

08.05.2022

B I - W E E K L Y

CONNECTION

Child Care E-Newsletter

A Message From The Director

Easing Worries and Fears with Deep Breathing from Zero to Three

It is hard not to feel a constant state of underlying anxiety and worry these days. As parents, we are concerned for our families' well-being, managing the stress of new routines, and wondering how long this phase will last and what will come next. These are real concerns, and they weigh heavily on all of us, affecting our mental health and our ability to be the responsive, warm parents we all want to be. So, what can we do? We can breathe together.

Breathing practices are simple enough to do with young children. When you breathe together, you are calming yourself and helping your child learn a way to find calm at the same time.

Check out the resource below!

Breathing Resources

Leanna Lorden

Director of Children's Programs

Early Education Transition

Transitioning from early education to elementary education can be bittersweet. As parents we want the smoothest transition possible for our children. This can sometimes be a tricky balance to find, especially in the first few weeks of the school year. Dropping your child off for kindergarten for the first time can sometimes be just as challenging, if not more, for parents than the child. Look at this NAEYC article about strategies for your family when preparing for this transition that may allow less room for error at the start of the school year.

Jess Webb

Assistant Director of the Early Learning Program

NAEYC Article

The Classroom Corner

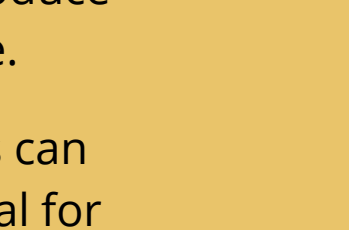
Process vs Product: Importance of Sensory Exploration

While it is nice to have beautiful things to display on our refrigerators and walls, sometimes it is not the finished product that is most important. These infants spent the morning exploring and learning about all their senses as they used cars and paint to see what kind of tracks they could make. This sensory activity allows for the children to understand the use of paints and other materials all while having fun learning.



Ideas From The Kitchen

What's Cooking?



Healthy snacks are a crucial part of a well-balanced and nutritious diet for children. By managing your child's hunger in between mealtimes, are you able to introduce healthy choices and boost their nutrition intake.

There are a number of tips and tricks that parents can follow to ensure their child's snack time is beneficial for their proper diet. Click the button below to explore in the [healthychildren.org](https://www.healthychildren.org) article "Choosing Healthy Snacks for Kids." This article provides the importance of choosing nutritional snacks, as well as ideas on certain foods to keep on hand at home to help make snack time easier.



Choosing Healthy Snacks for Kids

Michaela Dunn

Kitchen Manager

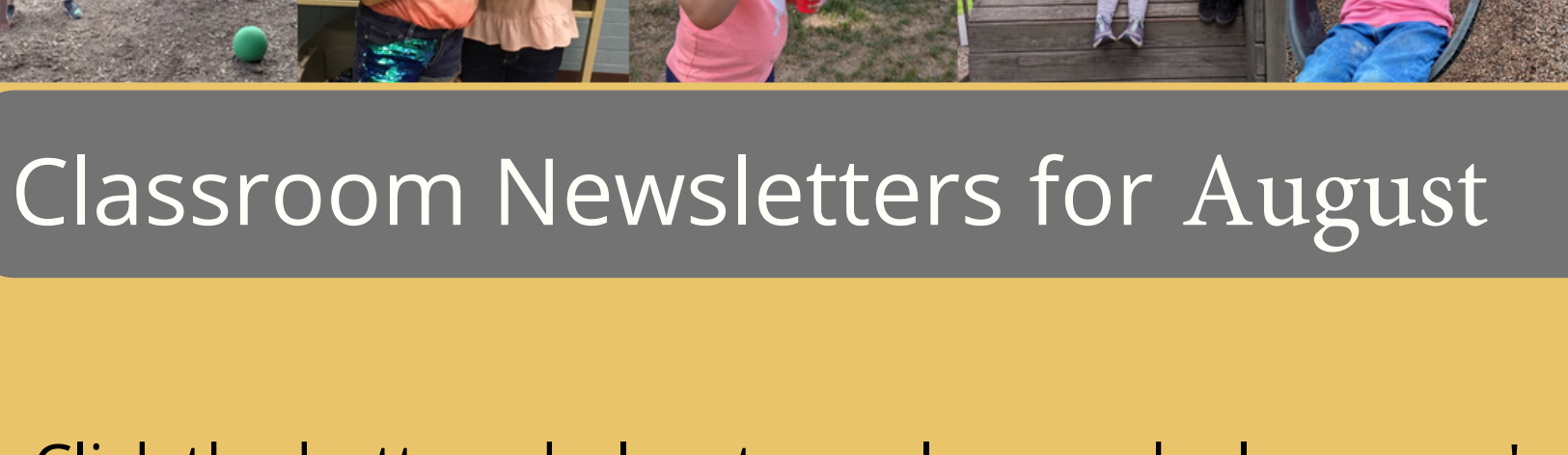
Extended Education Program

NOW ENROLLING

The Extended Education Program is now enrolling students for the 2022-2023 School Year. Join us for before school, after school, and school vacations! Even if your child is not a Henniker Community School student, they are still eligible to attend the School Vacation Camp at WBC. Email allisons@whitebirchcc.org for more information and to receive an Enrollment Packet.

Allison Saltmarsh

Director of the Extended Education Program



Classroom Newsletters for August

Click the buttons below to explore each classroom's monthly newsletter!

Infants

Toddlers

Preschool

Pre - Kindergarten

Staff Highlights

Stop by the kitchen and say hello to the newest member of our Admin staff!

Michaela is from the small town of Sutton, NH where she lived her entire life. She also is a White Birch Alumni and spent some of her early childhood years here as a student (2004-2005). During Michaela's spare time, she enjoys listening to music, drawing, painting, participating in outdoor activities like camping or hiking and spending time with friends. She has been working towards a Hospitality and Tourism Management degree at NHTI and is expected to graduate at the end of the year. One thing she loves about White Birch is the positive, fun, and playful atmosphere found throughout the center.

"Everyone is kind, and passionate about their individual roles here at WBCC. I am excited and look forward to my career blossoming with White Birch."

She loves how cooking gives her a chance to be creative and put her own personal twist to whatever meal(s) she's making.

