



# Dartmouth College Child Care Center Newsletter

May 2014

## In This Issue:

From the Director

pg. 2

Tick info pg. 4

Info for Families

pg. 6

Recent Events

pg. 8

Teddy One pg 11

Teddy Too pg 13

Panda pg 15

Koala pg 17

Woolly pg 19

Polar pg 22

Grizzly pg 24

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

### Floating Assistant Teachers:

Terri Crane  
Anna Fuller  
Melissa Horrigan  
Eileen Ruml  
Moya Stevens  
Audrey Stout

## A Whole Lot of Happy Going On!



## From the Director

Dear Big Jeff,

My friends' refrigerators are plastered with their children's drawings. The only things on my refrigerator door are magnets. Why doesn't my child make more pictures?  
Whistler's Mother

Dear Mom,

Oh, I know the feeling! Other children in your kid's class are working in oils and pastels and your child will only put crayon to paper under duress. It's highly likely that your child is within normal range (a big, big range)! Art projects speak to some children for various reasons. Art may help them express their ideas and their feelings, it may be a creative outlet or they may enjoy the social aspect of working together. Other children, like yours perhaps, just have other interests. They may be working on other skills right now: learning to make and keep friends, to run faster and climb higher, or exploring the world of letters, words and stories. Ask your child's teachers if they think your child needs any extra encouragement to work on art projects. It may be that your child likes some kinds of projects not others. Some kids like the messy, smearable ones but not the ones that involve implements of writing and drawing. There are many ways to be creative! In the meantime, you might use your refrigerator to display some photos of your child engaged in her favorite activity.

Big Jeff

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Dear Big Jeff,

My kids get bored outside really fast. If it's the least bit hot or cold they want to come right back in. When I was a kid we spent as much time outside as we could, often protesting at having to come inside for dinner. How do I get my kids to enjoy the Great Outdoors?

Signed,

Tom Brown

Hey, Tom,

You are onto something important. Kids need to be outside for fresh air and exercise every day. It's an opportunity to play hard, make noise, experience adventure and find nature right where it is – in the mud! The single biggest thing you can do to help your children appreciate outdoor play is to go out and play with them. Choose activities that both you and your child like: strolling, exploring, swimming, kicking a ball around or playing in the sandbox. If you have a good time, you and your child will want to do it again.

Big Jeff

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Dear Big Jeff,

I love that there is some gardening going on at DCCCC. When I try to interest my kid in gardening, he digs in the dirt for a little bit then all he wants to do is mess around. How can I teach him about gardening if he doesn't pay attention?

Signed,  
Blossom

Dear Blossom,

Good news! You are getting your child outside and he likes it! Even adult gardeners have different interests. I like turning the soil and planting things in nice straight rows. I'm okay with weeding once in a while, but, I'm not much at harvesting. Happily, someone else in my family likes to harvest, especially if he doesn't have to do the planting and the weeding. My advice – let your child do the stuff that's fun for him. If he likes to dig, put him to work with a trowel. If he doesn't want to do that kind of work, bring out the cars and trucks or the buckets and shovels and give him a bare spot to work in. Just by being with you, he's learning about gardening. You might also try a special children's garden that he can do himself without having to meet standards, such as mine, for straight rows. Helping you decide what to plant may also generate interest. Enjoy your time together, whether you are doing the same activity or not.

Big Jeff



**The following is reprinted from previous years – it is great reminder to check for ticks often! We have found some here, but checking at home is recommended as well.**

Dear Big Jeff,

I've heard that there will be lots of ticks this summer. I also heard that ticks are related to spiders. Say it ain't so.

Signed

Arachnophobe

Dear Tickster,

I attended a workshop on ticks, which I have fondly called the Tick Talk, at the Ray School earlier this month, so I've had a chance to think about the topic. It's true, ticks have 8 legs (insects have six) and are arachnids like spiders. BTW, I did get your "Say it ain't so" reference to Shoeless Joe Jackson and the Black Sox scandal of 1919, not that it has anything to do with ticks, of course.

As has been well publicized, it is the deer ticks that transmit Lyme Disease. The larger dog ticks are annoying, but if you make yourself strong of heart and just pluck them off and drop them in the toilet, they're nothing to worry about. I have a strong stomach for external parasites and some internal ones, so I'm happy to send cheerful thoughts your way. In this way it is quite helpful to have a country boy as your COO.

I found a few facts to be comforting:

- a. Deer ticks must be attached for 36-72 hours to transmit disease.
- b. Not every deer tick carries Lyme Disease.
- c. Each tick only feeds once in its life, so they aren't prowling from person to person.
- d. The rate of disease transmission is very low.
- e. Ticks avoid open sunny places like our playground

Still, deer ticks aren't to be taken lightly. Children should be checked after outdoor forays and each night. Bath time is excellent for a full body check. Lyme disease is most often transmitted by immature ticks called nymphs. They are really small, so look carefully. If you find one, remove it with fine tipped tweezers. Pull gently up and away from the skin. If the head separates from the body and stays in the skin, try to remove it with the tweezers, but don't panic. It will heal over. The germs are in the body of the tick, put ineloquently. Wash the area with soap and water or rubbing alcohol. Call your pediatrician if you have concerns.

Some forms of prevention are especially well suited to home and family activities:

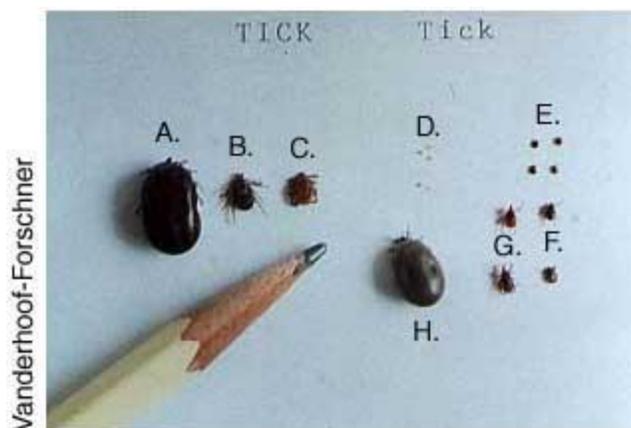
- a. Insect repellent with 20% DEET which must be reapplied every 2 hours. DEET is a powerful chemical, so we'd need your written permission if you want us to use it at DCCCC.
- b. Permethrin treated clothing
- c. Wearing long sleeved shirts and long pants tucked into your socks.

The CDC is an excellent source of information: <http://www.cdc.gov/lyme/transmission/index.html> Check this link for a good photo of the relative size of dog ticks, deer ticks and their nymphs.

At DCCCC we will check for ticks after outdoor play. We'll let you know if we find anything interesting. In the meantime, play hard and go outside often.

Best wishes,  
Big Jeff

Brown Dog Ticks	Black-Legged Ticks (Deer Ticks)
A. Engorged Female	D. Larvae
B. Female	E. Nymphs
C. Male	F. Males
	G. Females
	H. Engorged Female



# Info for Families

## DCCCC Will Be Closed On The Following Days:

**May 26** – Memorial Day

**July 4** – Independence Day

**August 1** – last day of  
**Grizzlies. There will be no  
Grizzlies in Aug.**

**August 21,22,25,26** –  
Transitional days

**September 1** – Labor Day

## Working Mom's Group:

Spring is in the air – well, not really, but I'm sure by our April lunch it will be. Below are the dates for the spring lunches for the Working Mom's group so mark your calendars now and join us if you can:

*Friday, May 16*

*Thursday, June 12*

**All lunches will take place at 12:00 at  
Ramunto's in Hanover**

*Those of you that have never come or not come in a while, please join us as you might just make a new friend, learn something, or at least get out of the office!*

If you would like to be added to the e-mail list for future events, e-mail [Megan Sobel](mailto:Megan.Sobel).

**Saturday, May 17 -Kite Day at Balch Hill in Hanover:** 2-4 p.m., Balch Hill Natural Area, access at Grasse Road Trail, junction of East Wheelock and Trescott streets. Free. Sponsored by Hanover Conservancy. 603-643-6327

**Sunday, May 11 - Fantastic Mr. Fox in Hanover:** 4 p.m., Visual Arts Center, 22 Lebanon St. An animated Wes Anderson film based on a Roald Dahl novel - \$5 or \$8. 603-646-2422

**Saturday, May 10  
International Migratory Bird Day in  
Quechee:** 10 a.m.-4 p.m., Vermont Institute of Natural Science, off Route 4. Activities include bird-related crafts and Conte Watershed traveling exhibit ^ \$5, under 3 free. \$10 nest box. 802-359-5000.



## Area Student Performances

**Friday, May 9 - Circus Smirkus in Thetford:** 6:30 p.m., Thetford Elementary School, Route 113. Performance by students. **Free.** 802-785-4098.

**Thursday, Friday and Saturday, May 8,9,and 10 - Beauty and the Beast Jr. in Hartford:** 7 p.m., Hartford High School auditorium, 37 Highland Ave. Student performance of the Disney hit - \$7. 802-295-8620. (a middle school performance).

**Thursday, Friday and Saturday, May 8,9,and 10 -The Wizard of Oz in Hanover:** 7 p.m., Hanover High School, 41 Lebanon St. A Hanover High School Footlighters production - \$7 or \$10. 603-643-3431.

**Thursday and Friday, May 8 and 9 - The Wizard of Oz in South Royalton:** 7 p.m., South Royalton School, 223 S. Windsor St. A production of the South Royalton Junior Players -\$5 or \$7 at the door. 802-763-7740. (A middle school performance. **Sunnie's daughter is in the cast).**

**Saturday, May 17 - Suzuki Student Showcase in Hanover:** 2:30 p.m., Hanover High School auditorium, 41 Lebanon St. Over 100 students of the Upper Valley Music Center Suzuki Program will play violin, viola and cello. Free. 603-448-1642

# Recent Events at DCCCC



Storytelling with Shawn Middleton





# The Tot Trot



# News from Teddy One

Debbie Burnham,  
Lead Teacher

Wendy Irwin,  
Teacher

April Buchanan,  
Assistant Teacher

## What do Teddies love to do?

### Read Books!



### Play in the Mud!



Play with Toys!



Make Music!



Get Our Diapers Changed!



And Be Happy!



Happy Spring!

Debbie, Wendy and April

## News from Teddy Too

Radoyka Garcia,  
Lead Teacher

Lori Higgins,  
Teacher

Denise Ayres,  
Assistant Teacher

*¡Hola Amigos!* (Hello Friends!)

Teddy Too's (*along with everyone residing in or around this area*) are excited about **Spring**. We've been getting outside more often, especially in the afternoons. Strollers and baby carriers are wonderful for when infants who skip out on naps and just want to join in and get some fresh air! Some have explored finger-paints for the first time while others are babbling long strings of sounds and attempting to say words or trying to sign some words. We're moving around a lot and finding our balance around climbers, slides, ramps and stairs.

We continue to model many of the essential social skills that children are beginning to understand: *sharing, taking turns, soothing each other, hugging, gentle touches, etc.* Also, you'll notice more of your children making connections to the world like learning about colors, numbers, letters, daily routine and having a buddy at school.

It's time to swap out some of the extra clothes in cubbies; so check your child's cubby-- these children are growing with amazing speed! We will be spending more time outside so you will see more changes of clothes at the end of the day. Don't forget to leave sunhats and outdoor shoes at school...before you know it, we'll be splashing during water-play. We will provide T-shirts for getting wet and sunscreen; *you won't need to bring swimwear.*

On a sad note, Henry Herrmann will not be joining us this upcoming fall. The Herrmann's are moving to Germany during the beginning of June. It has been magical watching him grow as a Teddy for two whole years! We will miss you greatly and hope you really enjoy your time there!

**Happy Birthday!** To...

\*Anna Sofia Johnson is ONE.

\*Austin Tine is ONE

\*Henry Herrmann is TWO

\*And Denise is... well, let's say she's a May 4<sup>th</sup> baby!

\*\*\*Also...stay tuned for another celebration: the *\*Teddy's Parent Breakfast\**

Wishing you all a Happy Spring!

Ray...on behalf Lori and Denise and the rest of the Teddies\*





# News from the Panda Bears

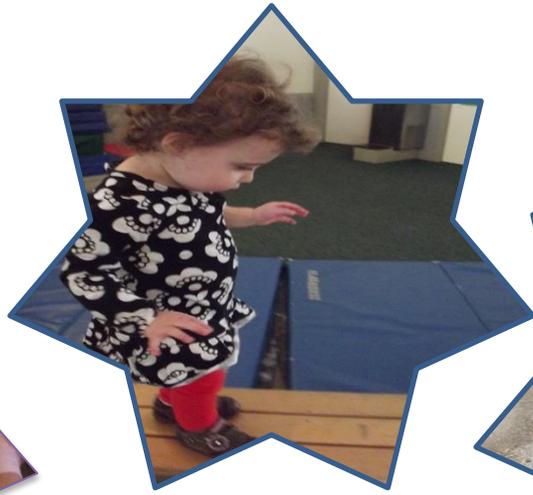
Jennifer Sprague,  
Lead Teacher

Jenn Boudro,  
Teacher

Teresa Hahn,  
Assistant Teacher

Hello Families!  
We thought we would share some pictures of what these busy Pandas have been up to. Look at all the fun we have been having!!!





## News from the Koalas

Susan Quimby Young,  
Lead Teacher

Joel King,  
Teacher

Valerie Stefani,  
Assistant Teacher

WOW! How time flies when you're having fun and we have been doing exactly that... having FUN!! We have had a wonderful spring with lots of outdoor time. We've gone on hikes on the ski trails behind daycare and down at Storrs Pond, walks to the rugby house and beyond... one day finding a ton of golf balls in a thicket! We had a blast over at the Playspace a couple of times while school vacation is going on and ventured out behind the Ray School at the colonial house and into the woods below. There have been several "neighborhood" walks which also have been fun. Lots of this is spontaneous and will continue I'm sure.



We have planted peas already in one raised bed and are planning on planting 4 more. I'm hoping to plant some that show how fruits and vegetables change as they grow. What turned out to be a perfect example last year were eggplants. ( pppsstttt...I actually bought them because I was late in purchasing plants and the broccoli was all gone!! ) They grew tall and strong in the wonderful compost we had. Purple flowers were plentiful and we watched as when the flowers died off, there was a little tiny purple eggplant growing. It took weeks and weeks for this and we checked it often... usually while we were eating purple beans that were planted around the eggplants! We were able to observe this over and over as those 6 plants produced something like 21 eggplants!! In addition to this, we'll be growing carrots, more lettuce... some actually re-

seeded from last year and is growing there now. We'll add zucchini, cukes, spinach, gourds, cherry tomatoes and more. We are very excited about this and kids from all the rooms will be able to enjoy them all summer as well. Maybe someday there will be a blueberry patch... no, wait... let's add rhubarb! It is hopeful that as time goes by, we can add some perennial herbs. Chives are a must!

We are also going to be working on what has been called the "Grizzly playground" turning it into a natural play area, void of plastic. We'll be adding big and small wood stumps and wood cookies, boulders, rocks for stepping stones, logs for balancing and small gathering areas, stumps and other wood to be used for whatever comes up. There is a wonderful garden behind the Grizzly room that is a space often requested. The Grizzlies have planted several types of seeds that we'll be keeping an eye on as well. I can't wait to see little green sprouts coming up. We're hoping to plant sunflowers and cosmos along the fence



between the 2 playgrounds and maybe weave grapevines along the outer fence. This is a work in progress and I am very excited to watch it develop as the spring, summer, fall and even years go by. We are also clearing out some space right outside the Grizzly playground fence for play as well. Kids were raking and carrying sticks and logs as we cleared stuff out. They are getting their exercise out there for sure!

Just a reminder to keep your child's cubby stocked with underwear, shorts, t-shirts, pants etc. I'm sure we'll be seeing lots of mud and water play so kiddos are going to get wet! We are applying (and re-applying) sunscreen every day. We will also be checking kids for ticks after playing outside but I suggest that you check your child every night as well. They are tricky little critters (ummm... with 8 legs!!) Jeff is providing info about this as well. The little deer ticks might be hard to see so check carefully

Happy happy spring to all!  
Susan



# News from the Woolly Bears

Barb Merchand,  
Acting Lead  
Teacher

Liz Harrington  
Acting Teacher

Melissa Horrigan,  
Floating Assistant  
Teacher

A “*special delivery*” from the Woollies....

When the WB post office was fully operational, “mail of all shapes and sizes” was delivered with lightning speed. It was at this time that Woollies decided to send a “special delivery” to their families via the USPS! They created family “love notes” based on Sam McBratney’s book: Guess How Much I Love You. For those unfamiliar with this touching tale: Big Nutbrown Hare (father) and Little Nut Brown Hare (son) demonstrate *how much* they love each other. Little Nutbrown Hare announces he loves his father “*all the way to the moon*” and his father replies ..... “I love you *all the way to the moon and back!*” The Woollies understood that was a lot of love. Using numeracy and measurement (size, distance, and amount), they illustrated their family pictures with the following math concepts *demonstrating I LOVE YOU AS MUCH AS ...*

Anya – “*all the snow in the world!*” Katharine – “*10 clouds in the sky!*”



Klil – “*a big mountain!*”

Lily – “*a trip all the way to the sun!*”

Cathy – “*100 million hearts!*”



Carter- “I give you *bugs* and *kisses!*”

Greta – “*a camel has big humps!*”



Owen O. – “*as deep as the ocean!*”

Simon – “the *biggest* barn ever and a turkey too!”



Owen S. – “*fast* as a Cheetah can run!”



Jason – “a *big big* train and Henry (who follows behind Gordon)!”



Yirang – “a *big* heart!”



Ashika – “*all* the pretty colors and the biggest drawing!”



Sophie- “a *millions* snow can be!”



Nate – “treasures *all* the way to the ceiling!”



Faith – “a *big* mess!”



Rowan – “all the way to Saturn and back (which he emphatically stated was *way further* than the moon)!”





The Woollies signed their love notes with extra hugs and kisses, weighed them on the postal scale, and slid them into pre-addressed envelopes with two postage stamps attached. A DCCCC return address was added in case their envelopes got lost and needed to be re-sent (yikes!). It took many days to finish their detailed drawings and personal messages (Feb – April) but finally they were ready to be mailed!!



Some Woollies mailed their envelopes from the DCCCC mailbox and others were picked up by David, the mail carrier from the Hanover Post Office. During a WB classroom visit, David introduced the Woollies to the USPS and let them examine his mail truck filled high with packages and a “mountain of mail”. However the highlight of the visit was when each Woolly was invited to sit in in the mail truck seat with their envelope ... it inspired BIG smiles! David informed them their “*special deliveries*” would arrive in the next day or two. The Woollies were excited and checked their mailboxes daily, whether it was curbside Hanover or the back roads of the Upper Valley. When their envelopes arrived in their boxes, they were so BIG and so **FULL OF LOVE**... they barely fit inside! With all that love tucked inside, their families knew they were loved “all the way to the moon” and their families loved their Woolly Bear “all the way back!”



“Sending” our love,  
The Woolly Bear Writers



Lily mails our Thank You Letter for David and the Hanover Post Office!



# News from the Polar Bears

Terri Hollis,  
Lead Teacher

Miranda Arruda,  
Teacher

Kelly Bosma,  
Assistant Teacher

Greetings Polar Families,

the Polars all-time favorite events. Mud day was certainly eventful. Our Polar Tea Party was a Favorite for teachers and children alike. It is always fun to wear Pajamas. Noodle Station Restaurant was a treat; it was definitely more than just eating of the noodles that made it special. The walk in refrigerator was the talk of the room for a couple of days. We had nature walks and picnics. We will be looking forward to many more of those. Many Polars celebrated Birthdays and are a year wiser and a year older.

As this year is soon approaching near its end, we will hope to create the balance of looking to the future, but enjoying the present. This is a task that can be tricky for teachers and children. Many Polars have visited what their new schools will be. They came back asking one another if they knew who their teacher was going to be. Slightly confused to think that if they had the same sticker, perhaps that meant they would be in the same classroom. Teachers at DCCCC are starting prep work with anticipations of changing physical spaces, class names, and age groups of children. Some children will be leaving our Polar Room as early as Mid-June. Teachers know they are ready but....but.... but..... It is always difficult to see them move on. They worked hard and have proven themselves worthy of the letter K for Kindergarten. This will certainly change the dynamics, causing us to cling to some friends and, open our arms and doors to new comers. As there is an undercurrent of change, there is the comfort of putting ones belongings in the same cubby that has been their own for the year. Getting greeted warmly by their teacher, and playing or doing activities that bring pleasure. ....AWWWWW so bring on the new, just not too quickly, slow and steady is preferred.

We will continue to enjoy one another's company. Continue to have fun doing various activities. We will continue



to enjoy what we know to be the same, while helping one another with the up and coming changes.

Please mark on your calendars our Second annual Farewell Polar Cookout. It is scheduled for Friday the 13<sup>th</sup> of June from 4-6PM.

Fondly  
And Yours truly  
The Polar Team



## News from the Grizzlies

Brenda Metzler,  
Lead Teacher

Kristin Ball Cole,  
Teacher

Rosalind Myles-  
Watkins  
Child Care  
Assistant

### Understanding

When learning that I work with young children, many have exclaimed, "Oh, you must have the patience of a saint!" Those of us who work with young children know that patience would not take us very far. Not very far at all. What sustains and inspires us, is *understanding* - the knowledge and awareness, over and over, that what this child is doing right now really is appropriate for his or her present stage and state of being.

Children do not behave in certain ways to push our buttons or trigger pains from our childhoods. They act to have their own needs met. So it is a legitimate question to ask, "Why are they *doing* that?!" It is our responsibility as their caretakers to wonder, "What do they need?", to understand what is happening, and to care for them.

They may be **tired, or hungry or sick**. These are physical conditions they can't control, and they need us to monitor and care for their physical well-being - feed them, give them sleep, notice when they're not feeling well.

Sometimes **our expectations are unreasonable**. Gather information about the range of potential behaviors and skills to be mastered that accompany each stage of development. Know that humans are hard-wired for impulse, and our children's young brains are still developing. Junk food can create mood swings. Weather can create mood swings. Expecting children to sit around quietly for extended periods of time is not a realistic expectation. Allow time for them to respond to your requests and inquiries - at least 12 seconds. Expect to repeat yourself. Many times.

Their **brains are hungry**. When we want something to do, we get up and do it - turn on the radio, take a walk, read a book, call a friend - but young children don't have those same options. Keep them engaged! Under-stimulation is a pain in the brain.

Allow for lots of physical activity, at every age. Involve children in the every-day activities of family life. It makes them feel like they are making meaningful contributions to the family unit. Provide safe play options for everywhere. Plan ahead for waiting times. If nothing is going on, children will create their own incidents.

**Recognize children**. They want and need to be recognized. Notice them. See them. Talk to them. Listen to them. Call them by name. When we don't give children

enough attention, they will demand it. Children need LOTS of loving attention for healthy brain development.

**Give children structure.** Set clear rules and establish predictable routines. Give children information - about transitions, new experiences, expectations, changes in plans, play-by-play of the events of the moment. Be consistent. And be flexible. (Yes, those two can coincide.)

Children **need our help with big feelings.** Acting out relieves the tension of powerful feelings. It is a cry for our help. Listen to them. Give them words for their feelings. Hold them, cuddle them, soothe them. When there is a "break" in the relationship, show them that it can be mended with love and respect.

Children **pick up on our stress.** The more stressed we are, the more likely they are to act out. We must take care of ourselves! Address the issues that cause the stress. Ask for help. Accept help. Take time for ourselves. Reassure the children, and avoid burdening them with responsibility. "Things are a little crazy right now, but we're going to be okay." Be kind to yourself, even when you don't like how you handled a parenting moment. There will be plenty of other opportunities to practice.

Sometimes **we activate the wrong part of their brain.** When we tell children "Don't do this", "Don't do that", it can activate the most primitive systems of their brains - the systems for rage, fear and distress. Talk to children regularly, even when you're not expecting something of them. Say what it is that you want to have happen, instead of what you don't want. Always use respectful language. Have reasonable expectations.

When children need us, ask, "What do they need right now?" and "What can I do to meet that need?" "How can I best support them in this moment?" It really is about them. Breathe in, breathe out.

Brenda  
for the Grizzlies

