



# Dartmouth College Child Care Center Newsletter

October 2017

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**Office:** Jeff Robbins, Sunnie  
McPhetres, Dawn Cote,  
Karen Small

**Floating Assistant Teachers**  
Terri Crane, Kristin Cole,  
Jenn Murphy, Vipasha Oza

## Good-bye, Sunnie



Sunnie McPhetres (our Assistant Director - me) will be leaving DCCCC to take a position with the Community College of Vermont. I have accepted a position as the inaugural Curriculum Coordinator for Early Childhood Professional Development for the State of Vermont. Leaving DCCCC was a very difficult decision, but this is a positive career move. I look forward to affecting the lives of many young children in Vermont and beyond by providing for the professional development of early care providers. My last day at DCCCC will be Friday, November 10.

DCCCC has been a huge piece of my life for many years, but it is time for me to move on toward new adventures. I want to thank you (and the multitude of other families over the years) for your trust and partnership in caring for your children!

As always, if you have any questions or concerns feel free to chat with Jeff.



## From the Director

Dear Big Jeff,

Sometimes my two year-old just doesn't listen to me. OK, a LOT of the time she doesn't listen to me. Her teacher once told me that it was more effective to get close rather than to call across the room, but that doesn't always work, even if I get really close. Now what?

Signed,

I'm Worth Listening To

Dear Worthy,

I'm going to guess that "not listening" means "not following instructions." If it were simply a matter of not listening, you could opt to talk later when your child isn't involved in something. This might be the case if your child were busy in the sandbox and you wanted to talk about how pretty the flowers are. You could admit that the topic and the timing were off and save it for later. You could also say "Hey, you're busy. We'll talk later." Or, if you really wanted to talk you could go to the sandbox, sit down and let a conversation develop naturally. FYI, "What's that?" isn't a particularly good conversation starter for either children or adults.

There are lots of reasons that people don't listen to each other. See if you recognize yourself in any of these situations. You might:

- Actually and truly not hear.

At my age, I need you to be in the same room and looking at me if you want me to hear.

- Be concentrating on what you are doing, successfully blocking out distractions.

Properly applied, this is a seriously good skill.

- Hear a message, but not realize that it pertains to you.

Everybody needs filters.

- Not have well developed figure-ground acuity. A sound in the foreground may blend into the back ground.

I've learned that this challenge appears again when you get older.

- Have listener fatigue (from listening to people who talk too much!)

Some of us truly need our aural space.

- And, of course, there are times when we don't want to hear a message that's probably for us and probably ignorable.  
Ignoring people can be surprisingly effective, especially in the short term, if you know that the speaker is going to repeat himself several times and there's no need to respond yet.

We already know how to be good speaking and listening partners and your child is learning fast. If your child isn't responding, take a deep cleansing breathe, be very grown-up and assess where the miscommunication is. It's not hard to correct communication gaffes, but when you are busy or harried, it can be hard to WANT to!

Here are some guidelines when speaking to a child:

<b>May be effective</b>	<b>Probably not going to help</b>
Stay calm	Get annoyed or angry
Get close	Invade personal space
Get down on the child's level	Tower over the child
Speak simply	Lecture
Speak quietly	Yell louder
Listen to the response	Ignore the listener's response

Your child's teachers know your child in a different way than you do and they've communicated with hundreds of different children, each with their own unique communication style. See what they have to suggest.

Good luck,

Big Jeff

PS Oh, one way children learn to listen is by being heard, if you get my drift.

(See the *Otter News* for more about this topic)

# Announcements/Resources

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

**-Thursday and Friday, November 23 and 24, Thanksgiving Break**

**-December 25-January 1, 2018, Winter Break**

**-Monday, April 9, 2018, In-service Training**

**-Monday, May 28, 2018, Memorial Day**

**-Wednesday, July 4, 2018,**

**Independence Day**

**(anticipated: Monday and Tuesday, August 27 and 28, 2018, Transition Days – subject to change)**

## **Parents' Night Out in White River Junction Upper Valley Aquatic Center**

Upcoming Dates:

Saturday, November 18, 2017 5:00 pm - 8:00 pm

Saturday, December 09, 2017 5:00 pm - 8:00 pm

Saturday, January 13, 2018 5:00 pm - 8:00 pm

Saturday, February 17, 2018 5:00 pm - 8:00 pm

Saturday, March 10, 2018 5:00 pm - 8:00 pm

Saturday, April 14, 2018 5:00 pm - 8:00 pm

Saturday, May 12, 2018 5:00 pm - 8:00 pm

Saturday, June 09, 2018 5:00 pm - 8:00 pm

Price: \$30.00

Children age 3-12 can participate in swimming, dinner and a movie while parents get a night out together.

Discount for multiple children.

Contact Info

April Stone

Upper Valley Aquatic Center

[astone@uvacswim.org](mailto:astone@uvacswim.org)

[802-296-2850 x0](tel:802-296-2850)

More Info

[Parents' Night Out in White River Junction](#)

## **Child Care Aware of New Hampshire**

This website that has a great deal of helpful information for families. Check out this site for information about child development, activities to do with children, marks of quality child care, and links to a multitude of resources.

<http://nh.childcareaware.org/families/>

## Some Pics From the Fall Harvest Festival



# The Arts Corner

By: Liz Harrington

## Autumn has Arrived!



*I love Autumn! It's a season full of beautiful colors, as well as families and friends spending time together harvesting apples and pumpkins. Here are a few ways to explore the Arts and nature!*

## Take a Nature Walk!

Now is the time to enjoy vivid colors of Autumn! Listen to the sounds of nature, observe various colors, and the motion of the falling leaves of. Collect leaves and various materials in a bag as you explore the trail. Talk with your child about what they pick up: What made you decide to choose {the object}? Ask them about the size, shape, and color of the objects they selected. Your collected materials can be used for other activities- such as collages, fairy houses, or painting.



## Still Life



Bring a clipboard (or hard object) with paper and a few crayons and have your child find an object, such as a leaf. Allow younger children to observe the object and ask about what colors they see and what crayons they might need. Let them color their paper inspired by the object. Older children can be asked more in depth questions [Leaf: "Is the entire leaf just one color or are some parts different?" "What shapes do you notice when you see the leaf?" "Does the leaf's shape remind you of something else?"].

## Leaf Dancing:

Take time on your walk to observe the way that leaves are falling from the trees with your child. Do they move quickly or slowly? Dance along with classical music as you sway, spin, swirl, and gently fall to the ground like a leaf.



## Pumpkin Exploration:



Children enjoy the process of painting or carving pumpkins- but what about the great “stuff” inside too! Before cutting your pumpkin, talk with your child about what might be inside. What will it look like? Smell like? Feel like? Let your child explore the innards of the pumpkin with their hands or with a cups and spoons. Seeds can be collected to be roasted or dried and counted. Brainstorm about what will happen to the pumpkin as it gets older. Older children may want to keep track of their observations [written or drawn] they make as the pumpkin decomposes.

## Pumpkin Painting:

You can also paint pictures with your pumpkins! Gather pumpkins (for a table top activity, gather tiny/small pumpkins or larger pumpkins for bigger/longer pieces of paper on the ground) and paint. Allow your children to roll the pumpkins through the paint and across the paper. Talk with your child about what kind of textures they might notice or about how the colors look when rolled over each other.



## Rhyme of the Season



FIVE LITTLE PUMPKINS

*Note: Many people sing songs or share rhymes with different lyrics! Your child might already know this song- but in a different way! Use this opportunity to talk about the many ways people share songs and their various lyrics.*

Lyrics are bold, actions are *in italics*.

**Five little pumpkins sitting on a gate,**

*Hold up five fingers on your left hand. Use your right hand, tipped on its side, as the fence to place your “pumpkins” on top of.*

**The first one said “Oh my, it’s getting late!”**

*Place both hands on your cheeks.*

**The second one said, “There are leaves in the air.”**

*Wiggle fingers from top to bottom- similar to “rain” in Itsy Bitsty Spider.*

**The third one said, "But we don't care!"**

*Shake pointer finger back and forth.*

**The fourth one said, "Let's run and run and run!"**

*Move arms back and forth to mimic running in place.*

**The fifth one said, "I'm ready for some fun!"**

*Point to self.*

**"Whooooooooo" went the wind,**

*Wiggle fingers (hands "flat" or horizontal) on both hands forward.*

**And out went the light,**

*"Grab" the light with both hands.*

**And the five little pumpkins went rolling out of sight!**

*Make two fists and let them "roll" over each other.*



## News from the Chickadee Ones

Ali Wachunas  
Lead Teacher

Denise Ayers

Deserai Stone

Greeting from the chickadee ones,  
Welcome! It seems fall has finally decided to join us and it has brought with it many new chickadee friends. While we are still not at our full class load we are enjoying building relationships with the children and families. We will have Fiona joining us 10/10, Dorothea 10/16, & Harvey 10/30. We will have 10 children in all, 5 girls and 5 boys. We are excited for a fun filled year!



This past Tuesday we welcomed Brooke (music teacher) back & enjoyed dancing and singing. Music class is Tuesday at 9:15 with the chickadee toos and the owls. If your child does not attend that day they are more than welcome to come to music class accompanied by you (you will need to stay). Teresa (chick too lead teacher) has posted wonderful pictures to the right of our door. Please check them out as we will be adding more with each class.



RJ & Andy have been spending a lot of time together and are enjoying helping to care for the babies. They like to push them in the swing and rub their heads. Angela has begun adjusting to the chick room and enjoying exploring her new environment. Lucas is so close to sitting up on his own. He has grown so much since beginning back in July. Fallyn is so hilarious and is learning that she can make spit bubbles. We are enjoying Aiden's full head of hair and his contagious smile. Sonia has begun to giggle at our voices and responds with tons of

smiles. We look forward to meeting Fiona, Dorothea, & Harvey and growing together as a class.

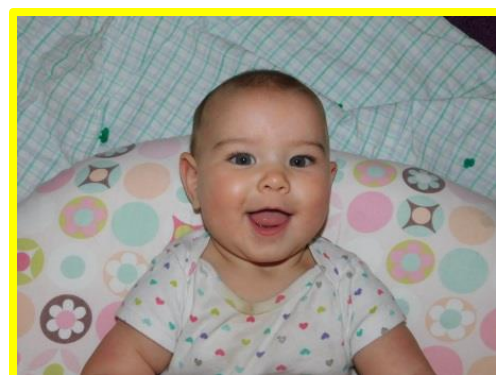
We have quite the age range and quite the movement. We have walkers, crawlers, and others enjoying learning their bodies. We are enjoying the process of getting to know one another. It has been nice to start off slow as it has given us time to get to know one another better, although we are eager to have the whole group together.



Please (as always) check in with us every morning and let us know how your child's night went. Make sure to let us know anything important to best meet the needs of your child for the day. At pick up make sure to check in with the teacher/s, sign out, and take their daily paper. As the weather changes please check your child's cubby to make sure they have weather appropriate clothes. Thank you!

Chick one and Chick too will be having a parent snack on Wednesday November 8<sup>th</sup> from 8-9:30 am. All families are invited to attend, even if it is not a regular day for you. It is a chance for the parents to get acquainted. We will provide refreshments. Please attend if you can ☺

All the best,  
Chick one teachers



# News from the Chickadee Toos

Teresa Hahn,  
Lead Teacher

Lori Higgins

Moya Stevens

Greetings from Chickadee Too,

Fall is in the air and we are excited to welcome new friends to our class. Our last 3 are starting this week. Sanna joined us 10/3, Sabina starts 10/5 and Ari will begin on 10/9. We will have 12 children in all, only 2 are here 5 days a week. We are looking forward to a fun filled year of growth and learning.



Music class with Brooke began yesterday, and as always, it was lots of fun for children and adults. Our class is Tuesday at 9:15. If your child does not attend school on Tuesday, you are welcome to bring them in for music (you will need to stay for the class too). There are photos of the 1<sup>st</sup> class posted to the right of our door. We share our session with the Owls.



I have a little tip for you on how to easily remove sand from your child, it really likes to stick to sunscreen and wet bodies. If you put baby powder (talc-free) on the sandy parts it will wipe right off. We have been taking advantage of lovely weather and spending as much time outside as possible. Everyone loves the sandbox, and they are learning that it doesn't actually taste very good. Erin, Zelda and Solene have been enjoying the cars and trucks, the playhouse and reading books in the gazebo. Campbell has discovered he can walk, pushing a shopping cart and has travelled all around the playground. Sam loves the sand and also playing in the leaves. Netta and Basil like playing in the grass and leaves and Brielle and Morgan like taking stroller rides and the older children are thrilled to help push.

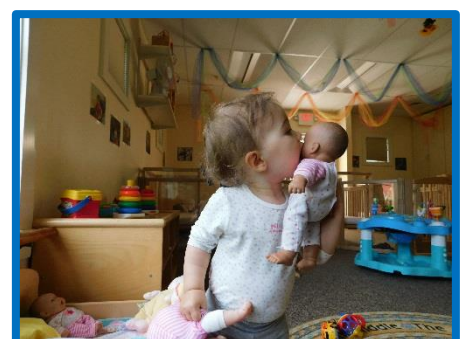


As the weather changes, and your child continues to grow, it would be helpful if you checked their extra clothes to make sure they are the correct size and appropriate for the season. Thanks.

Chick One and Chick Too will be having a Parent Snack on Wednesday November 8<sup>th</sup> from 8-9:30 am. All families are invited to attend, even if it is not a regular day for you. It is a chance for the parents to get acquainted. We will provide refreshments. Please attend if you are able.

Wishing you a fabulous fall,

Teresa for the Chick Too team



## News from the Owls

Debbie Burnham,  
Lead Teacher

Wendy Irwin

April Buchanan

*"When words fail music speaks"*

This quote by Irena Huang are words that I live by when working with toddlers. We can ask a child to pick up a toy and get little response, but if we sing, "Time to clean up" some will reach right away for a toy to put away. If the morning gets a bit loud and children are becoming upset, singing "Open and Shut Them" will send a group over to do the hand motions and, by the end of the song, they are laughing! We sing all day: during transition times, softly at nap and throughout our play times. The next time your toddler is not responding to a request or is starting to have a meltdown, take a deep breath and make up a silly song and see if it helps! Even if you sing off key your child will not mind!!



We are always working on social skills in the Owl Room. If a child wants another child's toy we will ask, "When you are done can Nolan have a turn?" Usually the child will give a turn right away. If there are two of the same toys we will say, "Max has that one right now, you may use this one".



Toddlers are also learning how to make friends and can at time be a bit overly "friendly" by laying on their friends or grabbing them. We will say, "Gentle with your friends" and take their hand to show them how to be gentle. At other times we will say, "Adeline is your friend, you may say Hi to her" and we will take their hands and have them wave hello.

We have all settled into our routine and we are still amazed at the interactions that are happening. Sylvia took a dinosaur off the porch to bring outside. She then sat down, talking to it as she fed it leaves. Adeline called to me, "Bye, see you tomorrow". Unfortunately it was 10 am!! As soon as Max sees someone in the wagon he will go over and pull the handle to give them a ride.

Grace stacks wooden blocks, taking off the top triangle one in order to add more flat pieces. Eason likes our push cars and bikes while Hudson prefers the lawnmowers. Franz goes where the action is whether it is in the sand box or raking leaves. Petra like to tell stories, especially at nap time. Ada chatted with me this week when I asked

about her dog. Nolan immediately goes to push a stroller with a Chickadee in it when they join us outside. And Vartan is our official greeter, saying hello to everyone in the morning. He even knows the new Chickadees!

We hope that you are enjoying a wonderful fall season. We have been raking leaves and examining sunflowers while outside. We tasted apples, painted with apples and did an apple matching color game. There are many great places for apple and pumpkin picking in the Upper Valley. Some have wagon rides, petting zoos or fresh cider donuts!

Fondly,

Debbie, Wendy and April



# News from the Hedgehogs

Jennifer Sprague,  
Lead Teacher

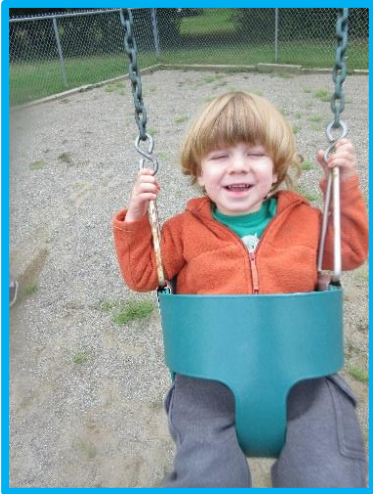
Jenn Boudro

Angelica Morrison

Welcome new Hedgehog Families!  
Everyone has settled right in to being a Hedgehog. Children have done wonderfully coming into the classroom in the morning and putting their lunchboxes away and washing their hands. Thank you to families for signing your child in and out, bringing their nap belongings and for packing such great yummy lunches with dated no nut notes. So you might be wondering what

these 13 busy Hedgehogs have been doing these past few weeks! Here are some pictures of all the fun we have been having together! We look forward to having a wonderful year together.





# News from the Otters

Susan Quimby Young,  
Lead Teacher

Stephanie Cummings

Jordan Rosenzweig

Vipasha Oza

Jane Wolfe

Greetings Otter Families,

Can you believe it's October already, your child has been in the Otter room for over a month! We are having so much fun getting to know your child. The Otters love interacting with their peers whether they are new friends or children who have transitioned with them. They are settling into their room and enquire and care for the class bird Ralph. We are really fortunate to have the only class pet in the Otter Room.

We have been busy in the Otter room, learning lots of new things. The weather has been warm and dry giving us lots of freedom to experience the outdoors and understand the changes that take place in fall. We have gone for walks, built fairy houses in our nearby wooded areas and used the fallen leaves for raking and

jumping in! During our time indoors we have chosen to focus on different themes including the 5 senses, Chicka Chicka ABC, Bats and Spiders, Nursery rhymes and of course apples! The Otters took part in their first field trip of the year to go Apple Picking at Poverty Lane Orchards. We were lucky that so many family members were able to join us for the visit. We used the apples that we picked to eat at snack and to make apple crisp. The teachers in the Otter room love to bake and we enjoy teaching this valuable life skill to the children in our care.

We are excited to have Brooke back for Music. We meet with Brooke every Tuesday for 30 minutes where we learn new songs and have the opportunity to play with a variety of instruments. The songs Brooke teaches have helped the children with the transition. This has been a great basis for circle time and transition periods as they are a group of children that love to sing!

We have many exciting things to look forward to in the coming months, we have pumpkins, Halloween, Turkeys, Thanksgiving and Gingerbread





themes to explore. As you are aware, we have a high number of Chinese families within the class. We were able to celebrate the Mid-Autumn Moon festival, with the Chinese families arranging activities for all the children to participate in. We learned the origin of the festival, sang a song and were split into groups to make Jade rabbit lanterns and mooncakes out of playdough. This was thoroughly enjoyed by children, staff and families.

The teachers too have different cultural backgrounds. Over the coming year we want to celebrate Welsh and Indian festivals as well as the importance of celebrating festivals of the country in which we all call home. If you have any celebrations or festivals that are important to you or your family please let us know so we know how we can support this in class.



At this age, children are naturally eager to seek out more independence and control over their world. The problem is that while children desire to be their own person, they have not yet mastered self-control. Children are driven by their needs, wants, and impulses, not through logic and reason. This can be a frustrating time for teachers and parents but it is vital to know that even the most frustrating behaviors are normal and developmentally appropriate. Here are a few tips that we use for positive behavior.

1. **Validate your child's feelings.** "I know it's frustrating when you can't play with the toy that you want."
2. **Offer a few choices (acceptable to you).** "Do you want to use the potty now or in 2 minutes?" "It's time to leave the playground do you want to walk by yourself or hold my hand?" This gives children control in a positive way, reducing defiance.
3. **Use distraction techniques.** Pay no attention to a tantrum. Talk about something unrelated or ask questions about something that is going on around them.
4. **Use timers.** "Do you want to use the potty now or in 2 minutes?" This gives children a visual aid to help them transition.
5. **Avoid giving in.** If you give in to tantrums, your child will learn that if they push you hard enough, they can get what they want. This will make it more difficult the next time that you try to enforce a limit.

I have copied a link to great article about Coping with Defiance by Zero to Three for further reading which goes over the points I have already mentioned and highlights some of the positive behavior techniques we use in class.

<https://www.zerotothree.org/resources/14-coping-with-defiance-in-the-early-years>



## [Coping with Defiance in the Early Years • ZERO TO THREE](https://www.zerotothree.org/resources/14-coping-with-defiance-in-the-early-years)

[www.zerotothree.org](https://www.zerotothree.org)

As your child begins to understand independence and control, learn how to respond to defiant behavior so that your little one will begin to learn about limits and ...

Coming up we will have our parent snack on Wednesday, October 25th at 4pm. We will give you more details closer to the time. Keep this date free so we can meet together, a chance to get to know each other better as well as getting to know the teachers who care for your children.

On behalf of the Otter Team,

Stephanie



# News from the Badgers

Terri Hollis,  
Lead Teacher

Miranda Arruda

Judy Labrie

Greetings Badger Families,  
Very happy to say that your children have settled into being Badgers very nicely. One of the tools used to get your children to feel secure and knowing what to expect is our class picture schedule. Badgers have gotten to the point where it has become a “like to” do it thing, rather than a “need to” thing. They will often spontaneously ask if we can read the schedule. One by one the pictures are removed, as the class collectively says what we have already accomplished, and what is next.

It is amazing what they have shown teachers they are ready to do now that they were not ready for when they first became Badgers. Did you know they are pouring their own milk and water from pitchers? They use our specially ordered wooden knives to spread their own sun butter, or jelly on certain snacks. They are becoming quite independent and have the ability to dress themselves. This is quite nice when bunches of children are getting ready to go outside. Some children who were not, are now using the potty on a regular basis. They have their own activity/art bucket that they are responsible for taking respectful care of. We have even started reading the chapter book series of Junie B Jones. This is worth mentioning because they have learned to develop images in their mind from the words they are hearing. Trust me no pictures needed. They listen with eager little ears. Circle time has gone from being somewhat challenging, to a really nice time to have fun and be engaged as a group. We sing, brainstorm, play instruments, read, and play games. Your Badgers have really figured out how amusing and enjoyable this time is, and understand their part in making it so. We are still working on putting our socks in our shoes if we take them off, it will happen. They are getting too smart for their own good. We used to be barraged with the question of who was in lunch bunch, not anymore! They





come in and like little detectives, they find whose lunch boxes they do not see, and then tell each other with excitement who is in lunch bunch. Teachers love that even if it is not their turn they are excited for whose it is.

We are looking forward to our featured books. We hope to start these for the month of November. This gives the children a connection with a certain book. We do arts, crafts, and activities that relate one way or another to the story itself. Though the monthly calendar will not be happening the children learn very quickly to enter the room excited to see what we are doing instead. In the past this has been very motivating and exciting for teachers and children alike.



We will also start posting our lunch helper and recycle helper. They have shown their independent abilities, and now we feel we can move on in a more concrete manner to having them be helpers to others. They will typically race into the room to see who gets to do what. Yet again they are happy for others not just themselves. They have really stepped up and met new expectations that occur with this new transition.



On behalf of the Badger Team,

Terri, Miranda, Judy



## News from the Black Bears

Amy McLellan,  
Lead Teacher

Barb Merchand

Liz Harrington

Welcome to the Black Bears!

This has been a month of transitions and new beginnings. We are having a terrific time learning about Black Bear routines, materials, classroom space, teachers, and friends. We are a hard working group!

Some of our favorite spaces inside our classroom include the Bear Cave and the Loft. The Bear Cave is a cozy space for one or two friends to chit chat, look at books, or snuggle with a comfy pillow and some stuffies. It is a quieter space where Black Bears can take a break from the busy classroom environment. In the loft, Black Bears feel like they're in a completely different space where they can build pens for animals, tracks for trains, and structures with hollow wooden blocks. We also use this space for small group time, when we learn new games or read stories together.



We love the natural playground outside our back door, and spend lots of time there. We take advantage of this open space to play group games such as; Duck Duck Goose, Red Light Green Light, Freeze Tag, and What Time is it Mr. Fox? We also use the natural loose parts (bark, stones, sticks, tree stumps) to build campfires, fishing spots, fairy houses, and various types of machines and vehicles. The stage is where performances are done, songs are sung, and lots of conversation happens.



The garden is a quiet space outside where we can go to slow down and smell the flowers, water the plants, sit at the picnic table, and explore under the stones. We notice how it's changing with the season. This year we noticed a monarch butterfly drying its wings just moments after emerging from its chrysalis!

Happy birthday to our September Black Bears; Danny, Elliot, Soroush, Emme, & Langston! We look forward to celebrating Conrad, Scarlett, and Lawrence in October, and Fred in November!

Until next time,

The Black Bear Team  
Amy, Barb, & Liz

