

10.14.2022

BI - WEEKLY

# CONNECTION

## Child Care E-Newsletter

### A Message From The Director

#### Why Kids Love Building Forts – And Why Experts Say They Might Need Them Now More Than Ever

Forts have always been a universal part of childhood. They are a secure, safe space that each child creates to block out the world and only their own rules apply. See more about how forts can help children regulate their bodies and emotions when hidden under a blanket.

Why Kids Love Building Forts

*Leanna Lorden*  
Director of Children's Programs

## The Milestone Tracker App

As parents and teachers, we are constantly tracking developmental milestones and successes. Some choose to document with photos or handwritten notes in baby books or something similar. This can sometimes mean we have to remember to add these to whichever platform we decide to use. For easy and on the go access for documenting your child's special moments and milestones, click the button below for the milestone app.

Learn More & Download

*Jess Webb*  
Assistant Director of the Early Learning Program

## The Classroom Corner

### Alphabet Awareness: B is for Bus!

The Preschool classroom has dedicated part of their day to learning different letters of the alphabet, their relationship to words, pronunciation, and the names of different objects that start with the designated letter of study. The past two weeks the class has been learning about the letter B!

This past Thursday, all students used an arts and crafts activity with a primary focus on making school buses out of paper plates, construction paper, and cardboard. Arts and craft activities like this one can help teach students a new word of the alphabet and words that start with the same letter. They also can help develop other cognitive functions. Students are introduced to basic geometry concepts through learning different types of shapes found on a school bus, strengthen their fine motor skills through painting, and continue to work on counting by adding up all the different aspects of the bus.

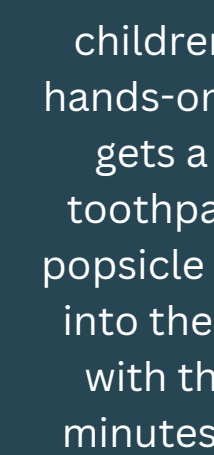
The Preschool class had so much fun learning about the letter B, and they're excited to move on to the letter C next week!



## Ideas From The Kitchen

### Farm-To-Table

Farm-to-table is a social movement that promotes serving local food at restaurants, school kitchens, and encourages healthy food choices at home. The movement advocates for local produce to come directly from farms and go straight to the dinner tables of the families and restaurants found in surrounding communities. This approach cuts out the middle man (grocery stores, markets, etc.) and creates a direct relationship between the farm providing the food and their customers. This movement helps to also provide fresh and nutritious food options perhaps not previously obtainable through chain supermarkets. Click the button below to indulge your family in the many benefits that the farm-to-table concept has to offer. Help support your farmers in the community and buy locally!



Benefits of Locally Grown Produce

*Michaela Dunn*  
Kitchen Manager

## Extended Education Program

### Toothpaste Tube Words Activity

Words carry weight and we all say and do things that we do not mean in times of anger or frustration that cannot be unheard or taken back no matter how hard we try. This concept is extremely difficult to explain to children in a way that they understand. However, with a visual and some hands-on learning, we think we do a pretty good job. Each group of children gets a tube of toothpaste and is told they have 2 minutes to get all the toothpaste out of the tube. After that, each child is given a toothpick and popsicle stick and is told they have 5 minutes to put all the toothpaste back into the tube. We hear things like "this is impossible", "how can we do this with this tiny stick?", and "what's like to do the tube?". After about 2 minutes of trying to get as much toothpaste into the tube as possible, the children start to notice there is no way they can get ALL the toothpaste back in the tube without some being left out. We then discuss how easy it is to get the toothpaste out and how challenging it is to get it all back in.

The toothpaste represents the words and phrases we use when we are upset, frustrated, or angry with someone. It is so easy to say those things, but impossible to take them all back. We call these "toothpaste tube words", and whenever a child feels upset, angry, or frustrated with someone we encourage them to think about this activity and remember once the words come out, it is almost impossible to take them back and they can leave a lasting impression no matter how hard you try.

*Allison Saltmarsh*  
Director of the Extended Education Program



## Tucker Free Library Activities

FRIENDS OF TUCKER FREE LIBRARY PRESENTS!  
**SUNDAYS AT THE LIBRARY FAMILY EDITION**

**LEARN HOW TO NEEDLE FELT**  
STATIA ANTWRORTH WILL TEACH AUDIENCE MEMBERS HOW TO DO NEEDLE FELTING. PARTICIPANTS WILL LEAVE WITH A FELTED PUMPKIN OR GOURD. THIS IS OPEN TO ALL AGES BUT LITTLE ONES SHOULD COME WITH AN ADULT TO ASSIST.

LIMITED TO 20 PEOPLE AND WE NEED TO ORDER SUPPLIES SO PLEASE RSVP AT TUCKERFREESTAFF@COMCAST.NET



OCTOBER 16, 2022 AT 2 PM

## TUCKER FREE LIBRARY FOODIE BOOK CLUB

Join fellow food and book lovers to discuss  
*Dearie: The Remarkable Life of Julia Child* by Bob Spitz

ORGANIZATIONAL MEETING  
FUTURE DIRECTION & POSSIBLE TITLES  
OCTOBER 15TH AT 11AM

Pick-up your books at Main Desk

## Puzzle and Board Game Swap

OCTOBER 15TH 9-11AM  
TUCKER FREE LIBRARY

Have puzzles and board games that are in good shape but are no longer being used? Bring them to TFL and exchange them for a new-to-you one!

Not interested in swapping? Bring your puzzle/board game to the library anytime. We'll add it to our collection!

## This Month's Classroom Newsletter

Click the button below to explore a White Birch Classroom Newsletter

Infant Classroom Newsletter

## Staff Highlights

Will Chambers is the Development Manager at White Birch Center and is originally from Westchester, New York, and currently lives in Concord, New Hampshire. He started working at White Birch Center in September of 2021 after graduating from the University of Massachusetts in May. In his spare time he loves playing basketball, running, drawing, traveling, and spending time outdoors. He also has the long-term goal of one day practicing law as a criminal defense attorney. A few additional fun facts about Will: he loves to cook, enjoys reading nonfiction, and is currently training for a half marathon! Will's favorite things about working at White Birch are his colleagues and the impact WBC has on Henniker and the surrounding communities.

