



Dartmouth College Child Care Center Newsletter

Summer 2016

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

Wandering Woodchucks
Liz Harrington, Eileen
Ruml, Terri Crane, Kristin
Cole, Jenn Murphy

Summer Fun Bike Parade, MusicTime, Water Day







From the Director

Dear Big Jeff,

I swear, the first word my child learned was ‘No!’ – always rendered with an exclamation point. She’s two now and ‘No!’ is still her favorite word. I need to hear that this is a stage. She’ll grow out of it, right?

Signed
Optimist

Dear Optimist,

Yes! It’s a stage! You will probably always get more “No’s” from your child than anyone else, but you can bank on fewer of them as your toddler moves into the preschool years. All behaviors get revisited at various times throughout the life span, but this obligatory toddler negativity will wane. Let me help you look on the positive side:

- Your child has learned the power of words!
- She can speak her mind.
- She knows how she feels.
- She can communicate succinctly.
- This a great opportunity to help her develop self-regulation skills.

Does this example sound about right? You are taking a leisurely after dinner neighborhood stroll. You’re going to cross the road up ahead and you’ll want your toddler to hold your hand. You suspect it’s not going to go well. What to do?

Here are a few suggestions:

- *Take a deep centering breath. Remember, it’s a stage.
- *Think positively. Visualize your child reaching up for your hand and smiling at you. If the power of positive thinking doesn’t work, you might get a good laugh out of the idea.

*Offer a casual warning.

“Here comes the crosswalk.”

*Be relaxed. She’s watching you deciding on her next move. If you get tense, she’ll get tense.

*Don’t worry about what other people think. Everyone knows that toddlers have their own agenda

*Be matter of fact.

“We hold hands to stay safe when we cross the street. Here we go.”

*If she objects, acknowledge the underlying message. People like to be heard.

“I know. You like to do things by yourself.”

*If things escalate, acknowledge the emotional content of the message. People like to know you understand.

“You’re upset! Maybe even a little angry.”

*Don’t over talk it. She’s not going to listen to your long, drawn-out explanation of anything right now.

*Slow down. Rushing generally makes things worse.

*Use humor. Do the unexpected. Burst into a Beatles song:

“You say yes, I say no / You say stop and I say go, go, go, oh no / You say goodbye and I say hello / Hello hello.”

*Make it a game.

“Come on, grab my hand. I’ll be the mama chimp and you be the baby chimp and we’ll get across the river together so the alligators don’t get us.”

*Avoid the conflict altogether. For right now, does a pleasant evening walk need to involve crossing the street?

*Be confident, “Oh well, here we go.”

*Be calm. She can’t manage her own feelings, much less yours.

*Be firm. Some directives are optional. This one is not.

*Be patient with her. She’s doing the best she can under the circumstances.

*Be patient with yourself. You are doing the best you can under the circumstances.

Remember, it’s a stage!

Big Jeff

Dear Big Jeff,

I try to follow your advice, but it never seems to work for me. What am I doing wrong? You always seem to have the right thing to say in Dear Big Jeff

Signed

Not So Good At It

Dear Good,

Well, gee, thanks! But let me point out a few things: I'm sitting in a quiet office at my computer, I'm not exhausted from having young children at home and I'm a neutral party. Also, I have had plenty of time to collect ideas that work. And I got them all from other people! I know some of the pitfalls that I'm subject to, though. See if any of these fit and if they do, try the opposite.

1. Too many choices. Exhausting for me and the child!
2. Too many words. Nobody's listening, not even me.
3. Too many warnings. We are all waiting for me to get to the bottom line
4. Too rigid. Everybody deserves a break from me sometimes.
5. Expectations too high. I'm rushing things.
6. Expectations too low. I'm stuck in the past.
7. Failure to admit that I'm wrong. I want to be right and I want everyone to know it.

Your child's teachers is familiar with all these pitfalls because they've been there too. Plus they know your child pretty well. Ask any of us for customized suggestions.

Been There, Done That and Still Making all My Own Mistakes
Big Jeff

ANNOUNCEMENTS

DCCCC Will Be Closed On The Following Days:

**-Monday and Tuesday,
August 29 and August 30
To prepare for the new school year**

-Monday, September 5, Labor Day

**-Thursday and Friday,
November 24 and 25
Thanksgiving Break**

**-Friday December 23- Monday, January 2, 2017
Winter Break**

-One day in March 2017 for Staff In-service – TBD

-Monday, May 29, 2017 Memorial day

-Tuesday, July 4, 2017 Independence Day

-Two days at the end of August for transition prep: TBD

**Our first day of new groups for the 2016/2107 year will be Wednesday,
August 31**

Resources for Families

American Academy of Pediatrics (AAP) Introduces an Online Motor Delay Tool

AAP recently launched Physical Developmental Delays: “What to Look For” (<http://motordelay.aap.org/>), an interactive online tool, for parents of children ages 5 and under to use when they are concerned about their child’s motor development.

The tool lists physical activities by the age at which they are typically performed. If a parent is concerned that their child has not achieved a certain milestone or if there have been setbacks, parents can click on boxes included next to activity descriptions. This creates a list – with space for notes – that can be taken to the next pediatrician appointment.

Pediatricians who are approached by parents and caregivers with these concerns can refer to the AAP clinical report, Motor Delays: Early Identification and Evaluation (<http://pediatrics.aappublications.org/content/131/6/e2016.full>), which includes an algorithm to guide developmental surveillance and screening, red flags signaling a need for prompt referral and recommendations, including appropriate testing.



News from the Chickadee Ones

Ali Wachunas
Lead Teacher

Denise Ayers,
Teacher

Judy Labrie,
Assistant Teacher

My oh my, summer is flying by. The Chickadees are no longer little. They have grown so much and are becoming so independent. They have been visiting the owls and the hedge hogs as they will be moving to those rooms come September. The transition is still a work in progress but all the Chickadees will get there. We would love to keep them forever!

We have been very busy getting the Chickadees ready for this. Transition is never easy but we know the Chickadees will be good hands with the owls and the hedge hogs.

The Chickadees have gained their new lead teacher, Ali. She is so excited to have joined the team and has years' experience working with infants. We know she will be a great asset to the team.

This summer the gardens have been hurting as we have been getting visitors coming into the gardens and eating the plants. While we are not thrilled about this, the children get to see the wildlife and it is a great experience for them. The other day while we were outside the chicks got to see a mommy and baby deer. These are the moments we live for!

We just had our annual water day. This day is full of events involving water such as a car wash, water slide, watering flowers, water tables, and other events. The chickadees loved the water table with sponges and some even went down the water

slide. It was a great day full of laughter and fun for all. Of course, after the event lunch and nap was a necessity!

Happy Summer,

The Chickadee Team



News from the Chickadee Toos

Teresa Hahn,
Lead Teacher

Lori Higgins,
Teacher

Moya Stevens,
Assistant Teacher

The time has come to say so long to all our Chickadees, as they move on to their new rooms. We are very excited to see them growing up, and at the same time saddened to have to let them go. We know they will thrive with their new teachers, which is comforting.

We have had a fabulous summer thus far. The weather has been great, enabling us to spend lots of time outside. We have enjoyed long neighborhood walks, a trip to the Ray School playspace, and lots of time playing in the water. Check out the photos from the center wide water play day. The kids had a really good time participating in these activities.

The Chickadees have been spending time getting to know their new teachers and classrooms. We will extend the amount of time they visit as August progresses. Please remember to take your children through their new rooms, as it is important for them to see you relating to the teachers and classrooms. The more comfort you exhibit in these surroundings, the easier the transition for your child.

We are working on conferences so you will be hearing from us soon to set up times. The season has seemed to fly by and suddenly we are in a bit of a crunch to



get everything accomplished. Perhaps we are just having too much fun enjoying the children, and do not want to miss a minute of our remaining time together. But fear not we will get them done!

Please remember our family picnic on Thursday 8/18 from 5-6 pm. We will have both Chick 1 and Chick Toos together. It will be lots of fun. We will provide drinks and dessert. We look forward to sharing some memories of the school year and having some family fun together. Hope to see you there.

Fondly, Teresa for Chickadee Too



News from the Owls

Debbie Burnham,
Lead Teacher

Wendy Irwin,
Teacher

April Buchanan,
Assistant Teacher

Do you remember these babies?? We can hardly remember when the Owls started with us and we had cribs for some and trays at lunch! Some still had bottles and everyone had diapers.

We have come a long way during this year. Social growth has exploded with children calling to each other to join in play, waiting for turns and sharing toys. We are hearing words and even stories about their weekends. Four are now using the toilet on a regular basis. They know their jobs such as bringing their cups to the sink after eating and washing their hands when they arrive. They are willing to help with jobs in the room, washing the tables or carrying items for us. They can tell us what they

want, what song they want to sing and which book they want us to read.

We have gone on walks, painted, cuddled, built sand houses, climbed, jumped and explored for twelve months! We know their favorite toys, their favorite color and how they like to go to sleep. Your child is now ready to move on to enjoy new adventures. We will miss them being in our lives each day, but we will continue to see them mature and change in the years to come. We have fully enjoyed getting to know them and you. We do feel special to be a part of your lives.

We will give your child time to get used to their new classrooms and teachers, but then we will still stop by to say hello to them and give them a hug! Please feel free to pop in and say hello to us from time to time!

Thank you again for trusting us with your child!

Fondly,
Debbie, Wendy and April



News from the Hedgehogs

Jennifer Sprague,
Lead Teacher

Jenn Boudro,
Teacher

Anna Fuller,
Assistant Teacher

Hello Families,

The end of the Hedgehog year is almost here! I love this time of year to look back on how much everyone has grown and all that they have accomplished. Thank you to families for making this such a wonderful year for us. It was great to have so many families involved in projects, celebrations, and field trips throughout the year. We will be celebrating our year together on Friday, August 26 at 4:00pm. The Hedgehogs will make a delicious snack, put on a small performance, and we will have a slide show to watch.

I have included a few favorite group pictures from the year!



News from the Otters

Susan Quimby Young,
Lead Teacher

Megan Piersall,
Teacher

Katie Robinson,
Assistant Teacher

Wow but it is so hard to believe almost a full year has gone by since your child entered the Otter classroom. So much has happened in terms of development. Children have been practicing on so many skills as they spent time playing. One area that strikes me immediately is their gross motor development. For example, I watched children tentatively work on jumping from 1-2 foot mats, often hopping down on their bottoms and then off. Now kids are soaring off 3 foot mats, some landing on their feet and others dropping into a roll. Laughter and happy screams echo across the multi! I've watched kids work on the "climbing wall" which are the mats stacked up and children work on climbing up finding places for their feet between mats and having to work hard to pull their bodies up. I've watched Otters work together outside to roll heavy stumps to make seating or stepping arrangements. One even tried to block the woodchuck hole under the shed!! (ppssttt..... that did not deter that woodchuck

unfortunately!) One of our favorite things to do was going for hikes. It was a winter lacking in snow but we made up for it in hiking all over the fields, up to the rugby house and down the x-country ski trails. We had our favorite tree that children practiced climbing up, hanging from and just looking at and touching with it's massive branches that seemed to reach the sky. In awe, from "our tree" and the top of the hill out back, we watched school buses pull into the Ray School, garbage trucks go by, airplanes and helicopters fly overhead. We saw lots of tracks and signs of animals. Things like this were pointed out to us on a daily basis.

Children have also learned and worked on so many social skills as they played more cooperatively in so many ways. This is so often seen in our dramatic play area where pretend meals and prepared and served. Sometimes this turns into a restaurant or ice cream shop of a vegetable/farmers market. This play usually came from the children, often replaying a trip to Sturns or Molly's or from wherever they may have recently been. While we the teachers were often invited, it was sometimes indicated that it was just for the kids! Such fun!!!

Your children are visiting their classrooms that they will be in this fall. They are spending play time as well as lunch and snack times. We will be continuing this for the rest of the summer. Everyone seems excited about a new classroom and I believe it will be a smooth transition. I suggest that you stop by in the mornings to check the rooms out. Sometimes it's a good

time to visit and if not, we'll arrange another time during the day. If you would like to meet with your child's future teacher, just stop in and let them know and they will set up a meeting with you. I will be meeting with both the Badgers and Black Bears to pass along some information about your child. This will include interests, playmates, nap schedules, etc. I recommend that you speak with your child's future teachers about naps as often kids are pretty tuckered out in the beginning of the year. I know we have time limits on quite a few kids now.

I want to thank Joel, Jenn Murphy and Liz for being such great teachers in the Otter room this year. We had a blast working together. I am also so happy to have Katie and Megan finishing out the year with us. I also want to thank Jane for her commitment and daily time with us,. Most of all, I want to thank YOU for allowing us to spend this year with your child. They are an amazing group of children and I'll miss them very much!
Oh so fondly for the Otter team,
Susan





News from the Badgers

Terri Hollis,
Lead Teacher

Miranda Arruda,
Teacher

Valerie Stefani,
Assistant Teacher

W Dear Badger Families,

It was so great watching your children explore, learn, and evolve this past year. One of the Badger Teachers all-time favorite things to do was just to listen. Listen for how their world is. Listen for their perspective on how the world works, or perhaps doesn't. Your children did not disappoint on the serious, funny, and at times very sweet thoughts that came from their little mouths. I hope you are all as entertained as we were by what your children had to say this past year.

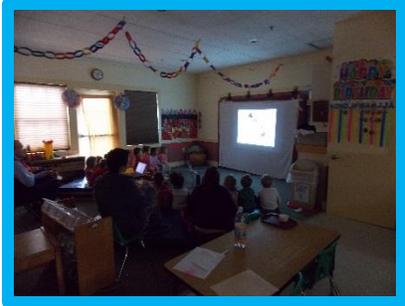
- "May I please get more opplesauce."
- We're playing Pokémon, poke!poke!"
- " I put it under the neath"
- "I don't live in New Hampshire; I live in the magical land of Vermont."
- "I sleep in mommy's arms."
- 'I pooped; it's going to the ocean."
- "I'm so right."
- "I'm going to kiss my mommy every day."
- "Can you inside this out?"
- "I have my fire button (belly button) it's for emergencies."
- "My finger fell right off." "Can I see?"
- What's after 29? "Twenty ten."
- "When I am bigger I will wear a belt, and drive lots of GMC and Chevy trucks."
- "Terri, you moved the bathroom around." (I didn't, I did move the couch)
- "I have an achoo too."
- "Now I'm going to turn my smiles on."
- "I woke up this morning and the moon was square."
- "You silly goose bump."
- "Sometimes my mom calls me her little love bug."
- "My Hungary is tummy."
- "In my house we have a rule.... No picking your nose a lot, just a little."
- "Cottage cheese comes from cottages."
- "Don't be sad, I'm your friend."
- 'You know what I'm dreaming about? Terri Hollis."
- "Want to pretend to face time."
- You're driving me nuts!.... My daddy says that."
- "I'm getting to silly now," "pity."
- "Carrots are dry logs that we eat.'
- "I've got to put my crocs on in the greenhouse because they smell so bad."
- "I live way out in the distance."
- "You're so cute; I could kiss your Badgery nose."

- "I like macaroni nice and slippery."
- "My pants look like they have stripes, but it's just the bends."
- "That's just not how life goes."
- "I pushed and wiggled and my last poop still won't come out!"
- "Miranda, you are my rubber ducky I play with in the tub."
- "My favorite thing about bodies is to touch them."
- "When I get the poop shivers, I ask my family for a poop hug."
- "Kiss me to sleep."
- "I'm going to give you two more calories of Medicine." (while playing with Dr kits)
- "Those ants are not my thing."
- "I heard footprints."
- "I will buy you groceries for your birthday."
- "My power is going to come out in two minutes."
- "I pick blue babies." (berries)
- "So I guess I will go to Grad School and learn things."

A sincere thank you for trusting and sharing with us your most important Parts of yourselves, your children!!

Sincerely
Terri & Miranda





News from the Black Bears

Amy McLellan,
Lead Teacher

Barb Merchand,
Teacher

Kelly Bosma,
Assistant Teacher

It's Time to Say Goodbye

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, or starting Kindergarten, we are all headed for our next great adventure. Hold on tight, and enjoy the ride!

The Black Bear Team

Amy, Barb, & Kelly

