



02.04.2022

WEEKLY CONNECTION

Early Learning Program E-Newsletter

A Message From The Director

Play, Learn, Grow

Have you ever heard of the term, “developmental milestones?” I am certain that you have, but what does it really mean? How a child plays, learns, speaks, and acts offers important clues about the child’s development. Developmental milestones are things most children can do by a certain age.

When reviewing these milestones, be sure to take away the following: young children reach milestones through practice and much of this practice is in the form of “play.”

Playing is essential at any age, but specifically, within the younger years because the more changes children have to freely practice their skills through play, the more learning and growing will occur, and the farther they will get on their developmental journey.

You can find a lot of information about developmental milestones on the Center for Disease Control website

C.D.C. Resource

Leanna Lorden
Director of Children's Programs

The Importance of Family Photos

Some of us take the time to schedule family portraits and coordinate outfits and ensembles. Others take it where we can get it, those family photos might look a little silly and less posed, but they are documented for better or worse.

Family photos hold more value in our children’s lives than we may realize. Display of such photos can do wonders for a child’s social/emotional growth.

Jess Webb

Assistant Director of the Early Learning Program



Pats Peak Learn to Ski & Ride Program



Recently, at the Ski and Ride Program, our Kickstart classroom has learned how to use the “Magic Carpet Ride” up the mountain on their own. As they reach the top of the mountain they prepare for a quick departure from the “carpet” and begin to shuffle their skis to meet the instructors. From here they work to change directions as they zig-zag down the mountain with their group.

As the children neared the bottom, they learned to shift their weight on their skis and formed a triangle to successfully stop themselves. The class has put in a great deal of effort this year and it is surely paying off, each one is doing very well.



Ideas From The Kitchen

Food for Thought



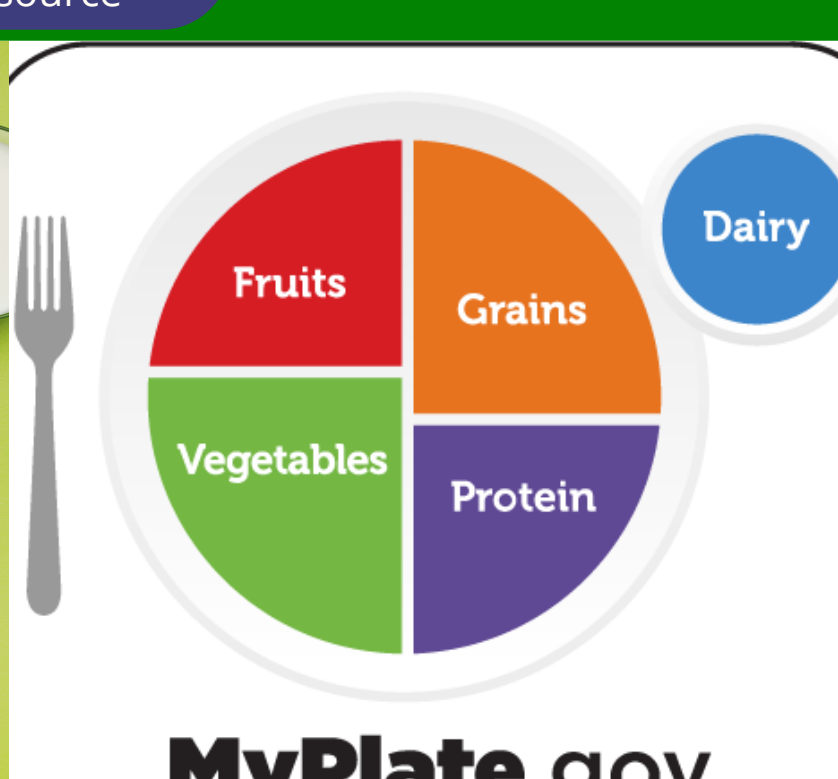
Does your child struggle with trying new foods, or do they want to be included in what’s for dinner? A great parent child activity from C.A.C.F.P. resources takes a paper plate and divides it into the food categories found through MyPlate.gov. Using a local grocery ad, sit down with your child and have them pick out what food they would like to see on their plate. Next, cut out and attach your child’s selections to the paper plate. This will help them get more involved in the process of choosing what to eat. To help your child even further, suggest making their plate more colorful through adding more fruits and vegetables. Click the blue button below for more fun from the C.A.C.F.P.



C.A.C.F.P. Resource

Jessica Thompson

Kitchen Manager



Staff Highlights

Jean Colby

Jean is a part of the Administration team here at White Birch and works as the Office Manager. She grew up in Conway, NH and currently resides in Henniker. She received her bachelor’s degree in Secondary Education & English and loves learning about accounting, finance, and different computer software programs. She has been at White Birch Center since July 2021. In her spare time, Jean really enjoys gardening and playing board games.

