

05. 27. 2022

BI - WEEKLY CONNECTION

Child Care E-Newsletter

A Message From The Director

Rose, Bud, Thorn

Creating a stronger family connection is one of my top goals. But with the speed of life, the hustle, and technology in our way, connecting can be a challenge. I want to share with you a game that I learned many years ago.

At the beginning of my career, I was a camp counselor and a handful of my campers taught me about a game they'd played at a sleep-away camp called Rose, Bud, Thorn. The game was simple, and not even truly a "game," but more of an exercise in sharing about our days in a purposeful way:

Rose represents the favorite part of your day.

Bud represents something in the near future you are excited about.

And Thorn represents the worst part of your day.

My family does it like this: over dinner, we go around the table and share our Rose for the day. Then, because I didn't want to end our conversation on the Thorn-part of our days, we switched it to Rose, Thorn and then Bud - sandwiching the negative between two positives. This quick, fun game is one that you can play daily. It'll help you grow stronger as a family and open some wonderful conversations!

Leanna Lorden
Director of Children's Programs

Safety Recall

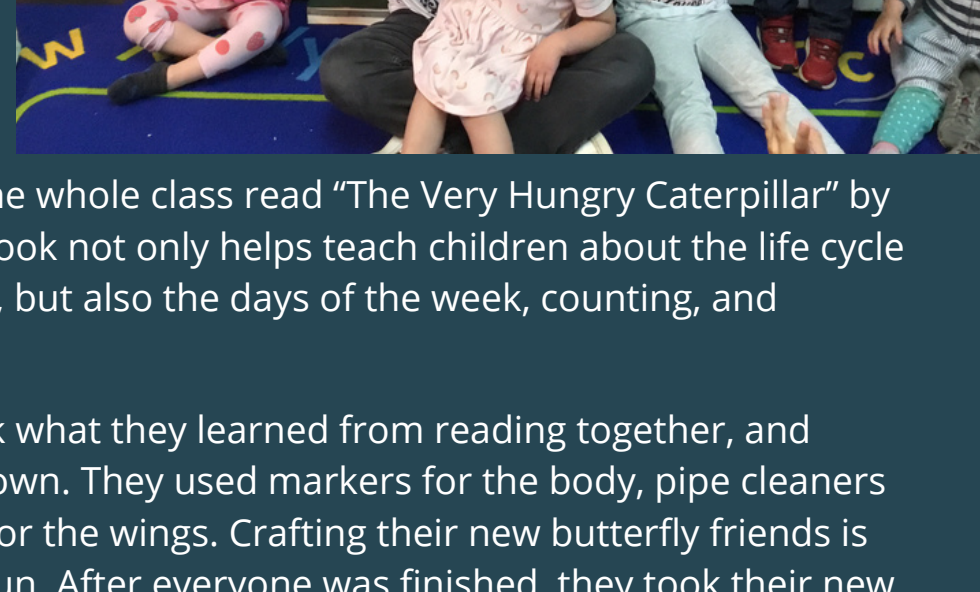
As parents, we hardly have the time to read or watch television for pleasure. Sometimes this means we miss important information or receive updates long after they've reached the media. Within that missed information is often certain baby and child items that have been recalled. To review the list of current baby and child recall items, click the red button below.

[Recall List](#)

Jess Webb
Assistant Director of the Early Learning Program

The Classroom Corner

The Preschool classroom has recently started learning about different types of insects. This week, they focused primarily on caterpillars, butterflies, and the process of metamorphosis. First, the whole class read "The Very Hungry Caterpillar" by Eric Carle. This famous children's book not only helps teach children about the life cycle and physical features of a butterfly, but also the days of the week, counting, and nutrition.



Next, the Preschool classroom took what they learned from reading together, and started making butterflies of their own. They used markers for the body, pipe cleaners for the antenna, and coffee filters for the wings. Crafting their new butterfly friends is where the students had the most fun. After everyone was finished, they took their new bug friends out onto the playground to explore together.

Ideas From The Kitchen

What's Cooking?

With Summer just around the corner, it's a great time to start thinking about the many amazing meals you can make while avoiding the easy option of take-out. Meal planning can be a quick, cost-effective way to provide healthy meals on-the-go. You can even use the process as a teaching opportunity for your child, by letting them help and showing them different healthy foods in addition to the value of teamwork. Please click the meal planning resource button below, to explore more information as well as different meal ideas you and your family can use.

If you are looking for more interactive things to do with your child, click the C.A.C.F.P. Resource button for more fun children's activities.

[Meal Planning](#)

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

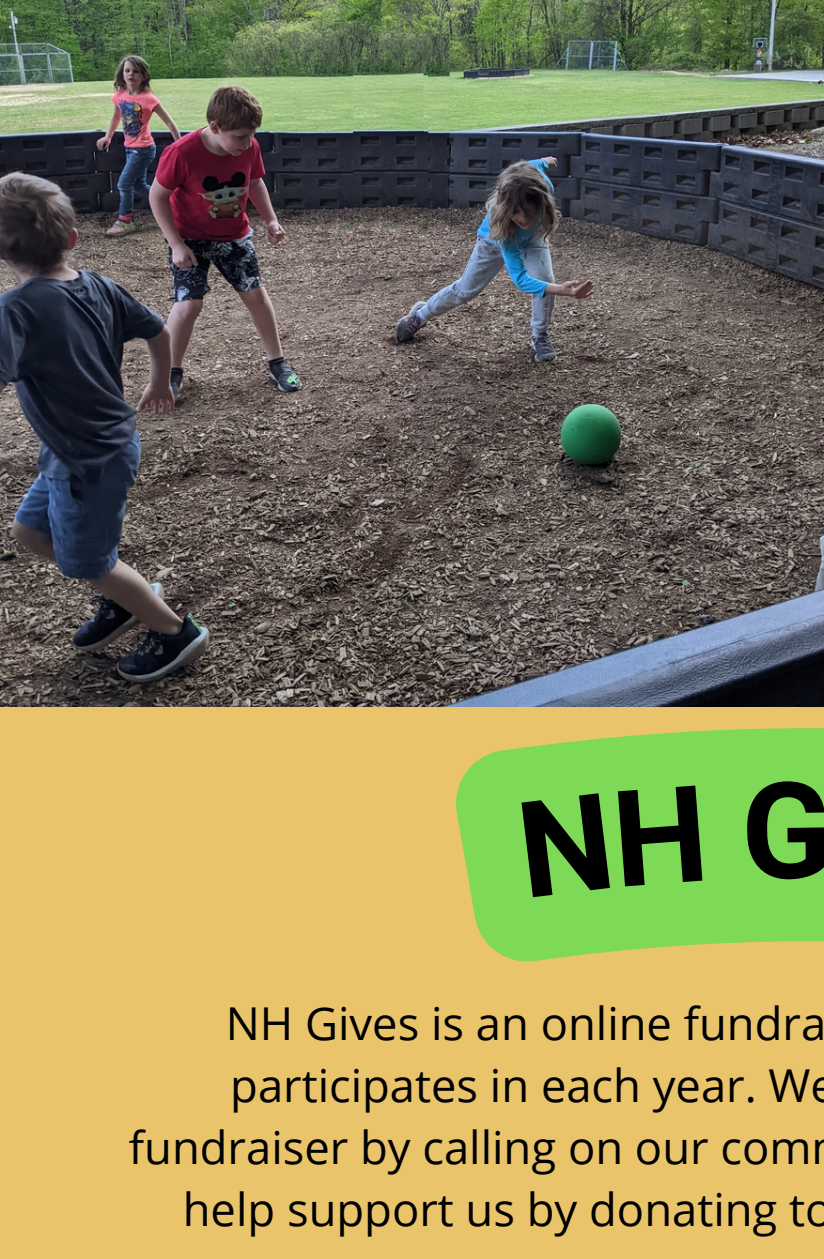
Jessica Thompson
Kitchen Manager

Extended Education Program

May has been filled with beautiful weather and lots of time spent outdoors. We've enjoyed being able to get outside and play some of our favorite games. One of our favorites is Gaga Ball. Gaga Ball is a game that all children can play, no matter the age. At the beginning of the school year, we noticed that there were many different rules for Gaga Ball. This was causing disagreements between the players, so we decided to sit down as a group and make a list of our own rules. This activity allowed the children to take ownership of the game rules and teach them important skills. By using this predicament as a teachable moment, we were able to help children develop their ability to collaborate, discuss, and respectfully debate a topic.

If you're ever at the HCS playground in the afternoon and see us playing Gaga Ball, feel free to join in!

Allison Sallmarsh
Director of the Extended Education Program



NH Gives

NH Gives is an online fundraiser that White Birch Center participates in each year. We can make this a successful fundraiser by calling on our community and social connections to help support us by donating to our online fundraising page.

No matter the size, every donation will have an impact on the members of the community we so proudly serve. From providing school supplies for our classrooms, transportation for our Active Living Members, or developing new educational initiatives for our students, making a contribution during NH Gives makes a difference. This is how you can contribute to the community you love and support. Everyday we strive to provide quality care and programming.

To make a donation, please look for a Brightwheel message scheduled to go out when the fundraiser begins on June 7th at 5pm (June 7th and June 8th, 5pm - 5pm). Click the red button below to view the White Birch donation page link you will receive as part of your Brightwheel message. We appreciate your support during NH Gives, and we thank you in advance for your generosity!

[WBC NH Gives Fundraising Page](#)

Please Reach out to William Chambers with any questions at:
williamc@whitebirchcc.org

NH GIVES

GIVE BACK!

JOIN YOUR COMMUNITY
JUNE 7-8, 2022

NHGIVES.ORG #NHGIVES

Staff Highlights

Rebecca Gagnon became part of the White Birch family in the Spring of 2022. She has been in the field of ECE for more than 12 years and brings with her a tremendous amount of experience and expertise. Rebecca has achieved an Early Childhood Teacher Credential level one. We are happy to have her as part of our early learning team!

