



# Dartmouth College Child Care Center Newsletter

January/February 2015

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

**Wandering Woodchucks**  
Liz Harrington, Eileen  
Ruml, Kristin Cole, Terri  
Crane, Brian Goodness

## The Pajama Program

Thank you, Black Bears for organizing a collection of PJs and Books for the Pajama Program (<http://pajamaprogram.org/>)!

We had a successful collection, lots of jammie wearing kids all week, and a great bedtime story time with Big Jeff and James Burger (the Professor of Percussion).





## From the Director

Dear Big Jeff

My two year-old is just so self-centered. I'm trying to teach her that it isn't always about her, but I'm not having much luck. How do I help her to grow into a kind, generous, thoughtful person?

Signed,

Sometimes it's about ME.

Dear ME,

What a lovely question! It's one with a lovely answer. The best way to teach children to be kind and thoughtful is to BE kind and thoughtful. For example.

- Be respectful, patient, and loving to your child and to everyone else.
- Model saying “please” and “thank you”, touching gently, using your words, using a calm voice, cleaning up your messes, helping others, and sharing your things.
- Read books about feelings with positive social interactions and discuss them. Some suggestions are included in the link below.
- When people are upset, model compassion – talk about the problem and offer help.
- Model touching gently on pets and people, too.
- When harm has been done, kindly suggest ways to make things better.
- Point out kindness when you see it.
- Point out social mistakes and suggest alternatives.
- Point out your own mistakes, too. Apologize when you should.

Being a role model is a big job and not one at which we are ever perfect. When things go wrong, thoughtful people ask, "How can I help?" Once we acknowledge our own challenges and frustrations, we can move on and be the person we want our child to become.

Kindly,  
Big Jeff

This information was drawn from NAEYC for Children, Ten Tips for Raising a Compassionate Infant-Toddler by Julie Luckenbill. For more information on this topic see: [http://www.naeyc.org/yc/files/yc/file/201407/YC0714\\_Rocking\\_and\\_Rolling.pdf](http://www.naeyc.org/yc/files/yc/file/201407/YC0714_Rocking_and_Rolling.pdf)



## Greetings From Sunnie: When It's REALLY Cold Outside



It is our policy to take children outside whenever the conditions allow. You'll see lots of pictures of children outside in the snow! But what about those days (and we have had a few of them lately) when it is just too cold to take a group of kids outside? How do we decide if it is too cold and what do we do instead? Great Questions!

Each classroom makes the decision as to whether or not to go outside on a daily basis based on the following:

Is it safe?

Will it be fun and/or enriching for the kids?

If it isn't safe, we definitely do not go outside. The teachers at DCCCC know that it is expected for children to go outside daily if it is safe. But there is always that occasion when it is just cold enough to make everyone miserable when they go out so we stay inside. The age of the children also makes a big difference. The older the children the more likely they are to go outside on borderline days!



When we do stay inside on cold days, the two multis are very popular places. Children and teachers are also quite apt to visit other classrooms or combine groups in the multi. Sometimes, we even bring a bit of the outside in!

What you won't see on cold days: kids being forced to watch movies, bored children, or extra-long down time. The teachers work extra hard to be sure that the children get what they need for physical activity and stimulation!



# ANNOUNCEMENTS/RESOURCES



## **DCCCC Will Be Closed On The Following Days:**

- March 16, 2015 – In-service Training Day**
- May 25, 2015 – Memorial Day**
- July 3, 2015 – Independence Day**
- Stay tuned for our August closure dates. That will be decided when the Ray School announces their start date for 2015/2016.**

## **Snow Days**

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

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

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

## **TAX ID NUMBER**

The EIN for DCCCC is  
02-0222111  
you may need this for your income taxes

## **REMINDER**

**The Multi closes at 5:00**

In order to help families make the transition out of the building; it can be very difficult to get children to leave when they are playing in the multi, so we made a rule that the multi closes at 5:00 in order to enable everyone to exit the building by 5:30.



From [HealthyChildren.Org](http://HealthyChildren.Org)

Coming Soon to DCCCC

Updated for 2015! **Car Safety Seats: A Guide for Families**



Our top-selling Car Safety Seats: A Guide for Families helps parents make informed decisions about car seat selection and use! Included in this newly updated 40-page brochure is information on the various types of safety seats, air bags, car seat recalls, installation tips, and built-in seats offered by auto manufacturers, plus feature comparisons of more than 100 car seats!

Free in February—Our Child Health Tracker App!



Our newly updated [Child Health Tracker app](#) is free in February (regular price: \$4.99)! In addition to giving parents the power of on-demand access to their child(ren)'s health information via their smartphone, we've added valuable features such as a medication tracker module that allows parents to post medication information for each of their children, set alerts, add dosage information, and note side effects. Also included in the updated version 2.0 are a number of important medication safety articles from [HealthyChildren.org](http://HealthyChildren.org). Upgrades to the app were made possible with support from Children's Tylenol.



**Featured Article of the Month:**

**How to Protect Your Child During a Measles Outbreak**

Since December 2014, a measles outbreak that began at Disneyland in California has grown to more than 100 cases in multiple states. Most of the people who have gotten sick were not vaccinated against measles. This is a stark reminder of the importance of making sure children are fully vaccinated. This article provides answers to questions many parents have about this measles outbreak. Read the full article in [English](#) or [Spanish](#).

# News from the Chickadees

Michele Estes,  
Lead Teacher

Denise Ayers,  
Teacher

The Chickadees children and staff welcomed January 2015 with “‘greetings’ and a ‘goodbye;” with transitions and with settling into new rhythms. On January 5th, we welcomed the youngest of the Gilbert-Diamond family - 5 month old Ezra! On the same day, Our new Lead Teacher, Michele Estes, began phasing into her new role by meeting families, wonderful co-workers, each child, and simply chiming into the hum of each Chickadee day. After two weeks of learning the new baby ropes, it was time to say ‘goodbye’ to our beloved Lead Teacher, Ray, who is now off to new adventures!

## As we fly forward, we will:

- head outside when weather cooperates; please have warm outdoor head to toe clothing for your child.
- continue to head to the Multi Room most days to explore and express all Chickadee gross motor phases! LOTS of rolling, reaching, scooting, crawling, cruising & walking among our crew!
- build on developing curiosity and a bounty of skills by exploring a variety of age & developmentally appropriate tactile activities through various infant/young toddler & teacher approved mediums... Things could get very fun and messy around here!

## Reminders:

- please sign in and out your child each day
- take home daily information sheet
- check to see if your child needs extra clothes, food & diapers
- share with us if there is anything special to note about your child’s day, previous night, food changes and development in general

A wonderful 2015 Chickadee One kickoff!

~ Michele Estes, on the behalf of all Chickadee One teachers and helpers





# News from the Chickadees Too

Teresa Hahn,  
Lead Teacher

Lori Higgins,  
Teacher

Moya Stevens,  
Assistant Teacher

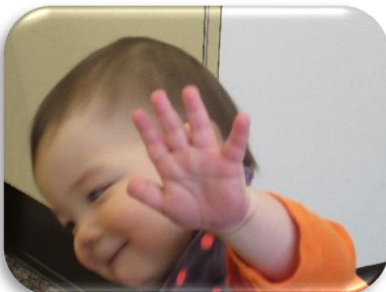
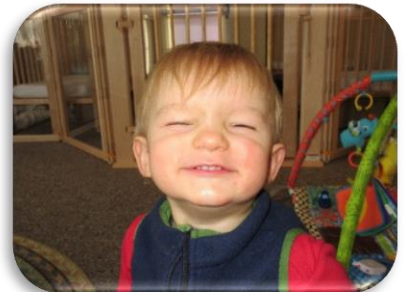
A warm welcome from Chickadee Too in this chilly new year. We are excited for the many new faces in our happy family. We have 6 children joining us this month, and are delighted to add them to the mix. Moya Stevens has joined us as the Assistant Teacher, and we are thrilled to have her round out our team. We also welcome Michele Estes as the Chickadee Lead Teacher. As we say a sad goodbye to Ray, we wish her the very best in her new endeavors.

As the new Lead Teacher , I look forward to expanding the program, getting the children out more, bringing nature inside to explore, and getting the children out of the room and into the rest of the center to interact with our older and more experienced friends.

3 of our infants have brothers or sisters in the center , so I eagerly anticipate sibling visits often between Hedgehogs, Badgers and Black Bears.

I am so looking forward to this year and all the learning and loving to come. The possibilities for growth are endless and extremely exciting. I welcome any questions and feedback you have for me and would love to have visitors when time allows.

Teresa,  
For the Chickadee Too Team



## News from the Owls

Debbie Burnham,  
Lead Teacher

Wendy Irwin,  
Teacher

April Buchanan,  
Assistant Teacher

At a recent lead teacher meeting we discussed developmentally appropriate practices and the use of intentionality in planning activities for children. While most of us have been involved in curriculum planning for many, many years, it is important for us to remember our goals in working with young children. We want to offer them opportunities for growth in all areas of development. We also want to take their interests into account. Some children actively participate in all that is offered, while some choose to watch from afar or explore another area of the room. We allow the child to decide what is comfortable for them. When painting, a child may not want to explore the paint with their hands and we will offer them a brush or another instrument to use. We may announce that a certain book is being read, but let the children come on their own to listen or continue with the activity that are doing at that time. Opportunities for learning are planned in advanced or done as the moment presents itself. While outside in December several children made snow eggs and placed them in a pail. We decided to bring them inside to see if they would hatch. This was perfect timing since we had just been to see "The Snowy Day" with Big Jeff in the big multi. In the story a snowball in brought into the house to save for the next day.

We have had a wonderful two weeks exploring the book, "The Hat". We have set out animals and clothing for the children to act out the story. April brought in a hedgehog stuffy that grunts when squeezed. Some children went from being afraid of the grunting to laughing at the hedgehog. We set up a clothesline and had children try their hand at clipping mittens with clothespins. We have set out a basket of paper animal with the book so children can recreate the story whenever they wish.

We noticed how interested children are in trucks and this week we set out large wooden trucks. The children immediately discovered they could ride them and can even fit two at a time on some! We added more truck books to our library and added a lego train to our shelves.

Problem solving is ongoing, especially during dressing time for outside. Recently one of the owls got their boots without any help. Unfortunately it was before their snowsuit was on. Singing "snowsuits on first" helps remind them what to do first and helps ease the tension of trying to get a group of toddlers ready for outside play. Once outside there is more problem solving as they decide who get to ride and who gets to pull the sleds. Some children immediately plop down in a sled and wait for a friend to pull them. Others explore the yard on their own, looking for ice and making tracks in the snow.

We are fully enjoying our time together and having all our Owls back! We love having Camilo and Wendy return to DCCCC. We look forward to seeing even more learning and growth in the new year.

Fondly,  
Debbie, Wendy and April







## News from the Hedgehogs

Jennifer Sprague,  
Lead Teacher

Jenn Boudro,  
Teacher

Anna Fuller,  
Assistant Teacher

Hello Families!

The Hedgehogs sure have settle right back into their routines after our winter break. We all have been busy doing all the activities on our January calendar. We have been making snow people, finding animal tracks outside, brushing our teeth on toothbrush day, coloring on snow inside, doing some snow people bowling, and growing grass in the greenhouse! We hope that you have heard all about the activities from your little Hedgehog! Below are some pictures from some of our fun activities.

Coming up in February we will be doing some Valentine's activities and talking about who we love. We are looking forward to our Hedgehog Post Office in the classroom. Hedgehog's will be able to write letters to friends and send them using the mailboxes. I bet you will be hearing a lot about the alphabet!



We look forward to another month of fun activities with these growing Hedgehogs!







## News from the Otters

Susan Quimby Young,  
Lead Teacher

Joel King,  
Teacher

Valerie Stefani,  
Assistant Teacher

Ok then... that big storm was a bust huh?! I was hoping for a foot plus but not here in Hanover! However..... there's enough fresh snow to continue our tracking which I am very happy about. Valerie found some wonderful books at the library including one with life size tracks for a lot of local wildlife. We're spending time talking about different animals, what their tracks look like and where they might be this time of year. There's been some preliminary discussion about a few animals that turn white in the winter such as the

snowshoe hare and ermine. This will continue through the year as we talk about how some animals and bugs use camouflage to keep themselves safe from predators. We've looked at some pictures on the computer about this as our discussions progress. Some of us were checking out mouse tunnels in the field and as I moved some grass out the way at the entrance of one, a big field mouse poked its head out! We were able to watch it tunnel under the snow, sometimes with its back showing and then it ran across the snow and into another hole. It was very very cool for that group to actually watch how they tunnel and move through the snow. I couldn't have planned it any better!

The crew loves to get out in the field and woods. They ask pretty much every day. Some days we go hiking way down the trail towards Hanover. Sometimes we stop and climb a big pine tree on the way and play amongst other trees and saplings. Some children might be playing "airplane" as they climb on a branch while others might be having a pretend picnic. It's amazing to watch as they develop their own play in such a natural environment. As the whole group followed tracks the other day, we





ended up at the culvert that goes under the bottom of the driveway. They loved yelling into it and hearing the echo. We saw where the deer had walked to crabapple trees and nibbled on branches. It's a happy day when there is snow on the branches of trees that can be shaken into "snow showers" and children scamper to get under to get snow dumped on their heads! We also had an awesome time air mattress sliding on the crust. The kids got a real workout climbing back up slipping and a-sliding! Some days we just slid on our bottoms! We have also spent some time climbing the big snowbanks around the center. This is providing some great gross motor opportunity in such an easily accessible natural way.

We've started some parent conferences and will be in touch to set up convenient times over the next several weeks. Joel and/or I am looking forward to meeting with you soon.

Happy happy winter!!  
Susan for the Otter team



# News from the Badgers

Terri Hollis,  
Lead Teacher

Miranda Arruda,  
Teacher

Melissa Horrigan,  
Assistant Teacher

Greetings Badger Families,

There is so very much that has been going on in the Badger Room for your children. We now have more four year olds in the room than threes. We had a substantial amount of Birthdays from Oct till now. They have all grown an incredible amount in their abilities, as has their thirst to learn.

Now that Holidays are over, travel has lessened, and break is over we can really move forward and have fun learning together. We are certainly doing that! All the Badgers seem to truly and immensely be enjoying our book of the week. It has been great building what we do around a common focus. We have already done Where the Wild Things Are. It was very exciting to build a boat like the character Max did. The Badgers played in the box (as did visitors from the otters) until the boat was shipwrecked. We talked about what types of things make our wild and grumpy side come out. We painted our faces like wild things so we could have a wild rumpus!



We also read Owl Moon. We satisfied our sensory need by making moon dust and digging and driving space equipment around in it. We painted moon shapes with sponges. We had a great conversation about what other night time animals there are. We also got the chance to break apart an owl pellet, which led to conversation about owl habitats. (Thanks Lily!) We also created paper bag owls. We learned that not all owls sound alike, and listening to different owl calls was a hit!

We have now moved into Harold and the Purple Crayon. We painted with purple paint, cut purple paper to make purple collages. We also enjoyed using purple to draw at the same time we listened to the story. We will be wearing purple, as well. We thought about what some foods are that are the color purple, so we could try them for snack. So many adventures ahead! Here is a sneak peek of some other books we may be doing:

\*Rainbow Fish

\*Strega Nona

\*The Hungry Caterpillar

\*The Napping House

\*The Day the Crayons Quit

\*The Three Little Pigs

This expanded learning by using books has truly been fun for the children and teachers alike. It has kept our room and activities very fresh and has become a much anticipated unveiling. What book is next? What are we going to do? I love the enthusiasm, keep it up Badgers!

We certainly try our best to not allow children to be bored. Bored can be an invitation to less than desired behaviors. Long winter months can seem more challenging at times to accomplish this thought. As mentioned our expanded book learning has been great and we are happy to report that none of the children in the Badger Room seem bored!





We have also done some activities, well because they seem fun. Like our inside skating party. We bundled up with hats and mittens and put on our contact paper and paper plate skates and off to the multi pond we went. The large oval shape served very well as our pond area. We set up places to sit on the outside of the pond to watch others or rest our wobbly tired legs. We made it even better by playing soft flowing music. Soooooooooo.....cute.



We are in the midst of finishing up our family conferences. I am always so appreciative for at least one parent to find time out of their busy schedule to sit down and talk about your children. It is a nice uninterrupted time to share knowledge and stories, and ask questions of one another. It almost always leads into some laughter as we have in common noticing your child's personalities and how they let us know or remind us of who they are.

On behalf of the Badger Team  
Terri Hollis



# News from the Black Bears

Amy McLellan,,  
Lead Teacher

Barb Merchand,  
Teacher

Kelly Bosma,  
Assistant Teacher

This month, we welcomed a new friend to our class. Welcome to Black Bears, Arthur. We are so glad you are here!

Upon arrival each day, the children love to sign in at the easel. They are practicing with upper and lower case letters, and look forward to filling in the daily list; "I am 4 years old vs I am 5 years old", "I am a boy vs. I am a girl", "I wear mittens vs I wear gloves in the snow", etc. Parent's names are often added to these lists as well!

The Black Bears love stories! Many of our experiences are literature based. We read a story (or two or three) about a topic, and then extend lessons from there.

Have you filled a bucket today? Everybody carries an invisible bucket. When we are happy, our bucket is full. When we are sad, our bucket is empty. We practice kindness every day. Whether we're giving a hug, writing a note, or inviting a friend to play, the Black Bears are bucket fillers!

We made stone soup! After reading several versions of **Stone Soup**, we decided the version we liked best was where kindness brought the people together to make soup and celebrate friendships. The soup tasted delicious, by the way!

Over the holidays, the Black Bears brought many books to share. We enjoyed comparing many versions of classics like, **The Gingerbread Boy**, **The Night Before Christmas**, and **Frosty the Snowman**, to name a few. At Hannukah time, we learned to play Dreidel and helped make latkes for snack.





Our latest author study is of Jan Brett. We have so enjoyed reading her stories, and especially her illustrations! Story time this month even featured her book, **The Mitten**. We have been learning about the animals featured in her stories. Did you know that owls have to move their whole head to see? Foxes like to snuggle their tail around themselves when they sleep? Or that Hedgehog quills are soft when they are first born?



Center time is an integral part of the Black Bear day. We change centers as interest waxes and wanes throughout the year. Recently, we have turned the Bear Cave into a listening center. Here, two children are invited to listen to stories, while turning the pages and enjoying the pictures in a book.



At the writing center, children are invited to use the word wall to practice spelling familiar words, illustrate and dictate their own stories, and play alphabet games. Recently, each child received his very own journal and pencil box to keep at this center! It's been fun reading letters from Black Bear families. Keep the letters, cards, and post cards coming! We love to get "snail mail". Address your letters to DCCCC Attn: Black Bears. You may even receive a letter in return!



Enjoying the season, we look forward to sledding and sliding outside every day. Even when, on especially cold and windy days, we spend more time getting ready than we actually do on the playground!

Until next time,  
The Black Bears  
Amy, Barb, Kelly, Eileen, and Liz

