



09.02.2022

BI - WEEKLY

# CONNECTION

## Child Care E-Newsletter

### Message From Our Director

#### Cooked Playdough

- Put 2 cups of water into a cooking pot.
- Add 1/4 cup oil and a few drops of food coloring (baker's food coloring makes for more intense colors) and heat at medium temperature until hot but not boiling (about 3-5 minutes).
- Stir in 2 cups flour, 1 cup salt, and 2 tablespoons cream of tartar.
- Cook and stir over medium heat until the playdough pulls away from the sides of the pot.
- Allow playdough to cool, then knead it for about 10 minutes (children can help with this). Add flour if the playdough is too gooey.
- Store playdough in a covered container or plastic bag. Consider making two batches in different colors.

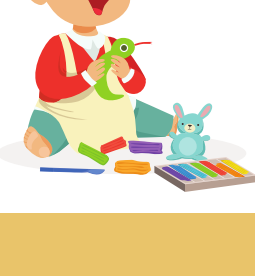
#### Uncooked Playdough

- Mix together 2 cups of flour, 2 cups of boiling water or hot tap water, 2 tablespoons of cream of tartar, 1 cup of salt, 2 tablespoons of oil, and a few drops of food coloring.
- When cool, knead until smooth and easy to shape.



## Playdough

Playdough is easy to mold and a snap to clean up. It is made with ingredients found in most kitchens. When the children in your classroom help to make a new batch, it is a great way to introduce some math while measuring the ingredients and practice fine motor skills through kneading the dough.



*Leanna Lorden*  
**Director of Children's Programs**

## Introducing STEM At An Early Age

Ever wonder how young is too young to start introducing your child to different concepts such as STEM? Science has proven that children are inquisitive from birth, and the earlier they are exposed to certain concepts, the easier they are able to grasp ideas and build off them. Check out this website for more ideas to encourage things like technology, engineering, and math into your child's everyday routine.

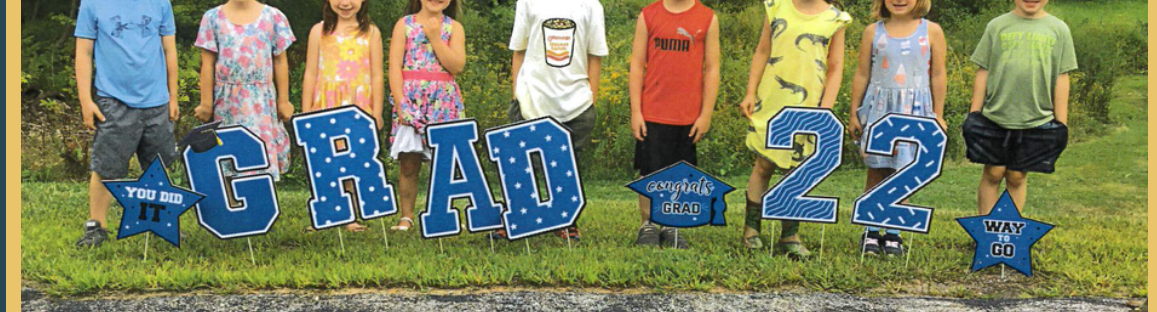
Let's Talk, Read, & Sing About STEM

*Jess Webb*  
**Assistant Director of the Early Learning Program**

## The Classroom Corner

### Our Kickstart Class Graduated Last Week!

Congratulations to our wonderful Kickstart Classroom for graduating last week. It was incredibly bittersweet as we said congratulations and good luck to this amazing group of children; some of whom have been with our center since they were 1 year old! We wish them all the best. We were lucky to have had such a great class at WBC and are so excited to see what they do next. We are all so proud of you!



## Ideas From The Kitchen



### What's Cooking?

Whole Grains are an important part of a growing child's diet. There are many diverse types of grains which include whole wheat, oats, brown rice, quinoa, etc. These are an excellent source of vitamins, minerals, and fiber. Early childhood is a valuable time to introduce healthy eating patterns that include whole grains because these can create a positive impact on your child's dietary habits later in life. A piece from Noodlesoup.com highlights their importance in the article titled "The Benefits of Whole Grains for Kids." This resource provides an outline of twenty-five diverse types of whole grains to introduce to your child's diet. In addition, NoodleSoup.com provides an educational checklist for parents, and advice on simple ways to whole grains.



Whole Grain Benefits For Kids

*Michaela Dunn*  
**Kitchen Manager**

## Extended Education Program

As we closed out Summer Camp and began the school year, the children reflected on their favorite parts of Summer Camp at White Birch. Here are a few of their favorite things.

Swimming at Greenfield State Park - **Josephine**

Swim lessons at Lake Sunapee - **Madison**

The Talent Show - **Lucinda, Hadley, & Oliver**

The water slides at Candia Springs - **Mia**

Water play with sea creatures and painting with our feet - **Riley**

Our Halloween party - **Lilac**



*Allison Saltmarsh*

**Director of the Extended Education Program**



## Staff Highlights

Allison Saltmarsh grew up in Deering, NH and currently lives in Concord with her husband, David, daughter, Ruby, and their dogs Maisie and Ralph. She started working at White Birch Center in 2016 as the Extended Education Site Supervisor and half day Kindergarten teacher. She has since become the Extended Education Program Director. She has been working in the field of Education for 15 years ranging from Preschool to school age children. Some of her favorite things to do are reading, baking, and spending time with her family, through hiking, going to the beach, and walking their dogs. Her favorite thing about working with children is their authenticity and sense of humor.



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