Which DCCCC Staff Member Has Worked at Dartmouth College the Longest?

The answer is…….Terry Chase!

You see Terry’s smiling face in the office nearly every day when you arrive in the morning. I recently asked Terry about her time with the college and this is what she had to say!

**How long have you worked at Dartmouth?**

In May ’73, I graduated from Champlain College. I immediately began my working career at Dartmouth in the Alumni Affairs Office, where I stayed for 14 years till I felt it was time for a change.

**How long have you worked at DCCCC?**

Then in July ’87, I began the next half of my working career at DCCCC. So if I’ve done the math correctly, I believe that comes out to a total of 39 years at Dartmouth College this May. Dartmouth has had 5 different Presidents during my time here at the College.
What was DCCCC like when you first started working here?
We were renting space from the Ray School for three and four year olds only. Then in the fall of ’87 we moved into our new building (DCCCC) which would include 63 children (Infants thru after-kindergarten). Jeff was the Director and I was the only person in the office. There were 15 Full-time staff, just 1 pm helper in each room and a few subs that were available on call. Things seemed to stay the same, there was little to no turnover in staff.

What was your job like when you first started working here?
Being the only one in the office, I managed all the paperwork for families and staff and kept records for all the children. I ordered supplies, processed the tuition bills, organized timesheets, etc., etc.
I used an electric typewriter and most things were in paper format (timesheets, budget printouts, typing of correspondence, etc.)

How has your job changed?
When computers and blitzmail finally came to DCCCC that was huge! I became the scheduling coordinator for all the regular staff as well as all the students, substitutes and volunteers.
Change is a daily occurrence at DCCCC! Office procedures have changed at a rapid pace as well. New systems, new forms, and new programs happen on a pretty regular basis now.

How has DCCCC changed?
Back in 2003 we expanded from 63 to 86 children. Our staff size more than doubled. They hired additional help in the office which made a huge difference. Each room would now have 2 additional PM helpers. We hired on-call subs and PM helpers to call for when people were out sick, etc.
DCCCC was no longer the small intimate center it once had been. It took us all a while to get used to the adjustment of a larger center. There were many new families, children, and staff members to get to know all at once.
Then in 2010, Jeff started dividing his time as Director between both DCCCC and the Child Care Project.
Sunnie became the Assistant Director as well as my supervisor.
Since managing the schedules for all staff, there are times I feel that I have become more of a crisis manager. Each day is filled with new challenges.
What strategies do you use for coping with the constant changes at DCCCC?
I strive to stay organized, informed and work hard at keeping communication lines open with all families and staff.

What is your favorite part of your job?
I take pride in helping others (families and staff).

You always have a smile on your face for families coming through, how do you keep that smile?
I believe in treating others with kindness and respect.

THANK YOU
TERRY
FOR ALL
YOU DO AT
DCCCC!!!
From the Director

Note from the office.
In a typical economy DCCCC tuition increased annually to cover that cost of salary increases for staff. In an atypical economy DCCCC tuition hasn’t increased since 2008. Since money out has to balance with money in, and we are delighted to increase salaries again, we are calculating a tuition increase this year. I’ll pass along the information just as soon as it is available.
Big Jeff

Dear Big Jeff,
My father-in-law says my three year-old is rude. Actually, I think he is rude for saying it. I think that her social skills are typical for her age, but I can see that a few socially expected phrases would help her to successfully navigate the world at large, including grandparents. I can see that learning good manners is a long process, but for starters, how do I teach her to say "please" and "thank you?"
Signed
Prudence Proper

Dear Pru,
Children learn social conventions by observation and by direct instruction. Your child will learn to say "please" by hearing you say "please" at appropriate times. Some children readily mimic respected adults. Other children, for various reasons, need some judicious prompting. Before issuing an automatic "Say 'thank you'" in your child's direction, consider how best to communicate the message. Some children embarrass easily, so you might approach them quietly with, "This is a good time to say 'thank you'". It's always a good idea to be respectful when directing your child's behavior. After all, if your boss told you to "Mind your manners" or "Don't forget to say thank you," it would probably not make you want to cooperate! Remember, too, that behavior rewarded is behavior repeated. When your child does say please-and-thank-you, do notice. You might comment occasionally, "Such good manners!" or "I bet that made them feel good." If your child doesn't notice the effect of her behavior on others (also to be expected at this age), you may point it out by saying, "I think the way you said that upset her. Saying 'please' makes people feel good."
Politely,
Big Jeff
Dear Big Jeff,
I just want to say thank you to my child's teachers for getting her outside almost every
day. I know it's been a good day when she comes home dirty!
Signed,
Laundry Mom

Dear Laundress,
You are welcome. I'm a big fan of dirt myself. One really can't play hard and stay clean,
at least not all the time. Thank YOU for sending her in play clothes that are easily
laundered. Party clothes are best saved for parties. That said, there are times when
picking up a well-crusted child presents a potential problem – if you are going out for
dinner, say. Do consult with your child's teacher to see how we can help.
PS Thanks for putting her name in her clothes with a permanent marker and for keeping
an extra set of clothes in her cubby.

Dear Big Jeff,
My two year old just doesn't get the sharing thing. This is just a stage, right?
Signed,
It's Mine!

Dear Mine,
Yup, it's a stage, mostly. It's a stage that we move in and out of during different stages
of life and in different circumstances. Children learn to share as they mature and as they
encounter generosity and appropriate expectations. Children who are shamed into
sharing aren't really sharing.
Patiently,
Big Jeff

PS Here is a random selection of sharing words:
Of course you may have some.
You REALLY want a turn.
It's hard to wait.
When I was a little boy and I wanted something, I wanted it right THEN!
Let's see if what you want is available.
Good news: we have LOTS.
Good news: no one else is using it right now.
Bad news: they are all busy.
Uh oh! We'll have to wait a bit.
NOW it's your turn.
You go first.
First you; then me.
May I have it when you are done, please?
I'm still using it, but I'll be done in a sec.
We are good at sharing, huh?
I love it when we share!
We are the kings and queens of sharing!
I'll let you know just as soon as it's free.
It won't be long now.
Sometimes it's really hard to wait, isn't it?
Come sit in my lap while you wait for a turn.
Would you like to use this while you wait?
Go tell her it's her turn now.
I can see that she really appreciated that.
You are a good friend.
Please. Thank you. You are welcome.

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**Exciting News!!!**

Jeff will receive of the Gwen and Henry Morgan Award for consistently holding an early childhood professional credential from the NH Child Development Bureau for the past 10 years. It will be awarded at the Celebration of Early Childhood Professionals in Concord in April.
Greetings From Sunnie:

Change seems to be a theme here at DCCCC! In the coming month, many classes will be experiencing staff changes. The Teddy Ones will have a new Assistant Teacher, the Teddy Toos will have a new Lead Teacher, the Woollies will have a different person filling in the role of Assistant Teacher, the Polars will have a new Lead Teacher, and the Koalas will have a new assistant teacher! We know that one important ingredient to healthy child development is loving relationships with others. Doesn’t moving teachers around make that difficult? As a parent in one of those classrooms, you may be asking yourself, “How can this be good for the children?”

Change is often more difficult for parents than it is for the children. As with everything else in life, children need time to learn new skills and to practice those skills. Resiliency is built by experiencing change and having loving people to guide them through it. Children will experience all kinds of change throughout their lifetimes: getting a haircut, going to kindergarten and then college, adjusting to a new family car and then learning to drive, having siblings, making new friends throughout life, moving, having friends move away, the death of a pet or other loved one, having family members move into their home, social challenges, illness, getting a job, getting married, becoming a parent, becoming a grandparent... the list of changes in our lives goes on and on. The groundwork that we lay now will help to define how our children cope with the changes and challenges that call for resiliency throughout their lives.

The key to making our current changes a positive experience for the children is in our approach and attitudes. We will be introducing their new teachers to them over time, most of the children are already familiar with the new faces. We’ll take time for the familiar person and the new person to both be with the children at the same time when possible. Bringing staff from our pool of floating assistant teachers into the classrooms is helpful because children already know them. The older children who are experiencing change, have been able to ask questions of the people who are moving...
around. “Why do you have to go to another classroom?” “Why do we need teachers at all?” “Can we make pictures for you?” “Will you keep us safe?”

In the younger classrooms, the children want to know if their new teachers will keep them safe as well, but they are not able to ask in the same way. They ask by standing back for a bit; looking intently at the new teacher; taking a bit longer to fall asleep when being rocked; tentatively giving a toy to the new teacher and then pulling it away. All of these actions are saying, “Will you keep me safe, no matter what?” The answer is always, “yes, I will keep you safe.” While I am not proposing that we rotate teachers every six months or so, the more times that children have the experience of being loved, cared for and accepted by new adults in positive ways, the easier it is for them to feel safe in new situations.

Some things that are important during transitions of this type:

- Keeping the structure of their day consistent and predictable (new faces are not going to come in a create chaos)

- Remembering that we all (teachers and families) are role models. If we embrace the changes, the children will feel safe. If we are unsure, the children will not feel safe. We will all be having some strong emotions; we need to acknowledge that but be sure that we are expressing them in healthy ways so that our children have an example to follow. We can say, “It will be different in the class without Terri today – I will miss her. I’m so glad that Ray will keep you safe and have fun with you too.” That is much different than saying, “Terri won’t be there today, I wish she didn’t have to go.”

- Communication is important. Talk with your child’s team (old and new), Sunnie or Jeff about any concerns that you have. We want to know how things are going for you. More importantly, talk with your children (yes, even your infants) about the changes. Saying things like, “I’m really going to miss Ray but it is so cool that Liz can play the accordion,” or “I know that Ray will be in the room today do you think that she will say ‘Hola’ when we get there?” or “Let’s check the schedule and see who will be helping Barb
and Deb tomorrow.” or “I wonder if there is a new picture of Bobbie Lynn and her baby!”

-Trust your child to make new connections. Children can do amazing things. You may be thinking, “but she loved Michele so much, how can she ever connect with someone else now?” Just trust that it will happen and…

-Be available to help. Expect some behavior changes at first; be ready to talk about emotions. Have lots of extra hugs stashed somewhere nearby!

Children will be able to keep in touch with most of the outgoing teachers. Terri Crane will still be in the classroom from time to time, Ray will take some Teddy Toos to visit the Polar Room, Liz will be right next door to the Woollies, and Bobbie Lynn will come to visit with all her boys. Being able to maintain these relationships is very reassuring to children. Through this, children will learn that they are people worthy of the love of different people and of loving others, able to trust and be trusted, and proud of their accomplishments.

As adults, we know that change is constant but not always easy. How great that our children have so many caring people to help them learn and grow through these times of change!
DCCCC Will Be Closed On The Following Days:

- May 26, 2011 – Memorial Day
- July 4, 2011 – Independence Day
- August 27 and 28 – Staff retreat day and getting ready for the new year!

Ever Wonder What it Would Be Like to Go SCREENLESS?

national screen-free week is April 30-May 6

Interested?
Check out http://www.commercialfreechildhood.org/screenfreeweek/index.html

for more information

Dartmouth Working Mom's Group...

Are you a working mom at Dartmouth? Would you like to meet other working mom's on campus? The Dartmouth Working Mom's group is a very casual group that gets together once a month for lunch to talk about whatever is on our minds. We all know how challenging it is to balance a career and a family and it's really nice to have others to talk with and get ideas or just vent. We discuss all types of things ranging from pregnancy, potty training, child care options, bedtime routines, food, etc. Any topic is open for discussion and people have been so helpful in offering advice and assistance when needed. Mom's in the group have all age ranges of kids and everyone is welcome. Typically we have anywhere from 5-12 women at each lunch. It would be great to have more so I hope some new women will join us.

Below are the dates for the upcoming working mom's lunches so make sure you mark your calendars.

Friday, May 4
Monday, June 11
Thursday, July 12

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

If you have any questions or would like to be added to the e-mail list (I will send reminders before lunches), please feel free to e-mail megan.d.sobel@dartmouth.edu.

Thanks,
Megan Sobel
People in Northeastern states will be at higher risk than usual of coming down with Lyme disease — which, if left untreated, can cause chronic fatigue, joint pain and neurological problems. Learn about Lyme disease, early detection, prevention and other important information to protect you, your children and pets.

The Ray School Health Office is hosting an evening presentation on Ticks and Lyme Disease.

Thursday, May 3, 2012
6:30pm.

In the Music Room, Ray School, Hanover

Dr. John Modlin, Chair & Professor of Pediatrics and Director of CHaD at DHMC and Dr. Cathy Shubkin, pediatrician and our school physician will be speaking about ticks and Lyme Disease.

Please respond to deborah.shields@rayschool.org to register for this workshop. We hope to see you there. Thank you.
Celebrate the 40th anniversary of 'Free to Be … You and Me!'
Come to a free screening & multi-generational conversation with historians and activists about what has changed, what hasn't since 1972.
May 1, 2012 at 3:30 pm
Haldeman Center Room 041
Dartmouth College
This is a kid-friendly event, and snacks will be provided

Cinderella
Saturday, May 5th, 2012 - 1:30 pm
Saturday, May 5th, 2012 - 7:00 pm
Sunday, May 6th, 2012 - 2:30 pm

Choreography by Jennifer Henderson
Music by Sergei Prokofiev

One of the most beloved ballets in the City Center Ballet repertoire, this classic story has enchanted audiences of all ages since its premiere in 2008. Following the original fairy tale by Charles Perrault, and set to the magnificent music of Prokofiev, the magical tale of a young girl who overcomes adversity to find true love and happiness comes to life through graceful and breathtaking dance.
Cinderella is a charming ballet perfect for both the young and the young-at-heart in your family!
Cinderella is performed in two acts with one intermission.

Cinderella's Royal Luncheon is at 12 pm on Saturday, May 5, at the Lebanon Ballet School on the Mall in Downtown Lebanon. There, you and your young ones can enjoy a pre-performance buffet luncheon and meet some of the Cinderella dancers in costume.
Attending the Luncheon guarantees admission to Cinderella at the Opera House, only a short walk away.
Tickets are $28 for adults, $24 for seniors/children and include preferred seating at the performance immediately following each luncheon; available only at www.CityCenterBallet.org
Ticket price includes $1 Theater Preservation Fee

Pricing: Adults: $18
Children/Seniors: $14
Family Fun Night - Secret Lives of Salamanders

Saturday, April 21 2012, 6:30pm - 8:30pm

The Secret Lives of Salamanders
$10 Non-members; $8 Members
Pre-register by April 20

Slip into the secretive world of salamanders by becoming your very own strange breed of salamander. We will transform ourselves through stories, crafts and a visit to the salamanders’ environment. Please wear clothes and shoes that could get wet and muddy. Becoming a salamander is no clean job!

Where:
VINS Nature Center

Program Activities:
Indoor salamander activities (crafts, salamander stories, and hopefully meeting a live salamander up close); Outdoor component includes going to the vernal pool and searching for salamanders.

For registration please call 802.359.5000 x223.

Celebrate International Migratory Bird Day (IMBD)

Saturday, May 12 2012, 10:00am - 3:00pm

Celebrate International Migratory Bird Day (IMBD)
FREE and open to the public

Join us for International Migratory Bird Day! Special activities including painting bird nest boxes*, Live Bird Programs, Super Bird Quest kick off with Valley Quest and more! There will be a raffle for a Songbird nest box and a Kestrel/Owl nest box setup outside the VINS Nature Center classroom.

*Reserve your nest box in advance. Contact us at 802.359.5000.

What is International Migratory Bird Day?
IMBD celebrates and brings attention to one of the most important and spectacular events in the Americas – bird migration. Bird Day is celebrated in Canada, the United States, Mexico, Central and South America, and the Caribbean. Find out more at: www.birdday.org.

Billings Farm & Museum

May 5 & 6: **Sheep Shearing & Herding with Border Collies: Wild Wooly Weekend** - A weekend devoted to our Southdown sheep and their border collie friends. Watch the spring shearing of the farm's ewes and demonstrations of border collies herding sheep in the farm fields. The Teago Volunteer Fire Department will provide lunch – proceeds benefit the department. Admission includes the children's art show and the 27th annual spring commemorative button.

Great Goose Egg Auction -
Friday, May 11, 2012
Open Fields School will hold its biennial **Great Goose Egg Auction** on Friday, May 11, 2012 at AVA Gallery in Lebanon, NH. The exhibit opens at 5:30, and eggs can be viewed from 5:30 to 7. The auction starts promptly at 7PM. [www.openfields.org](http://www.openfields.org) for more details and pictures of the eggs.
We love to celebrate each of your child's milestones with you. We are genuinely touched and pleased when we see a new development, whether it's a new tooth or a new way to move. In the year or two that your child is with us we see them grow and move through many delightful stages.

Usually between eight and twelve months a new emotional milestone is reached that we celebrate, but is a bit harder for you. You go to say goodbye in the morning and your child bursts into tears, screaming and clutching at you. Welcome to "separation anxiety". Your parents come for a visit. They haven't seen your child in months and are anxious to hold them. Your child takes one look at "Mimi" and "Pappa" and starts screaming louder than you have ever heard. The exciting "stranger anxiety" has started!

Both of these emotional milestones show us that your child is developing healthy relationships. Your child can now tell the difference between familiar and unfamiliar situations. They are also realizing that when you say goodbye and hand them to us in the morning, you will leave.

For separation anxiety the best goodbyes are quick. A hug, a kiss and "I'll be back tonight" works well. We can then cuddle and distract your child. Sneaking away may seem easier, but actually creates a feeling of mistrust. Your child's tears usually end before you have left the parking lot! Be assured we talk about you throughout the day and look at family pictures frequently. Please do not hesitate to call us or email us if you want to see how their day is going after a trying drop off.
Stranger anxiety is a bit harder. We have many staff members here and we tell new staff to come into our room, sit down and let the children come to them. Children who are experiencing stranger anxiety get held by one of us until they feel comfortable with the adults in our room. We let the children get to know new staff at their own pace.

While working through these stages, with positive guidance, your child is developing an emotional base that they will rely on for years to come. That truly is an exciting development!

Reminders: Sunhats and winter hats/mittens are all needed now. Extra clothes are needed for both warm and cold weather...Ahhh, New England!

Michele will be leaving on April 27th. We will miss her, but understand her desire to spend more time with her family. We wish her the best.

Fondly,
Debbie and Wendy
News from Teddy Too

Terri Crane,
Lead Teacher

Lori Higgins,
Teacher

Denise Ayres,
Assistant Teacher

Teddy Too

Your Teddies this month have been really growing and doing all kinds of big kid things. I have heard many of them saying real words that I can understand. Some are saying 2 words or short sentences. There’s also a lot of repeating what we say too. UH OH better watch what you say now!

Boy, do we have climbers this year! The feet have not been stayed on the ground. They like to climb the table, couch, bookshelf, toy shelf and anything that is off the ground. We are trying to offer other options for climbing. But those couches and tables are so tempting!

Music continues to be a high light in our room. The singing and dancing is a daily happening in our room. We even have one child who likes to pretend to have a microphone while singing and looking at herself in the mirror.

We are getting outside with everyone and enjoying all the warm weather. Some have discovered how tasty the sand and rocks can be. It’s hard to believe that kids will eat more than one handful of sand, but they do, and, they seem to enjoy it!

This is my last Teddy Too newsletter. It has been great to be a Teddy teacher for so long. I have really enjoyed getting to know all of you, and getting to have some of you repeatedly. I will miss the babies and all their smushy cuteness, but who knows I may end up down here as I float sometime too. So I won’t say goodbye because I’ll still see you around.

I will be planning a goodbye/ hello snack soon stay tuned for info.

Thanks to all of you,

Terri
Welcome to new England weathah!! 80 degrees one week and 25 the next! Keeps us on our toes for sure. Thanks for keeping cubbies stocked with appropriate clothing and lots of extras. We have been spending lots of time outside. The swings are back up. We've walked to Storrs Pond and the community gardens. We've taken walks out in the field and around the Grizzly room. We've spotted several bird nests. And we found lots of Easter eggs on our egg hunt. We'll continue getting out and about... it's what we do!!

Our beach week(s) have been a blast. We've done lots of gluing and painting. We've played in sand and water. We had a great picnic outside. We ate fish shaped sandwiches and goldfish in a variety of flavors. The pool party was a huge success as usual and fun was had by all. I watched one child's face as I turned on the squirter from the sink that was duct-taped up so the water went shooting out into the pool and it was a look of astonished wonder! His eyes got big and probably thought SUSAN IS IN BIG TROUBLE NOW but he had the biggest smile on his face as he watched! It was delightful to see!

Even though it's only early April now, we are already starting to think about gardening. Eileen has some great compost for us so we'll be adding that to the soil for our bean house and talking with her about worms and composting. We'll plan
some early peas and maybe spinach to see how it does this early. We have all sorts of stuff to do around gardening that will take us through spring into summer and the fall. We are hoping for a couple of raised beds to added this spring as well.

Susan, for the Pandas
Hello Koala Families,

Change is in the air! The weather is hot, cold, and mediocre all in a short period of time. The constant change of weather may be a tad bit confusing and frustrating, but easy enough to deal with. Dress in layers and have all types of clothes on hand. Am I really saying that to you as I am typing in a short sleeved dress on a cold windy day?

As most of you parents have looked around in the last year you have no doubt seen staff changes not only in the Koala Room but, center wide. As stated earlier, change is in the air. Now speaking for myself small changes do not seem to affect me so much. Continual changes start to make my nerves jitter just a bit.

As an adult let’s be honest I have more control and choices to make about how to deal, oppose or accept the changes around me. Do children? I do not think so. Yet they are equally affected. Now granted some things go over their heads. For the most part they are pretty darn intuitive. They do have the advantage of being able to move on quicker than many adults do.

I was processing and reflecting for myself about changes. Some of which was making me give deep thought as a teacher about how to make yet more up and coming changes in the Koala Room not disruptive to the Koala Children in my care. Then it dawned on me. Of course that is my objective but…………My job has always been, and will continue to be to help children learn. It is not about keeping them and sheltering them from difficulties such as changes. After all life will continue to constantly change and have things happen in it that they did not have control of. So As a Teacher I will help them understand and learn that they are great, and can be happy even when speed bumps of life come their little way. I am happy that I can be a part of preparing them for their adventurous futures.

Till next time
Terri
Hello Ocean Enthusiast

We had a wonderful time exploring the deep blue of the ocean. We learned about many different creatures that live in the big deep blue sea. We did experiments with salt water and sonar. We learned about camouflage and created a Woolly Bear sandcastle with special sand dough. The wild, wet and Woolly ocean finale was a huge success and great fun! Who knew a pool could fit into our tiny Woolly room!

Here is our recipe to make the special sand castle clay at home:

1 cup sand
1/2 cup cornstarch
1 tsp. alum
3/4 cup water

Add sand, cornstarch and alum to saucepan and use wooden spoon to combine completely.

Add the water and stir the mixture until it is smooth and the cornstarch dissolved.

Cook the clay over medium-low heat stirring occasionally. The clay should start to thicken within a minute or two.

Be sure to scrape mixture off the sides and bottom of pan. After about 3 minutes of cooking, clay will have thickened to the consistency of play dough. Let cool. (For best results use the clay with in a day or two of mixing)
Our Domain focus: **Mathematics:**
Objective 22: Compares and measures

We cook often in the Woolly room having the children help with the measuring, pouring and mixing the ingredients.

Woollies created chains with links and then measured how long the chains were with string. They did comparisons with friends. Outside we used yarn to measure the length of a whale, he was 100 feet long spanning from the gate on the hill to the Grizzly shed. WOW!!

We practiced voting using different methods. A few examples are graphing and voting with cubes.

We look forward to sharing all our sillies with you next month.

The Woolly Team
¡Saludos a todos!
Hello to all!
We are approaching the warmer months of the year and with all the changes in weather, I will also be on a “wave” of change. This may just be my last newsletter as a Polar Lead Teacher, but you’ll definitely hear about the new adventures when I join Lori and Denise at the Teddy 2 Room! I have not yet left the Polar Room and I am already reminiscing about the last four years with the Polars; what a wonderful experience it has been for me! Some special things that I will always remember: (among a million…) is having the opportunity to teach a little Spanish, being in a multicultural classroom while also helping some children learn English, the incredible energy of preschoolers as I watch them grow into Kindergarten, implementing the many principles of the Conscious Discipline philosophy, the different teams I’ve worked with including leading a team for two years with Tatyana and Raquel, the exciting field trips, mingling with parents during many fun-filled family events that went along with delectable platters of food… all these times that have made the Polar Room so memorable! One thing that I have promised the Polars is that no matter where I go in this lifetime, I will always come back to visit them. Luckily for me, I will still be in the same building and it’s very likely that I will come by with a baby and hang out a little in the Polar Room. But I’m ready to have a change; it’s very common for me to go on new journeys in life and continue to learn while applying my skills with whatever my heart desires! So Polars: “Keep on shining!” and Teddy-Babies: “Can’t wait to tickle your toes!”
Now I will add a few favorite pictures of Polars in action…we’ve been looking forward to the spring and we have lots of high energy to show how ready we are for the warm sun! Be well, be safe and all will fall into place*

Siempre,
(Always,)
Ray and the Polars
The Grizzlies have become so capable, so involved with each other, and so engaged in their play that it feels like the program runs itself—this is a sure sign of how much they have grown this year. We are letting the children take the lead and lately we are pushing some of our plans aside because they primarily want to pretend together as well as create with paper...from creating collaborative coloring books to folding paper to make airplanes to creating flags to designing full body armor all out of paper. The group has an increased fascination, desire and the skill and patience required to make intricate, multiple step and unique designs. Determination and experimentation has kept many Grizzlies carefully observing one another, helping each other and teaching their peers. The adult’s primary roles are keeping supplies well stocked and interesting for creativity, giving the reminders about cleaning up the things they have used, encouraging children to try things on their own, respect the choices and creations of others and of course help children to talk and listen to one another to keep the play fair, safe and friendly.

This is the time of the year when we see the children becoming more comfortable and confident within themselves. The warmer weather and sunshine adds to this good energy and the feeling in the group is big, happy and friendly. It’s fun and exciting to be a Grizzly these days. Teeth are getting wiggly and/or falling out. There are new shoes to help fast running. It’s baseball season. It’s biking time. Letters have become words and words are stringing together into...reading! Grizzlies are feeling strong and assertive, and they are embracing the opportunities presented to them.

We spend every day discussing and modeling the responsibility each of us has in taking care of ourselves, each other and the classroom. Although we broaden this often to thinking about our families and communities, we will be using Earth Day which is celebrated on April 22nd as an opportunity to teach children about responsibility for our planet. We began the discussion today of thinking of ways we can help take care of our earth and land around us. We were surprised with the extensive list the Grizzlies came up with and are happy to see their eco-friendly awareness. We are sharing this list as a friendly reminder to us all...

* Take care of plants and trees and plant new ones because they give us oxygen we all need to breath
* Plant lots of things so that people and animals have enough food to eat.
* Remember the 3 R’s...reduce, reuse and recycle!
* Save water by turning it off when washing your hands and brushing your teeth
* Start composting- you can feed the worms your extra food and they will make new rich soil that you can then use
*Don’t litter and pick up litter when you see it
*Save the rain water to use for watering your plants
*Don’t pollute the air with smoke and drive cars less
*Don’t waste electricity
*Don’t take homes away from animals
*Don’t waste food- share it with people who could use it

We look forward to a relaxing and fun-filled All Day Grizzly week during school vacation next week (April 16-20th). As we did with the Grizzlies for February vacation, we brainstormed once again ideas of activities they are interested in exploring during these longer days together. Upon the groups’ requests, we will be baking, playing many new board games, having a special afternoon with the Woollies, celebrating Ian’s birthday and going on a treasure hunt! We will also be doing some pretending and activities with medieval times. We hope to spend a lot of time outdoors as well and maybe even scope out the garden in preparation for planting flowers and vegetables soon.

We are beginning to prepare for meeting with all of you later this spring and will be in touch soon to set up a time for a conference. Our time together is passing by so rapidly. The group has blossomed in so many ways and we look forward to discussing these insights with you as well as to talk with you about summer plans.

HAPPY BIRTHDAY TO IAN PRESS ON APRIL 19TH!

Happy spring,
Karen
Dear Parent or Guardian,

Child care organizations nationwide have joined together to declare Friday, May 11 to be Child Care Provider Appreciation Day this year. Provider refers to the person/people caring for children in both child care centers and family child care homes. Locally, the Upper Valley Child Care Association and Child Care Project have again collaboratively planned a celebratory event for your child care provider on this evening at the River Valley Club in Lebanon, NH. We hope you’ll encourage your provider to attend.

To assist us in honoring providers, we invite you to send us a statement about why YOUR child care provider is so special to you and your family.

Just complete the attached form and return it by May 8 to: Child Care Project, 17 1/2 Lebanon Street, Suite 2, Hanover, NH 03755; or even better, email it sooner to: Anita.Dole@Dartmouth.EDU and we’ll print it for you.

The paragraph can be adult- or child-written. Your testimonial will be on display during our provider appreciation celebration and sent home with your child(ren)'s provider following the event.

We also encourage you to take advantage of this day to show your child care provider directly how much you appreciate her/his hard work and dedication. It takes a special person to work in this field and these individuals are often unrecognized and under-appreciated by our society. Ideas... get together with other families to create a surprise; send flowers, a card or a handwritten note of appreciation; bring breakfast or lunch for your provider and for the children; work with your child to create a special remembrance; donate something to your provider's classroom or the center; key in on your provider's hobbies and buy her/him an appropriate gift. Use your imagination and remember, it really is the thought that counts here!

If you have any questions regarding Provider Appreciation Day or the form attached to this letter, please call Cindy Binzen or Chris Pressey-Murray at the Child Care Project, (603) 646-3233 or (800) 323-5446.
The Tick Fact Sheet

From left to right: The deer tick (*Ixodes scapularis*)

Deer Tick – female compared with size of dime

adult female, adult male, nymph, and larva on a centimeter scale.

What is Lyme Disease?
Lyme disease is caused by a bacteria transmitted by the deer tick (*Ixodes scapularis*). Lyme disease may cause symptoms affecting the skin, nervous system, heart and/or joints of an individual. The New York State Department of Health is aware of over 40,000 cases in the state occurring since Lyme disease became reportable in 1986.

What are the symptoms of Lyme disease?
In 60%-80% of the cases, a large, reddish rash about 2 inches in diameter appears and expands around or near the site of the bite. Sometimes, multiple rash sites appear. The early stage of Lyme disease is usually marked by one or more of the following symptoms and signs: chills and fever, headache, fatigue, stiff neck, muscle and/or joint pain, and swollen lymph nodes. If left untreated, complications from late Lyme disease, such as arthritis, meningitis, facial palsy or heart abnormalities, may occur within a few weeks to months. These later symptoms may develop in people who did not have early symptoms or did not recognize them. Swelling and pain in the large joints may recur over many years.

What can be done to prevent Lyme disease?
When in tick-infested habitat special precautions to prevent tick bites should be taken, such as wearing light-colored clothing (for easy tick discovery) and tucking pants into socks and shirt into pants. Consider the use of repellents. Check after every two to three hours of outdoor activity for ticks on clothing or skin. Brush off any ticks on clothing before skin attachment occurs. A thorough check of body surfaces for attached ticks should be done at the end of the day.

Wood tick

Wood Tick: A: Engorged female  
B: Female  
C: Male  
D: Larvae, E: Nymphs, F: Males,  
G: Females, H: Engorged female
Celebrate the 40th anniversary of

Free to Be ...You and Me!

Come to a free screening & multi-generational conversation with historians and activists about what has changed what hasn’t since 1972.

MAY 1, 2012 AT 3:30PM
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FREE AND OPEN TO ALL
A Dynamic & Inspiring Half Day Workshop

Today’s parents have concerns in the areas of:

* Sibling Rivalry
* Respect
* Money
* Homework
* Morning Routines
* Mealtime
* Bullying
* Technology

Learn how to enhance the relationship with your child, while helping them become capable, cooperative, responsible and respectful!

The program is popular because of its common sense approach, interactive format, and high rate of success in enhancing and enriching the family atmosphere.

Areas discussed include:

- Investing in the Relationships with your Children
- Remaining Emotionally Available for your Children
- Quitting your Job as the Maid
- Helping your Child Develop Self Control
- Teaching your Children Skills required to thrive as young adults
- Supporting your Children to become Independent

Parenting On Track™

presented by:

Vicki Hoefle

Date: Saturday, May 5, 2012

Time: Registration – 7:30am
Workshop – 8:00am – 1:00pm

Location:
Reitman Room
McNutt Bldg (Admissions)
Dartmouth College
Hanover, NH

Cost: $129 per person/ $199 per couple

*Workshop and multi-media materials included in this fee.

Registration Information:

Online at:

http://www.parentingontrack.com/services/hanover/

Or Call:

802-343-9966

Vicki Hoefle is a popular presenter in New England with over 20 years of experience as a Professional Parent Educator. She lives in Vermont with her husband and five teenagers. Vicki brings not only her expertise in Adlerian Psychology and Parent/Child relationships, but also a presentation style that is inclusive, encouraging, humorous, and easy to follow.