



04.29.2022

BI - WEEKLY CONNECTION

Child Care E-Newsletter

A Message From The Director

Child Care is Essential: Celebrating Child Care Provider Appreciation Day – Friday, May 6th

Celebrate child care professionals on May 6th! Join us in saying thank you to providers for taking care of our nation's children. To say that being a child care provider these past two years has been challenging would be an understatement. Providers were essential long before COVID-19, but the pandemic has underscored how essential child care is. Child care provides opportunities for families to go to work, children to learn, businesses to operate, and the economy to grow. Child care providers are opportunity makers. Child care providers are brain-builders. They are among our nation's unsung heroes!

Leanna Lorden

Director of Children's Programs

ADOPT N.H.

If the recent pandemic taught us anything, it's that kindness goes a long way. If you're looking for ways to spread a little love, check out this online tool that focuses on connecting foster children to their potential future families. Click the red button below to explore New Hampshire's D.C.Y.F. Foster Care website to find out more about how you can support our great state, the children who are so deserving of a home, and the resources that are necessary in creating a loving and safe environment.



[Learn More](#)

Jess Webb
Assistant Director of the Early Learning Program

The Classroom Corner



Operation Kids Sight

Last Friday, April 15th, the Henniker Lions Club paid a visit to the White Birch classrooms and conducted free Spot Vision screenings for all the children throughout the center. The screening uses a handheld, portable device that is designed to detect any vision concerns quickly and easily on individuals as young as six months. The Spot Screener administrator stands three feet away holding the camera like device that can generate results in a matter of seconds (as seen in photo). This is a quick, non-invasive way to check in on our students to confirm their eyes are healthy. We are grateful to be working with Henniker's Lions Club and helping our students! If you would like to learn more about the Henniker Lions Club, click the red button below to explore their website!



[Henniker Lions Club](#)



Ideas From The Kitchen



May flowers are starting to bloom and that means it's time to get the kids outside! A great activity that will last all season long is having a family garden. Now is the perfect time to pick out a place in the yard where you can plant. If space is limited, think of using either pots or raised beds. Once you have prepared your space, think about what you want to grow.

Please visit the gardening tip resource button below and speak to your local nursery or garden supply store to assist you. Engaging your children in the growing process of their own food is a great way to inspire them to eat healthily and locally.

[C.A.C.F.P. Resource](#)

[Gardening Tip Resource](#)

Jessica Thompson
Kitchen Manager

Extended Education Program

What can you do when April showers keep your kids cooped up inside with lots of energy? Try these energy burning activities:

Exercise Challenge: Write on 2 sets of popsicle sticks various age-appropriate exercises (jumping jacks, squats, lunges, ski jumps, etc.) and the numbers 1-20. Have your child pick an exercise stick and number stick and do as many reps of the exercise as the number says.

Indoor Obstacle Course: Use chairs, cones, jump ropes, hula-hoops, and more to create a fun obstacle course for your child to navigate. **BONUS:** Add in some brain obstacles like a word search, math problem, or spelling words.

Dance Party: Children love to dance, so put on some music and dance it out!

Allison Saltmarsh

Director of the Extended Education Program



TUCKER FREE LIBRARY NEW HOURS Beginning May 3, 2022

Tuesday 10-6
Wednesday 10-6
Thursday 10-6
Friday 1-5
Saturday 9-1
Sunday hours start 9/11/22
Sunday 1-5

Staff Highlights

Teresa Speigel became part of the White Birch family in the Spring of 2022. She has been in the field for over 27 years and is currently working towards her Early Childhood Credentials through White Birch Center. Teresa has worked a great deal in special education departments, and we are looking forward to using her as a resource to meet the needs of our students. Something fun about Teresa is she shares her living space with not only her family, but with cats, birds and bearded dragons!



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