



Dartmouth College Child Care Center Newsletter

July/August 2011

In This Issue:

From the Director
pg. 2

Sunnie Greetings
pg. 4

Announcements
pg. 5

Resources for
Families pg. 6

Recent Events p 10

Floats pg. 14

Teddy One pg 15

Teddy Too pg 17

Panda pg 20

Koala pg 21

Woolly pg 23

Polar pg 25

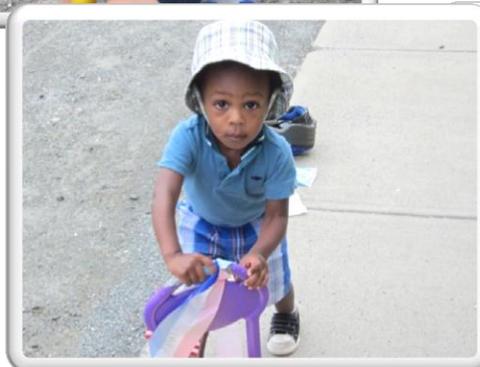
Grizzly pg 27

Letter from Jeff
pg 30

Transitions pg 31

Office: Jeff Robbins,
Sunnie McPhetres,
Terry Chase, Amy
Potter

Summer Tradition!!!!!!



From the Director

Dear Big Jeff,

Why are my children so cranky this summer?

Signed,
Trying to be Jolly

Dear Jolly,

There are a number of possibilities:

a. It's a stage

Try this: Hang tight. Stay positive. Hold to your standards for appropriate behavior. Change the subject or the activity when enough is enough.

b. They're tired.

Try this: Make sure they are getting enough rest. Staying up later and bending the schedule in the summer is great fun, but if it leaves your child too tired to cope, create a new schedule that permits enough sleep and time for quiet play.

c. Important people are missing e.g. siblings away at camp; friends and teachers are in and out for vacations.

Try this: Acknowledge the changes. Explain that friends, siblings and teachers will be back. Create as much consistency as you can. Do something fun with your child.

d. Vacation means change, however much fun it may be.

Try this: Have realistic expectations. Plan vacation experiences at a pace that your child can enjoy. Bring some comfort items from home like stuffies or favorite books and toys. Stick to a little bit of a routine. Don't forget to read stories and snuggle.

e. Not sure.

Try this: Ask your child's teacher!

Enjoy the summer. Enjoy the changes. Enjoy each other,
Big Jeff

• **Dear Big Jeff,**

My child is anxious about changing classes. She wants to be a Panda forever.

Signed, I'm Trying Not to Worry

• **Dear Worried,**

You're absolutely right. Don't worry. Your confidence in your child's capacity to make this change is paramount. Help yourself feel better by visiting the new classroom and chatting with the teachers. Learn about the fun new things your child will experience. When you are looking forward to the new experience and celebrating your child's growth, it will rub off.

Stop by and visit the classroom with your child. Take a picture to refer to later. Notice a few fun things your child will enjoy. While you are staying positive, don't ignore your child's anxiety. You might say something like, "Change can be hard. We'll miss your old teachers." Pause there for a moment. Your child may or may not comment. When you have both respected how this feels you can add positive comments like: "It will be fun to move up with (insert friend's name)," or "It will be so cool when you get to go on the big playground every morning!" or "You'll get to take your stuffie, just like in the Panda room," or "I'm going to talk with your new teacher. Is there any thing you'd like me to ask?"

This WILL be so cool,
Big Jeff

Dear Big Jeff,

What makes a good family vacation? Our plans pale in comparison with some of our friends.

Signed,
We Need a Break

Dear WNB,

I consulted a couple of experts on this topic - my grown-up children. It turns out that their fondest vacation memories aren't about that big trip to Disney World. What they remember most is getting excited before the vacation: choosing their clothes and toys for the trip and shopping for special vacation items like a new box of markers for the car and a new pail and shovel for the beach. They remember snuggling on the bed all together, looking at maps and making plans. And they remember getting to stay at the beach all day, when the other kids only got to go for a little bit. There was nary a word about all the enriching (and costly) special events we made sure to include.

There's much more to consider as you plan your vacation, like planning a reasonably regular schedule that allows for plenty of vigorous play and rest, but the experts agree: keep it simple.

Happy Trails,
Big Jeff

Greetings From Sunnie:

Another “school” year is quickly coming to a close. The older I get, the faster time passes. I remember having a conversation with my grandmother years ago about this very fact. I was quite young and didn’t believe that time could change in relativity – time is time after all. Now that I am in the second half of my first decade, I now know that my grandmother was right – time does go by faster when you are older.

This is particularly important to remember during these times of transitions. We are asking children to leave teachers who have been important to them for a large proportion of their lives. A year to me is just one fiftieth of my life – not very substantial. A year to a four year old is one quarter of their life – far more substantial. A year to a two year old is half of their life! Remembering this reminds us that we might need to give some extra support during times of transitions. As you read through the newsletter this month, you’ll find many suggestions of how to help children with this transition. Jeff has included very helpful thoughts near the end of this newsletter.

As family members, you are probably feeling the effects of the transition yourselves. You are having to say “good-bye” to teachers who have been a very important part of your lives for a year or more. You are wondering if the next class and the next group of teachers can possibly be as wonderful as what you have now. You are wondering if your children will feel a void when they move on. You are transitioning as well.

This time of year is also quite difficult for teachers! They have all formed bonds with their current charges and are sad to see them move on. They do realize that by supporting children through these transitions, they are giving them tools that they will use for the rest of their lives when they change schools, go to college, leave home, etc. Supporting the children is the real key! By supporting the children through transitions, we feel better about the transitions ourselves.

We all want to make this transition as smooth as possible so please don’t feel like you will be offending someone if you raise a concern! If you have a question – ask it. If you are worried, tell someone! We are all here to support one another!

ANNOUNCEMENTS

School Photos

Once again we will have the photographer from Doughty Falls Photography here to take pictures of children and even families!

Date: October 10, 2011

We'll send details when the time draws closer.

DCCCC Will Be Closed On The Following Days:

-August 29-30, 2011 – In-service and getting ready for the new year.

-September 5, 2011 – Labor Day

-November 24 and 25, 2011 – Thanksgiving Break

-December 23, 2010-January 2, 2011 – Winter Break

-March 19, 2011 – In-service Training Day

-May 26, 2011 – Memorial Day

-July 4, 2011 – Independence Day

Need an ID to get into the building?

If you need an ID so that you don't have to stand and wait for us to let you in, go to the Dartmouth Card Office in the basement of McNutt Hall. Their hours are M-F - 8-4:30. Bring a form of ID.

Resources for Families

Museums and Exhibits

American Precision Museum in Windsor, Robbins and Lawrence Armory, 196 Main St.: 10 a.m. to 5 p.m. A collection of the miniatures of master craftsman John Aschauer includes two working machine shops, steam power plant and a selection of other models. Free. 802-674-5781 or americanprecision.org.

Montshire Museum of Science Programs and Exhibit in Norwich, 1 Montshire Road: 10 a.m. to 5 p.m., programs include sound science, experiment with how sounds are created and how they travel, 11 a.m.; and microscopic investigations, for all ages, use microscopes to magnify items and discover there is more to see than with the naked eye, 3 p.m.; plus Robot Zoo exhibition revealing the magic of nature as a master engineer. Programs free with paid admission, \$12 for adults, \$10 for ages 2 to 17 and free for ages under 2 and members. 802-649-2200 or montshire.org.

Quilt Exhibition at Billings Farm & Museum, Route 12, Woodstock: 10 a.m. to 5 p.m. Featuring more than 50 contemporary Windsor County quilts. Exhibit continues through Sept. 25. Admission includes quilting programs, informal workshops for beginners plus activities for all ages; \$12 for adults, \$11 for ages 62 and older, \$6 for ages 5 to 15, \$3 for ages 3 and 4, free for ages 2 and under. 802-457-2355 or billingsfarm.org.

Vermont Institute of Natural Science Programs, off Route 4, Quechee: Exhibits open 10 a.m. to 5:30 p.m.; Through the eyes of raptors program at 11 a.m. and 3:30 p.m.; raptors up close program at 1:30 p.m. \$11 for adults, \$10 for ages 65 and older, \$9 for age 4 to 17, free for ages 3 and under and members. 802-359-5000 or info@vinsweb.org.

Woodstock History Center and Museum: 11 a.m. to 3 p.m., Woodstock History Center, 26 Elm St., Woodstock. Collections include art, furniture, toys, textiles and more. Rotating exhibits include "Woodstock and the Civil War," and "Two Hundred Years of Art and Fashion." \$5 for adults, free for ages 16 and under. 802-457-1822 or woodstockhistorical.org.

Lockehaven 1850s School Museum: 2 to 4 p.m., Lockehaven Road and Ibeys Street, Enfield. Learn what school was like in the mid-19th century. Free. Sponsored by Enfield Historical Society. 603-632-4965 or hgoodwin@valley.net.

Hanover Historical Society - Webster Cottage Museum. Open from Memorial Day to Columbus Day, Wednesdays and Saturdays, 2:30 to 4:30 PM
32 North Main Street, PO Box 142, Hanover, NH 03755
603-643-6529

Sugarbush Farm Woodstock, VT

August is Twin Month! 10% discount in the farm store for any twin who mentions August is Twin Month.. Visit with our twin goats Peanut Butter and Fluff as well as baby calf, rabbit, chickens and view our huge draft horses. Sample 15 kinds of cheese, 4 grades of maple syrup, walk the maple trail and enjoy a picnic in our area near the farm animals.

Directions: 591 Sugarbush Farm Rd, Woodstock Vt 05091. Scenic farm is located 6 miles outside Woodstock-the view alone is worth the ride. Leave Rt 4 at Taftsville (3 miles east of Woodstock), cross Red Covered Bridge, and head up the hill. turn Left on to Hillside road. Farm is 3 miles from the brige- follow the yellow Sugarbush signs.

Concerts In The Park

South Royalton Town Band, Concerts on the Green, South Royalton, VT.

August 4 – South Royalton Village Green, 7:30pm

August 7 – Sunday, 2:00 p.m. : **Special performance – Green Mountain Brass Band**

August 11 – South Royalton Village Green, 7:30 pm

Hartford, VT, Lyman Point Park, 6:30 pm

August 3 – Yvonne and the Reverbs ~ country

August 10 – Bow Thayer & Holy Plow ~ country folk

August 17 – Blab Pipe ~ hard rock

August 24 - Gumbo Loco ~ folk

Quechee Green Concerts, 6:30 pm

August 4 – John Lackard Blues Band ~ blues

August 11 – Panhandlers ~ Caribbean steel drums

August 18 – Dan Walker ~ country folk

August 25 – Charley Orlando ~ rock

Front Porch Music Series, Coburn Park, Lebanon, NH, 7:30pm

August 4 – Chad Hollister ~ modern rock

August 11 – The Alternate Routes ~ modern rock

August 18 - The POINT Independent Radio Concert

Other activities.

August 5, 8:30pm – 10:00pm Community Campfire, Clifford Park, W. Hartford, VT. Bring a blanket or chair and gather around the fire with family and friends to roast marshmallows, make S'mores, play games, listen to music and tell your favorite campfire story! All Ages Welcome.

*Marshmallows and S'mores provided

Tuesday Aug 9, 8:30pm – 10:00pm, Night Hike – Hartford Area. Experience the sights and sounds of nature at night! Learn about nocturnal animals and their adaptations. Learn to better use your night vision and other senses to navigate more comfortably in the dark. We will also observe the moon phases. Maanawaka Conservation Area.

*Meet at Hartford Municipal Building at 8:15 p.m.

**Wear light hiking boots or tennis shoes.*

**Bring a water bottle, light jacket and flashlight*

August 3, Horse-drawn Wagon Rides in Woodstock: 10 a.m. to 5 p.m., rides 11 a.m. to 2 p.m., Billings Farm & Museum, Route 12. ^ \$12 for adults, \$11 for ages 62 and older, \$6 for ages 5 to 15, \$3 for 3 and 4, free for ages 2 and under; admission includes all programs and activities. 802-457-2355 or billingsfarm.org.

August 4th, 6 PM, Free Show at the Upper Valley Events Center, Norwich, VT, *Community Theater*, An adaption of L. Frank Baum's "*The Wizard of OZ*". Directed by Sarah Laeuchli. Community Actors and Crew. No tickets required. Suggested donation at gate.

August 6, Newmont Military Band Concert, 6:30pm

Plan a glorious day in the country at an old-time band concert, on the lawn of the Academy! Newmont Military Band members from Vermont and NH play music from the late 19th century on antique instruments.

Directions: The Green Mountain Perkins Academy, Route 106, South Woodstock, VT
www.greenmountainperkinsacademy.org

August 10, 4:00pm, Purple Crayon presents Melissa Green, Woodstock, VT

Music for Families! Californian Artist MELISSA GREEN will be joining Purple Crayon Productions again this year for a FREE concert on Wednesday, August 10th @ 4pm. Save the date!

Directions: Purple Crayon Productions & ArtisTree Community Arts Center 1207 Route 12N (281 Barnard Rd), Mount Tom Building, Woodstock, VT 05091

Handicapped Accessible | Bus Tours Welcome | Family & Children Welcome
ts@purplecrayonproductions.org purplecrayonproductions.org (802) 457-3500

August 25. 6 PM, Upper Valley Events Center, Norwich, VT. Zak Morgan

Zak Morgan is a Grammy nominated children's performer whose songs and poems delight adults and children alike. After working as a children's entertainer at Paradise Guest Ranch in Wyoming and for the audiobook publisher Recorded Books, Inc., the Cincinnati, OH native went on to release three critically acclaimed records for children: *Bloom*, *When Bullfrogs Croak*, and his latest *The Candy Machine*. Free admission with suggested donation of \$10/family.



Recent Events at DCCCC

More From the Bike Parade

to view more pictures:

http://www.dartmouth.edu/~dcccc/special_events/bikeparade_2011.html



Abiyoyo Returns

The Grizzlies worked for weeks rehearsing this production of "Abiyoyo Returns".

Their dedication was rewarded with a very professional performance!

More pictures at:

http://www.dartmouth.edu/~dcccc/special_events/abiyo_returns.html



A Woolly Circus

The Woollies treated the rest of the center to amazing feats of daring, grace and skill. Everyone was spell bound!

for more pictures:

http://www.dartmouth.edu/~dccc/special_events/woollycircusjuly2011.html



Planting a Tree

David DiBenedetto came to show us a slide show about trees.

The children watched as David planted a small birch tree
in the hole that they had helped to dig.

more pictures:

http://www.dartmouth.edu/~dcccc/special_events/arborday2011.html



News from the Float Team

Eileen Ruml

Teresa Hahn

Gladness Msumanje

Welcome, Michele Murphy!!!

Hello my name is Michele Murphy. I was born and raised in Williston Vermont (near Burlington). I grew up in a large family, I am the second oldest of five children. I have two sisters and two brothers. My Mother always had a home daycare until we all grew up and went to kindergarten. During my childhood because I was always surrounded by children I found myself as an adult following my Mother's footsteps of teaching children.

After high school I took some time to live in New York City, right in Manhattan. I lived there for five years and was a receptionist for a busy fitness club. After my five years I decided to leave the "big city life" and move back to Vermont.

My Oldest brother got married in September 2007 and that is when I met my fiancé Ben. He is a college friend of my brothers. Ever since that day we have been inseparable. We were engaged in March the next year. Our son Isiah was born that June in Burlington Vermont, the happiest day of our lives. He just turned three this year and is exploring every aspect of life, I love watching him grow and develop each and every day. He keeps me busy and I am always so proud of his new accomplishments. My family and I enjoy hiking, camping and vacationing in North Carolina where my fiancé parents live. We are able to see them only a few times a year and are always excited to see them and spend time on the beach.

My fiancé Ben just graduated from The University of Vermont with his MBA. I am so proud of him and how well he managed going to school full time and being a full time family man. We decided as a family to move to West Lebanon New Hampshire because Ben had received a job offer in Lebanon before graduating that we just could not pass up. That is when I began my job search and found a floating Assistant teacher position at DCCCC. I applied and after driving from Vermont to New Hampshire a few times for interviews I received the exciting news to be offered a position at DCCCC. I am so happy to be part of such a wonderful staff and amazing community.

Upon leaving Vermont I was an assistant teacher in a private school called Heartworks. It provided care for children from age two years to five years. I was in the two year old class room primarily but was often asked to substitute in other class rooms in the absence of a lead teacher. The wonderful part about my position was that I had the opportunity to meet all the children and staff in the school (which is why I enjoy the floating teacher positions).

Pervious to Heartworks I have worked in licensed child care centers around Vermont with age ranges from infants to pre-kindergarten.

I just received my CDA (Child Development Associates) in Vermont. I am currently enrolled in courses at Manchester Community College where I am furthering my education and knowledge in child development. My goal is to have a Masters in child education. (Breaking news: Michele has just been hired as the Assistant Teacher in the Teddy classroom when Keri leaves. The search is on for another Floating Assistant Teacher!)



News from Teddy One

Debbie Burnham,
Lead Teacher

Wendy Irwin,
Teacher

Keri Wolfe,
Assistant Teacher

The last letter of the school year is always bittersweet. While we have been excited to see the growth in each child, we know that it will soon be time to say, "See you around," to some of our families. We truly love spending time with your children and with you. We have cuddled, sung, read books, and rocked with each member of our group, and it is hard to have a new group of teachers "take" our babies! Yet they are ready to move on and to continue with their paths of becoming independent people.

Amelia has often been our first to arrive, and she has become the room helper. She folds laundry, sets up crib rooms, and even helps Debbie get her morning coffee. She is also the first one to wear underwear. With a shared bathroom in the Koala room, she will be soon showing her friends how to use the potty! Roxana, Harper, and Guillem will be joining her there.



Roxana started using full sentences one day recently, out of the blue. She will even sing us complete songs. She enjoys her friendships here, taking the other children by the hand to dance to music.

Harper tells us stories of her recent trip to Storyland, what she has done the night before, boo-boos that never even existed, and what is going on in the room. She has much to say and loves to narrate!

Guillem has also been sharing more and more with us, and he has become very sure in telling us what he wants to do. We have enjoyed seeing his personality emerge. He also makes us laugh with his own silly words.



We have three children moving to the Panda room: Annabel, Greta, and Katharine. Annabel has been our official cuddler! She makes the rounds, getting hugs from each of us. Then she moves on to hug and kiss all of her friends. She loves to cheer up a sad friend with a few gentle pats on the back.



Greta is using a lot of new words. She even surprised us by being able to say everybody's names all of a sudden! She is very easy-going and goes

along with whatever we suggest, whether it is singing songs or going outside for water play.

Katharine tells us her needs and wants all day long, with her own signs she's made up. She will go to the gate and sign, "Eat," or point to the coloring box up on the bookshelf. Coloring has definitely become one of her newest favorite activities.

Four of our Teddies will be staying with us: Remi, Kristen, Emily, and Owen. Remi has gone to visit family for the rest of the summer, but he will return in



September.

Kirsten keeps us laughing with her antics! She screams at us when she wants something, and she loves to laugh with us throughout the day. She is starting to take steps and loves all the clapping she receives when she is successful. She will even clap for herself often!

Emily is rolling and crawling all over the room. She has big smiles for us, as well. She loves to bounce on our laps, so Debbie has been teaching her "Trot-trot to Boston."

Owen has settled right in. He cuddles and gives us sweet smiles. He will often bring us a book to read, and has greeted all of our parents and visitors throughout the day with a very friendly smile.



Our Teddies have been visiting their new classrooms as often as possible. They have even been eating lunch with their new teachers occasionally, and most of them have been very sad when they had to come back to our classroom! Please feel free to drop by their new rooms in the mornings before you bring them to the Teddies, or even at pick-up in the evenings.

We have enjoyed this year fully. Our days are truly filled with laughter and hugs...although with the occasional tears and screaming as well! But the fun times definitely outweigh the challenges, and this has been a very rewarding year. We will miss this wonderful group of kids, and all of you! Have a great rest of the summer!

Fondly,
The Teddy One Team

News from Teddy Too

Terri Crane,
Lead Teacher

Lori Higgins,
Teacher

Denise Ayres,
Assistant Teacher

. Dear Teddy Too families,

It's time to say goodbye to this group of Teddies. We will miss all of the big kids who will be moving on to the Panda and Koala rooms. The children have made amazing leaps in their growth since the fall of last year. We've enjoyed taking part in helping your child learn how to walk, run, jump, dance, sing, talk and make friends.

It went something like this:

They started with snuggling then to rolling to sitting to crawling to climbing to walking to running to jumping.

They went from crying to smiling to laughing to babbling to the first word to two or three words to repeating everything to asking questions to saying NO, MINE to singing to telling stories about the fireworks and the boat.

Every year we are surprised and amazed even though we know this is what happens we are in awe when a child does something they haven't done before. We appreciate your willingness to share them with us.

We know that summer always brings us big kids who are ready to move on and try out some new challenging adventures in their new rooms. We know that they will rise up to these new experiences and have fun. We, on the other hand, are not ready for them to move on, and will miss them terribly! Please take some time in the next month to stop in and visit your child's new classroom. Take a few minutes in the morning to walk through and allow your child to see what their new space feels like. We will also be doing many visits during the day and some may eat lunch or snacks in their new rooms as well.

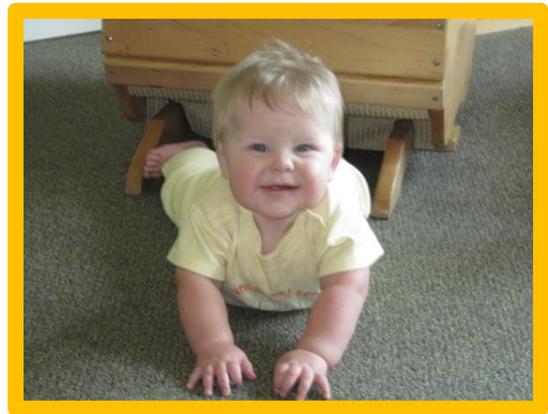


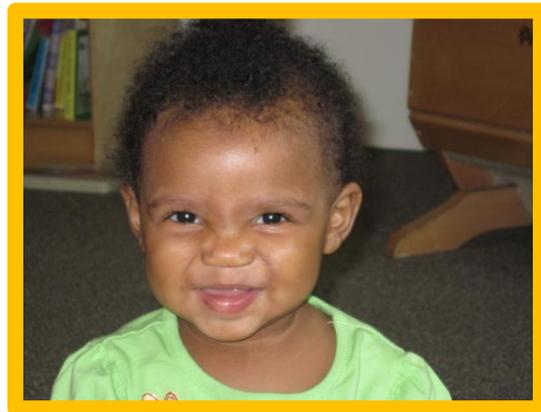
Welcome to Ravi Ramanathan and his parents Sekhar Ramanathan and Tricia Briggs.

We are happy to have Faith, Ian, Ravi, and Micah staying in the Teddy room for another year!

We wish everyone a happy transition time.

Fondly,
Terri, Lori and Denise





News from the Panda Bears

Susan Young,
Lead Teacher

Jenn Boudro,
Teacher

Angie Terino,
Assistant Teacher

I just cannot believe the year has gone by so quickly. I was just telling someone that it's mid-July already! And how your children have grown!! Every year I am amazed at the growth from 20 months to three years old. One thing that always stands out is the language development. Most are talking with complete sentences that are based on their thoughts. The kids are starting to work out conflicts as we encourage their verbalizing. Of course they often need help but hey, that's what we're here for!

Another area of developmental growth is toilet training. Everyone is sitting on the potty at all regular toileting times. We often ask "do you want to sit on the potty right now or in 2 minutes?" as children take their turn. And guess what we almost always hear back?? 2 MINUTES!! I do realize that they do not understand that "2 minute" time frame thing except that it means real soon. We always follow through and they are almost always quite agreeable. It gives them a feeling of power over this new

toileting stuff which i think is comforting to them. Anyway... we've had many successful outcomes. (no pun intended!! hee hee)

We encourage you all to enter through the greenhouse as often as you can to help your child become more familiar with that end of the building. Stop in and say hello. You can always check with the teacher to see if it's a good time to stay for a visit. If it isn't a good time, we will be arranging lots of visiting time throughout the summer. Please also contact your child's fall teacher if you'd like to sit down and chat. The Panda staff will be meeting with both the Koalas and Woollies and give them some basic information about your child towards the end of the summer.

We hope you can all make it to the end of the year afternoon snack on august 24th at 4:00.

And don't you worry.... I'm sure you'll be hearing from me before the end of the summer!

Fondly

Susan

News from the Koalas

Terri Hollis,
Lead Teacher

Bobbie Lynn Stone,
Teacher

April Buchanan
Assistant Teacher

Hello and Farewell Koala Families,

It is hard to believe that we are nearing the end of the year. It has been a year of wonderful experiences and memories in the Koala Room. One of the characteristics I love about this age group is their natural uninhibited way of expressing themselves through words. They are humorous without even trying. Here are just a few examples (Not all were appropriate to repeat!)

“I’m spanking my shadow.”

“Momma looks like Daddy.”

“Your tongue is getting sweaty.”

“Look it! (Clenching fists) That’s strong!”

“If you sit on the potty a certain way, you flush your butt!”

“My penis is leaking.”

“ Mmmmmm..... smells like yuck.”

“Did you hear me; I called you a damn-it!”

“Bobbies leaking, uh-oh.”

“Mommy cost \$45 dollars.”

“Princesses don’t have boogers.”

“The toilet needs new batteries.” (When it was not flushing)

“You’re going BADASS.”

“When I have babies they are going to suck my bookahs.”

“Cookies won’t give us poopies.”

“The soap is dirty.”

“Can I touch your feet with mine?”

“My mom had air in her tummy.”

“There is a frozen animal in my garage.”

“My mom does not like me to grow.”

“You are such a big girl; someday you will be tall like mommy and Daddy.” “Yup and then I can drink wine.”

“When I grow up I want to be a teacher.”

I hope these quotes gave all of you long lasting smiles on your faces. That is what your children gave to Koala Teachers.

THANKYOU!

Terri

Bobbie Lynn

April



News from the Woolly Bears

Deb Girdwood,
Lead Teacher

Barb Merchand,
Teacher

Moya Stevens,
Assistant Teacher

We remember each Woolly in a special way....

-Sebastian

- love of facts
- love of team sports (football, baseball, basketball)
- board games

- Noah

- imaginative play outdoors (Invents games, loves to run as fast as the wind)
- loves his stuffies
- sharing about African safari

-Wyn

- the joy and zest for life
- movin' and groovin' to the rockin' roll beat
- love of vehicles

-Henry

- loves to “boogie”
- sports – any and all
- caring for others’ feelings

-Milo

- building and constructing
- pretending to be a wild animal of the jungle, a mover and a shaker with a fun hip twist
- generously shares his toys and games from home

-Andrew D

- loves to bake, especially his chocolate zucchini bread recipe from home
- baseball and soccer
- reading books and listening to books on tape

-Ava

- joy of singing and pumping on the swing
- love of swirls and twirls and moving her fancy feet
- creative coloring and craft

-Aiden

- love of the sillies
- splish-splashin' in water, mud and sand
- inquisitive about books and life

-Elena

- pretend play: house, kitty cats, princesses, singing/dancing, little mermaid
- loves to “rock” the rocking chairs at DCCCC
- books

-Mateo

- get down and boogie – loves movement
- avid book and board game lover, has a joy of learning
- interested in ocean life

-Freddie

- passionate about sports, appreciates fast movement, is always on the go
- loves to snuggle stuffies
- board games

-Beckett

- construction guru
- exploring how things work
- building with blocks, magnatiles and racing cars

-Alex

- creates elaborate train tracks, station and community
- digging in the sand or mud
- enjoys coloring and art projects

-Rhea

- Smiling while dancing and singing during music class
- love of conversation with everyone and her interest in learning to read and write
- tricks on the outdoor climber and high bar

-Kate

- likes to share her special toys from home
- loves to build and construct with different types of materials
- analyzes life with details and humorous stories

-Andrew V

- playing in sand and water
- standing and swinging on the tire swing
- playing puppies in the multi

We appreciate all of the participation from all of our families throughout the year!

The Woolly Bear Team

News from the Polar Bears

Radoyka Garcia,
Lead Teacher

Tatyana Bills,
Teacher

Raquel Fluette,
Assistant Teacher

Hola Amigos!
(Hello Friends!)

Hoping that everyone is having a great time this summer, even with the occasional heat-wave...Wow! We're fully into water-play activities: hoses, sprinklers and kiddie-pools. We've been munching on some very tasty lettuce and cucumbers from our garden. During late June the Polars began the summer with Beach Day. We dressed for the beach all day and brought many 'beach' items and toys from home for our pool party; we danced to island music and had a picnic outside on our beach chairs and towels! The following week we had the DCCCC Bike Parade and we enjoyed decorating our bikes before riding around our driveway. Hat Day in the Polar Room was a hit! Some children wore their hats all day and others chose to make their own hats. Then we had Arbor Day and we helped dig out a hole to plant our new tree with all our friends from the center. On Arbor Day we also watched (online) the Atlantis Space Shuttle take off: this was an amazing experience. In between, we've had a variety of delicious summer snacks, including Popsicle day for the whole center!

In the classroom we have been exploring different types of painting: marble, splatter, spray, finger, water color and puffy painting. Some children have been talking about Sea Life like: whales, sharks and jellyfish. We have examined seashells and rare stones by measuring and sorting them. Lots of Polars enjoy sharing books from home and we get to read them during gatherings and talk about what we've read. We also continue singing finger-plays (some in Spanish, like: "*Mi Escuelita*," "My Little School" and a popular one, "*Un Arco-Iris*", The Rainbow Song. Some children have even shown interest in learning shapes in Spanish... they love a challenge!) Circle time games have also been very popular and we must continue the fun!

The Koalas, soon to be Polars, have begun visiting our classroom; having lunch with us or just discovering through free play and getting to know Ralph, our dove. We are very excited to have our new visitors. Our current Polars are so helpful by showing them how we do things around the room like our jobs, lunch time routine or where to find things. What a great way to make connections!

Many children are on vacation or returning from vacation or planning their vacation. Some of our current Polars will be Grizzlies (Kindergartners) in the fall and have been visiting with Karen and Kristin (Grizzly Teachers); they also had a tour of the Ray School. A few other Polars will be leaving the center to start Kindergarten at their new school at other locations. I am already missing all of these children who will not be here in the fall, but I am very confident they will love being Kindergartners!

Other Polar News...

*Tatyana just returned from a long vacation with her family in Russia: ***Welcome back!!! And thank you for our special treats; that was thoughtful.***

*Raquel left for a week to Maine on a family vacation: ***Wishing her a safe and fun trip!***

*Teresa Wang is our newest Polar and is adjusting very well! ***She just turned 4 on July 23: Happy Birthday! And Welcome to DCCCC!***

*We are so glad to we had summer subs, floats and volunteers available... we really appreciate you being in the Polar Room! ***Sophie, Parker, Heidi, Heather, Kelsey, Alexia, Mercedes, Jess, Rosalind and Michelle...*** it's a much longer list, but thanks to all of you for making things go smoother here!

I appreciate everyone's efforts throughout the center in contributing to such wonderful memories in the lives of these children and their families. With so many changes and challenges in our daily lives we somehow get through it and providing many opportunities to show our children that through the adjustment periods 'everything will fall into place,' as long as we have each other.

Looking forward to the journey of the new school year with my team, current Polar families and the new Polar families. I will miss dearly, those who are moving on to their new lives outside of DCCCC!!!

...and all my best wishes to all of you!

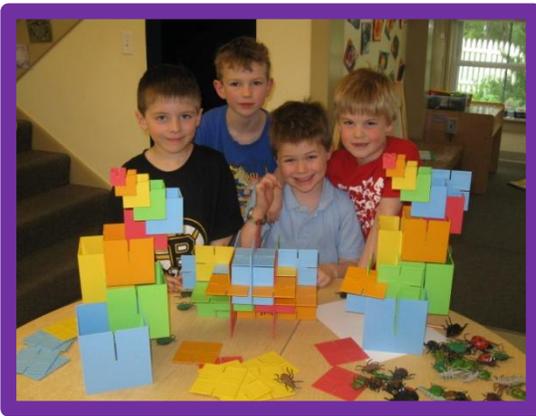
Ray

News from the Grizzlies

Karen Gray,
Lead Teacher

Kristin Ball Cole,
Teacher

Our time together is almost over- it is amazing how quickly a year passes by. Your Grizzly is about to finish his or her last few weeks at DCCCC. What a milestone...especially for those of you whose children have been with us since they were infants or toddlers. It has been a terrific year getting to know each of these children and watching them grow and develop. It's a privilege to have witnessed their many magical moments of wonder, discovery, creativity and friendships. The list of our activities and accomplishments for this year is impressive for us as a group and for each child as an individual. We have got some amazing readers, musicians, actors/actresses, athletes, acrobats, artists, scientists, mathematicians, inventors, and the list goes on... More importantly however, the children have grown in confidence, independence and in getting along with others in all kinds of situations.



teeth, who can ride a two-wheeled bike, who is smarter... Now, we are realizing and enjoying as a group that we have all been growing, learning and



changing together throughout the entire year. Grizzlies have come a long way with their willingness to try new things and really have become important members of this "community". They have worked hard on recognizing individual strengths and learning appropriate ways of using those talents to encourage and support others wanting to be able to learn the same. Rather than teasing, so much more caring and understanding has been happening and there is a great deal of teaching each other, being more patient with one another and a desire to practice in order to make improvements. It is a joy to see the children playing together for the mere pleasure of being together and having fun rather than it always coming down to a competition. We have emphasized and played many games and

As we are celebrating the birthdays of our last few Grizzly friends turning 6 (happy birthday to Adam on July 2, Ian on July 14th and Audrey on July 22nd), it isn't as much of an issue anymore of wanting to figure out who's the tallest, who's the oldest, who's



lost the most

have had ample discussions and activities to help children become more aware of cooperating, using good sportsmanship, sharing ideas and listening to one another.

Our swimming lessons this summer have been a huge success thus far and we've had great weather on these days allowing for us to remain at Storrs for a significant part of the day. We will spend the last month bringing closure to our time together. We will talk about our memories and the good times we have shared, as well as our worries and hopes for First Grade. We've begun welcoming visits from the children and families who will be in the next group of Grizzlies. The Grizzlies have shown great empathy as they greet and introduce themselves, and the room, to these younger children coming in. They have grown so comfortably and confidently in this

room and with each other that they have become teachers themselves and are quite independent. It's been wonderful watching them take these children under their wings and show them around to teach them what they feel are the important things to know in order to have fun. We wonder why they sometimes have difficulty following specific safety rules or use inappropriate behaviors because it's amazing at how quickly and easily they can recite these rules and pass them along to others!

Sadly we must say farewell to Moritz Makosch and his family as they move back to Germany the last week of July. Each "last day" brings a celebration and the excitement of things to come!

You'll be hearing from us for the 2010-2011 Grizzly Reunion this Fall!

As I work on children's goodbye books and look back at photos captivating the year together, I thought I'd share a few with you to enjoy!

On to new beginnings!
Please keep in touch,
Karen





Dear families and friends of children at DCCCC,

Our 2011-12 school year will begin at DCCCC on Wednesday, August 31. Teachers have already been preparing themselves and the children for some time now. Some children will change classrooms. Some families will leave us permanently. New children and families will be joining us. It may be helpful if I pass on some of the things we have learned from having experienced this, and other, changes many times.

Many of us, children and adults, feel ambivalent about making changes. On the one hand, we are eager for the new experience and excited about the possibilities. Children may be looking forward to changing classrooms as a benchmark in the growing up process, as they might a birthday. On the other hand, we are sad to say some of the necessary good-byes, uncertain about the details of the upcoming experience and perhaps a little anxious. Let us assure you that ambivalence is normal. It is typical for us, child and adult alike, to vacillate between forward-leaning and heel-dragging. We encourage you to honor each part of the experience in its own time. Don't skimp on the good-byes or rush through the sad moments. Help your child formulate and express his or her concerns. When your child is ready, be sure to share the excitement of getting to know new friends and having new activities and experiences.

The most important thing we can do to help the children during transitions is to be confident that the changes are, on the whole, good ones. This is a job for 'grown-ups'. If you have doubts or questions, work them out with other adults, perhaps in talking with us and with other parents. When we are sure that the experience will be positive and are in a position to take pride in the children's growth, we can empathize with their fears and model confidence at the same time. We can say things like, "I'm going to miss your teachers, too" and linger there a moment, not being in too much of a rush to say, "But I like your new teachers!" and "We'll come back to visit."

Whether changing schools or classrooms, or remaining in the same place, making transitions is work. Be patient with your child and with yourself and with us, for that matter. Expect temporary behavioral changes. New routines and caretakers may create short term changes in eating, sleeping and toileting patterns. Often children revert to an earlier stage of dependency, needing extra reassurance from you when you leave them in the morning. Sometimes children seem to burst into new levels of independence, telling you that "you may go now," perhaps even before you are ready. If I were to predict one temporary change, I would imagine that your child will be more tired than usual at the end of the day. For many children, that means being grumpy or 'impossible' in the evenings. Being part of something new always takes a little extra energy. My advice: stay calm, keep familiar routines at home and plan early meals and bedtimes.

We urge you to express your concerns and ask questions of us. Knowing that the coming and going times of the day are busy ones, call us or prearrange an informal parent conference. Your child's current teacher is your best source of information about how things are going, but old teachers, other parents and I can be helpful, too. Your child's teacher will have copies of a pamphlet on this topic, "So Many Good-byes"

So, farewell and welcome, all in the same breath,
Big Jeff

The Daily Parent

A NEWSLETTER FOR WORKING PARENTS

TRANSITIONS TO AND FROM CHILD CARE

Making Them Less Stressful

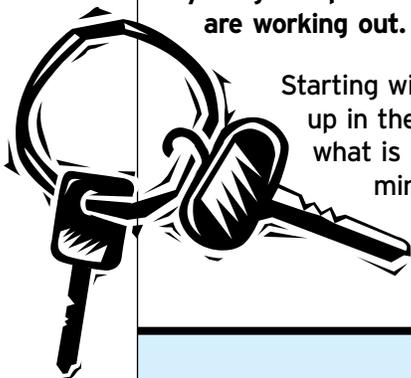
The picture in your mind has you enjoying breakfast with your child before heading calmly out to work and to child care.

The reality you face has you running late (again) as your child refuses to put on his shoes and you search for your keys.

There are strategies to make the transition to and from child care easier. Start by looking at what's happening. Then look at your behavior and look at the environment. Finally, look at your child's behavior.

Take a couple of days and don't do anything except look at how transitions are working out.

Starting with the time you get up in the morning, write down what is happening every 15 minutes. Then note what is working and what needs to change.



Date:	What's happening	Is it working? What needs to change?
7:15		
7:30		
7:45		
8:00		

Think about what the chart shows you. What can you do to prevent problems and prepare yourself and your child for transitions?

Parents have found the following strategies helpful in preventing problems:

- ▶ Give yourself five minutes of quiet before you wake up your child or start your day.
- ▶ Think about what you know about your child. What will help make the morning more pleasant? The following ideas may work for you:

In This Issue

Prepare your child for successful transitions 2
Plan for successful transitions to your child care program 3
Plan for successful transitions from child care to home 3
For More Information 4

Making Them Less Stressful

- ▶ Cover your child with an extra blanket five minutes before you wake him up.
 - ▶ Play calming music.
 - ▶ Put a glass of orange juice on your child's night stand so she can get sugar into her system right away.
 - ▶ Turn the light on in the room five minutes before waking your child.
 - ▶ If your child enjoys tickling, use that as a strategy to wake him or her in the morning. It makes waking up fun!
 - ▶ Plan to give the slow-to-wake up child three wake up calls.
 - ▶ Put happy, sad, relaxed, and tense faces on the refrigerator. Have your child point to how he feels in the morning. Point to how you feel. Use this information to give hugs or to be quiet.
- ▶ Get things ready the night before:
- ▶ Put out clothes, shoes, coats, and gloves.
 - ▶ Set up breakfast.
 - ▶ Pack backpacks.
 - ▶ Find your keys.
- ▶ Create clear and consistent rituals:
- ▶ Make a chart with pictures showing what should happen. Instead of nagging your child, point to the chart.
 - ▶ Follow "Grandma's Rule" about TV and video games. "When you get done with . . . , then you can . . . "
- ▶ Keep it simple. Use shoes without laces and pants without belts until your child is really good at tying shoes and buckling belts.
- ▶ Have a distraction bag to use in the car or while your child has to wait. Include small books, action figures, squeeze



balls, washable markers and notepads, small dolls, masking tape, stickers, small cars and trucks.

Prepare your child for successful transitions

- ▶ Children don't have the same sense of time that adults do. Five minutes can seem like nothing or an eternity. Give your child something concrete to measure the time: "After this song is over . . ." "When the timer goes off . . ." "After you sing 'Happy Birthday' twice . . ."
- ▶ Your child may not have the skills to do what you want. Preschoolers can throw a quilt over a bed, but it's hard for them to tuck in the blankets.
- ▶ Make sure your child knows how to do what you want. Instead of just saying, "Make sure the bathroom is clean," show your child how you want the bathroom to look. Then have your child show you how to hang up the towel, put the toothbrush away, and wipe the counter.

Making Them Less Stressful

- ▶ Show respect. Your child may be involved in what he or she is doing, or may have other plans about how to spend the time. Your child has to do what you need done, and you want it done pleasantly. That doesn't mean your child has to like doing it.



- ▶ Give your child responsibilities. Teach your child to get dressed, fix breakfast, and tidy up. Compliment your child when things go well.
- ▶ If you still have a problem, practice doing the tasks together with your assistance, and then leave your child to do them.
- ▶ Work with your child to plan how to solve on-going problems.

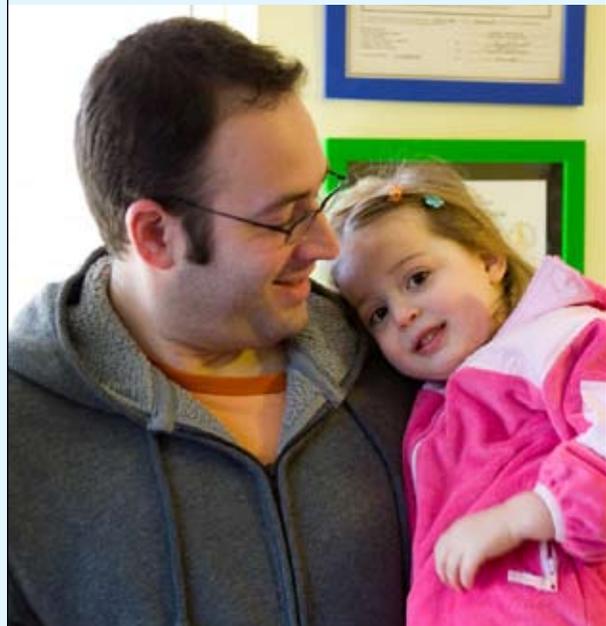
Plan for successful transitions to your child care program

- ▶ Leave your child with the same caregiver every day.
- ▶ Tell your caregiver about significant things happening at home that are important to your child.
- ▶ Plan to arrive at the child care program about the same time every day. That way your child can plan ahead and think about what will be happening when you get there.
- ▶ Have a good-bye ritual so your child knows you are leaving. Tell your child when you will be back (for example, after nap time and group play.)
- ▶ Keep your time at the child care program short. A child who knows you are going to leave can't begin to relax until you really do leave.
- ▶ Trust your child care provider to help your child settle down once you leave.

- ▶ Leave a picture, a scarf with your scent, or some other "lovey" in your child's cubby so that your child will have it when he or she needs reassurance.

Plan for successful transitions from child care to home

- ▶ Take a couple of days and don't do anything except chart how the afternoon transition is working out. Think about what the chart shows you. What can you do to prevent problems and prepare yourself and your child for the transition from child care to home?
- ▶ Take time to relax before you pick up your child.
- ▶ Try to arrive about the same time every day. Children seem to have an internal alarm clock and know when to expect you.
- ▶ Find out from your caregiver what happened during your child's day.
- ▶ Have a simple snack ready for the ride home.
- ▶ Plan to have time with your child as soon as you get home.



Making Them Less Stressful

- ▶ Some children will need 100 percent of your attention when you get home. They are charged up from being around people all day. They need to talk to unwind. Plan to give them your attention for 10 minutes and listen.
- ▶ Other children will need to have time away from everyone after a day of being in a crowd. Give them time to be by themselves when they get home. Plan to give them 10 minutes to talk with you at the end of the day.
- ▶ Give your child a nutritious snack to hold him or her over until you get dinner ready. (Think of it as part of dinner—one parent calls 5:00 p.m. “the vegetable hour.”)
- ▶ Plan calming activities for your child while you prepare dinner. Let your child help you with dinner, read, play with play-doh, play in water, color, play with a basin of rice, watch fish in a fish tank, snuggle into a beanbag chair, or listen to relaxing music.

TV and computer games can help distract children during transitions, but children may have trouble transitioning from these activities back into your world.

Encourage everyone to get enough sleep, eat well, and exercise.

For More Information

Your Local Library offers a wealth of material on how to choose books that will interest your child while you are busy.

The Daily Parent is prepared by NACCRRRA, The National Association of Child Care Resource & Referral Agencies, with funding from the Citi Foundation, New York, New York.
© 2008 NACCRRRA. All Rights Reserved. #571-1203



Citi Foundation

