandbox and using the construction vehicles to scoop the sand up with their buckets. Elliott uses his excavator to dig up big holes and maneuver the sand around. Elliott also loves listening to music and dancing around with all his friends! He always has a big smile on his face while he twirls around in the group. Timothy enjoys driving the lawnmowers on the Owl Playground and racing around the gazebo with his peers. Timothy enjoys running in the middle of the pack with his friends and reaching the finish line together. Timothy also likes to pretend and mow the lawn with his lawnmower by pushing it up and down the hill repeatedly until he finished mowing the hill. Timothy also practices throwing the balls to his friends in the classroom and playing catch together.





Jonah has been a great garden helper and loves throwing weeds over the gate for his friends and teachers. He likes to wait for a bunch of weeds to pile up before he brings them to the gate and tosses them over for us! Jonah checks on the cucumbers to see how they are growing each day and comments that he was one of the Hedgehogs to plant the cucumber seeds in the garden. Jonah also enjoys climbing and using the bars on the ramp to pull himself up and practice jumping back down. He comments about how he uses his big strong muscles to climb up and not fall down.

Toni likes playing on the seesaw in the gazebo and rocking around with her peers. They take turns on who gets to sit in the middle of the seesaw and who sits on the ends. Toni enjoys playing in the kiddie pool and holding onto the sides so she can jump and see how big of a splash she can make with every jump. Toni likes to walk through the flower gardens and tries to hide from her friends in the tall flowers. She also plays on the ramp and practices climbing the bars with her peers. She enjoys climbing up and pretending to slide down the bars like a real slide.





Mattie can always be found in the kitchen, either indoors or outdoors; Mattie finds yummy things to cook up for her friends. Mattie also enjoys playing on the Owl Playground and riding on the seesaw with her peers. Mattie finds lots of books to look at and likes to read along with the familiar stories she knows. She recently started telling stories to her peers while sitting at the tables for mealtimes. "Sometimes I get excited and leave things out of my cubby. Yes, that's what my Mom said".

Svea loves playing in the kiddie pool on the front playground and splashing her feet in the water. Her favorite thing to do is slide down on her belly into the water and splash around like a penguin. Sometimes Svea gets picked up early in the afternoons to go swimming with her family and she likes telling us about swimming with Peter. As always, Svea continues to be a great caretaker of the babies in the classroom!





Blake has taken a few trips this summer and enjoys returning to school to tell all about her adventures! Blake visits her grandparents in Cape Cod, explores the zoo, and recently took a trip to New Jersey! Blake enjoys connecting play experiences with her friends to something her family has done recently on a trip and telling them a story about it all. On the Playgrounds, Blake can be found on the swings; either on her belly like a little superhero or practicing pumping her legs while sitting upright.

## News from the Otters

Josie Byam Lead Teacher

Megan Widli

The songs of September are on their way.... Can you believe it? Summer is here and already on its way out the door. During these warm and rainy months, the Otters have finished up their weekly curriculum and moved on to slight review and playing outside as much as possible. We are still continuing our daily routine and moving forward towards the Badger room goals. All of the Otters will be moving up to be Badgers at the end of August. This transition is an important step, and our goal is to make it as easy as possible. This however isn't always possible and that is where the songs of September come in to play. We always remember that it's just a transition, and the kids will settle into their new rooms soon. We start by visiting the classroom they're transitioning to, adding more time to each visit. The Otters will start to add their lunch routine into the new classroom along with their nap if time permits. Another important thing to remember during transition time is regression. The kids

moving forward may have some setbacks. Below is a list of things that you could see in your child as they move on to the next classroom.

- Frequent accidents
- Length of their naps
- Hard drop offs
- Resistance
- Avoidance
- Negotiation
- Distraction
- Full blown melt downs

This time of the year is where the kids benefit from patience and consistency the most. It typically takes about 30 days for the kids to settle in to their new classroom completely. Within those 30 days it is best to keep the same schedule and add to it gradually. Keeping classroom rules, and expectations consistent and clear by showing a visual/physical example. This allows the new kids to memorize the expectations, making them easier to understand and follow.

In the month of June, we learned about

- Bees
- Ocean
- Sea animals
- & had a spirit week.

We finished our "school year" with a bike parade and a family ice cream party. The Otters have been taking full advantage of the sunny weather we 've had as well. We all walk to the creek or enjoy water play here at the center. Megan and I are amazed at the stamina these three-year-olds have! The walk to the creek is a little over a mile away through the trail behind the center. In total on our creek days the Otters walk three miles!

Throughout the month of July, we read the BFG (The Big Friendly Giant). During the beginning of nap Megan or I would read a chapter from the book. We were amazed at how much each one of the Otters remembered from the story. We eventually put up a picture timeline of the story for the kids to read off. All the otters were able to explain what was happening, what the characters should have been doing, or why the characters did what they did in that particular moment. We even had Dawn come down from the office to hear all about the book they had just read and learn about Sophie and the BFG himself.

These Otters have taught Megan and I so much and we are so grateful to have had them in our classroom. They are one to remember! Full of energy, life and hilarious conversations. They have grown into amazing, patient, and compassionate friends who care so much about the wellbeing of others. Megan and I wish all our 2022-2023 Otters nothing but the best in the next two years at D4C.

#### So long Otters, have so much fun been big busy Badgers!



Amelia:

Amazing Mindful Elegant Lenient Insightful Accommodating

Signy:

Silly Impressive Gentle Nurturing Yellowy





#### Olive:

Outstanding Loving Inventive Vibrant Energetic

Charlie:

Chatty Handsome Adventurous Remarkable Loveable Independent Electrifying





Keisuke:

Kind-hearted Easygoing Intuitive Strong Understanding Knowledgeable Enthusiastic

Sia:

Supportive Imaginative Adaptable





Frankie:

Fiery Radiant Abundant Nifty Kinetic Inclusive Eager

Robin:

Robust Outgoing Beautifully bold Irreplaceable Nimble





Walter:

Whimsical Authentic Lionhearted Twinkly Exhilarating Refulgent

## News from the Badgers

Cat Kaschak Lead Teacher

Elizabeth Darragh

Time for this group in the Badger room is coming to a close. It's been wonderful seeing these Badgers grow. Everyone has learned so much and is ready for the next great adventure in the Black Bear's room.

The Badgers have been visiting the Black Bear room for a few weeks now and have even slept over. The change has been very exciting and the Badgers love to tell us about the fun toys and activities that they do in the Black Bear room. I'm sure the Badgers would love to give parents a tour of the Black Bear room, and introduce them to the activities, toys, and teachers.

The amount of information and skill that these badgers have gained even in these last few months is wonderful! From recognizing and

writing letters, to counting from 1 to 30, to shape and color recognition! Amazing work and focus all around. And best of all, the Badgers have learned to express themselves through stories, conversation, and art. The number of silly stories about volcanoes, oceans, planets, and firetrucks has skyrocketed! The paper is flying off the shelf with speed and artistic zeal! Our crayons have been put to great use and we love to see them.

Thank you so much Badger parents for all the support. There have been many changes throughout the year and with every change you gave your all to let the kids know that they are loved, cared for. You give them courage to embrace the various changes in the classroom. We have been so lucky to have you all in our corner and we will miss you and your children so much. Please come and drop by to say hello sometimes!































# Look How We Have Grown!

#### News from the Black Bears

Viviana Rodriguez, Lead Teacher

Anna Blair

Hannah Rowland



The Black Bears have had an awesome Summer so far and are getting very excited about kindergarten being around the corner! For some friends this feels like a scary and sad transition as they think of how much they will miss their current friends and teachers. With many visits to their new schools and reassurance that they are always welcome to come back and visit, excitement has built around this change. With this transition the current Black Bears have had the opportunity to be great role models for our upcoming kiddos that come to visit the Black Bear room every day!

We had a beautiful Black Bear Graduation on June 28th in which each child wore a graduation cap, got a diploma, a special award, a superlative poster and photo presentation of the child's best photos from the year along with a good luck message from Viviana. Then we all got to enjoy some



delicious food and drinks as we played and chatted with our teachers, friends and families. This was a great opportunity to reminisce about all the special memories shared this year and to share what we were looking forward to in the coming year.

Your Black Bears continue to enjoy the great outdoors this summer doing lots of water play activities, hosting many bike parades, hiking in the woods/picking flowers, going out for ice cream or having an ice cream party and going on two field trips to Storrs Pond to swim in the pond all day and have a beautiful picnic lunch.



We also enjoyed many fun curriculums these past couple months. We enjoyed the camping curriculum (in which we got to tell ghost stories and sleep in a jumbo class tent). How to Build a House (in which we got to make our very own blueprints and share our thoughts on our dream house) was another favorite. Our current artist/art

exploration curriculum (in which we get to try many famous art techniques) is proving to be enjoyable too.

Your Black Bears have mastered their writing skills- comfortably writing many words in upper and lower case print. We have recently shown many early reader signs so we have explored this further will lots of spelling activities using magnetic letters and identifying familiar objects around the room. We have been reading picture word card labels on common objects and identifying the letters we see used to spell the word. Your Black Bears are all very proud of their accomplishments this year and can't wait to show their new teachers what they can do!

As the year comes to an end, we plan to do each of the Black Bears favorite activities and plan to have many more Summer adventures before saying goodbye on the last day of school.

Sincerely, The Black Bear Team









#### MESSAGE IN A BACKPACK™

## Building Partnerships with Your Child's Teacher

#### Derry Koralek, Karen Nemeth, and Kelly Ramsey

Children's first and most important teachers are the family members who keep them safe and nurture their development. When a child enters an early learning program, the partnership between families and educators ensures that the experience is comforting and successful for all. In high-quality programs, leaders and teachers strive for respectful, reciprocal communication with families. They communicate clearly and regularly with families; they also seek information from families in various ways.

Here are some ways you can communicate with your child's teacher or program leader to create and maintain a great relationship.

- 1. Look for opportunities to communicate early on. Your child's first weeks at an early learning program are filled with activities. This is true whether they have attended a program for a long time or are brand-new. While there's a lot of information to take in, this is also a good time to ask questions about the program and your child's teachers. Carefully review any information the program shares—whether it's via email, on a secure website, or through papers sent home. If you have questions or need any clarification, ask.
- 2. Share information about your child. This includes their skills, preferences, interests, experiences, and needs. Update this information regularly. The more teachers understand what makes your child unique, the more they can meet their needs, encourage progress, and celebrate accomplishments every day.
- **3.** Look beyond the questionnaire. Programs often ask families to fill out a questionnaire about their children. While this is valuable, consider sharing information in additional ways. These could include videos or audio recordings of your child playing, singing a song, or having a conversation. You also might teach program staff useful and comforting words in your home language to make communication with your child easier.

- **4. Communicate information about home.** Let educators know if something unusual or stressful is happening in your child's life. This might include a move, a change in the family's typical schedule, an upsetting event, or a challenging behavior on the way to school. Likewise, share changes in your child's development or behavior, such as a new sleep pattern or a new fine or large motor ability.
- **5. Voice your questions and concerns.** You know your child best. When you have a question or concern about them or their experience in the program, reach out to program staff to talk about it.
- 6. Let teachers know how you want to communicate. Tell them which language you prefer and how you like to get information—whether it's via phone, text, email, paper, or a combination.
- 7. Be responsive. Call the program to let them know if your child will be late or absent, and respond to communication as needed.

Remember that you and your child's teachers are partners in supporting your child's early education and well-being. The more teachers know about your child, the better they can support play, learning, and development. Likewise, the more that you know about how your child is spending their day, the better you can support learning at home.

This piece is adapted from "Building a Partnership with Your Child's Teacher," by the authors, on NAEYC's For Families site, NAEYC.org/teacher-partnerships. The authors also have written *Families & Educators Together: Building Great Relationships that Support Young Children,* which was published by NAEYC in 2019.

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