

11.10.2022

B I - W E E K L Y

CONNECTION

Child Care E-Newsletter

A Message From The Director

Llama Llama Mad at Mama

As a parent of a young child, Anna Dewdney's Llama Llama books are some of our household's favorites! Dewdney's books are a fun experience – not just a story. These short stories include beautiful illustrations while teaching key life lessons to early readers. It encourages literacy, rhyming, and helps readers understand their emotions.

Every time I read one of Dewdney's books, I feel like they are part of our family. Although all the characters are animals, each one represents a different way literacy and social/emotional skill building is important, which are experienced daily within our family.

Early reading and writing experiences are so important for young children. When they start to read and explore books, they begin to learn important literacy skills and practice language development. Yes, even babies! Hearing language, even when they are unable to comprehend or communicate back, helps very young children learn sounds, rhythms, and other basic characteristics of language.

Children who read expand their vocabulary, and may even improve their performance in school. Books are also a great way for children to develop social and emotional skills. Children practice patience by waiting to turn the page, learn different means of emotional intelligence through character expression, and are shown examples throughout the story regarding the right way to communicate with each other. Early reading experiences also teach children the joy found through reading!

Reading with your child not only helps their cognitive development and gives them a new story, but also is a wonderful way to spend time together. If you've never heard of these books or are looking for more information on the products that this author offers, click the button below to explore the Llama Llama book webpage.

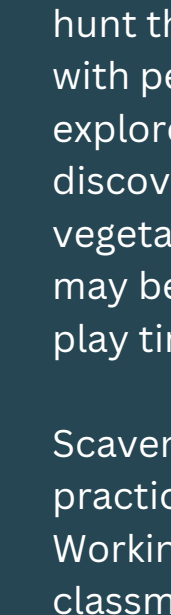


Llama Llama Website

Leanna Lorden
Director of Children's Programs

Winter Activities for the Whole Family

Although we have been enjoying some warm weather in recent days, the colder winter months will be here soon. It can often be a challenge to keep kiddos active with lower temperatures and snowy conditions. Click the button below to explore some activities in and around New Hampshire that will keep you and your family enjoying the winter months instead of counting down the days until spring.



Winter Family Activities

Jess Webb
Assistant Director of the Early Learning Program

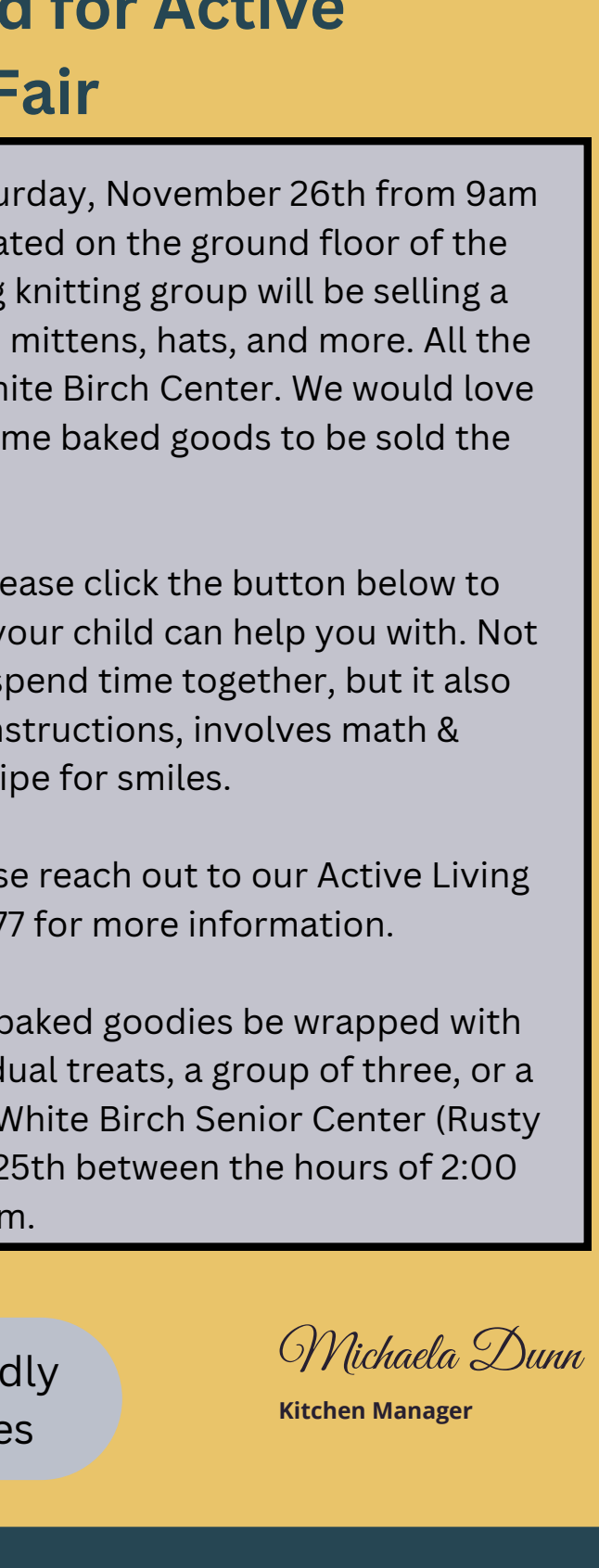
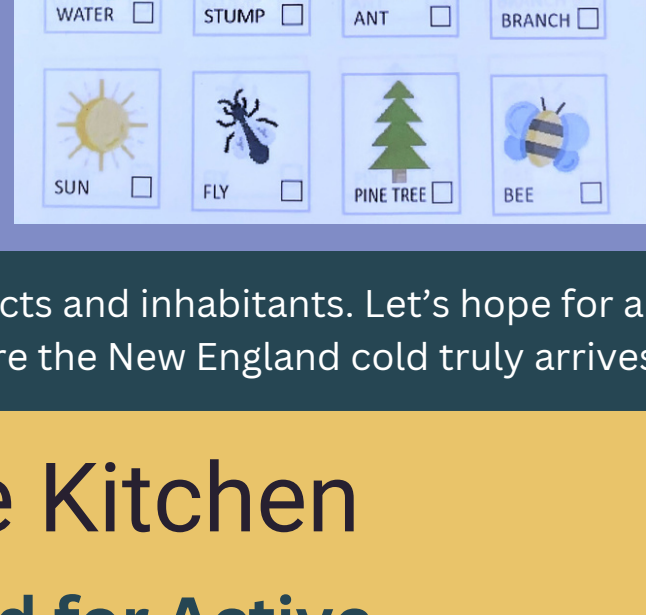
The Classroom Corner

Pre-K Scavenger Hunt

On Wednesday, November 2nd, the Pre-K classroom took advantage of the warmer weather and sunshine by having a scavenger hunt throughout their playground. Equipped with pencil, clipboard, and list, each student explored the playground on a mission to discover the different insects, forms of vegetation, and parts of the playground that may be overlooked during their designated play time.

Scavenger hunts allow our students to practice solving in a tangible way. Working independently or together with classmates can help reinforce team building, leadership qualities, and overall self-confidence. Activities like this require students to follow a list, strengthen executive functioning skills like sequencing, organizing, and staying on task.

The whole class had so much fun exploring and learning more about their outside environment as well as its different aspects and inhabitants. Let's hope for a few more days full of sunshine and warmth before the New England cold truly arrives.



Ideas From the Kitchen

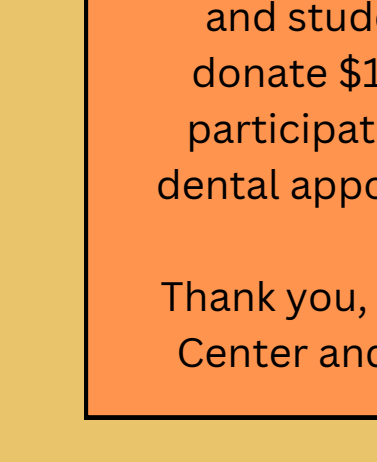
Baked Goods Needed for Active Living Craft Fair

The KnitWits will be hosting a craft fair on Saturday, November 26th from 9am to 2pm in the White Birch Senior Center (located on the ground floor of the WBC white building). The Active Living knitting group will be selling a variety of hand-made items including scarves, mittens, hats, and more. All the proceeds from this event will go directly to White Birch Center. We would love to have our families participate by making some baked goods to be sold the day of.

If you're looking for any new baking ideas, please click the button below to explore over different 40 kid-friendly recipes your child can help you with. Not only is baking with your child a great way to spend time together, but it also sparks creativity, teaches how to follow instructions, involves math & counting, and is always a recipe for smiles.

If this is something you are interested in, please reach out to our Active Living Director, Rusty Gage, at (603) 428-3077 for more information.

Please note: We respectfully request that all baked goodies be wrapped with cling wrap so they can be sold either as individual treats, a group of three, or a group of six. Baked goodies can be brought to White Birch Senior Center (Rusty will there to greet you) on Friday, November 25th between the hours of 2:00 p.m. and 5:30 p.m.



40+ Kid-Friendly Baking Recipes

Michaela Dunn
Kitchen Manager

Helping Your Child Manage Their Emotions

Being able to manage our own emotions seems like a simple task, but it can be quite complex, especially for growing children. It involves understanding one's own feelings, managing stress, using coping strategies at the appropriate times, problem-solving through challenges, and knowing when to ask for help. This can be a lot for growing children. They don't always know exactly how to manage those feelings, which is why it is so critical for adults to provide support along the way.

Here are a few ways you can help your child manage big emotions:

<p>LISTEN Ask about their feelings and help them feel heard</p>	<p>CO-REGULATE Practice calming strategies right alongside them</p>	<p>GIVE SPACE Allow time and space for them to get back on track</p>	<p>DISTRACT Talk about favorite hobbies to give mental separation for a few minutes</p>	<p>DRAW or WRITE Draw or write to express feelings, thoughts, and needs</p>	<p>PROBLEM-SOLVE Come up with solutions for the challenge together</p>
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The *Little Spot* Books are perfect for explaining basic emotions such as anger, anxiety, happiness, sadness, love, confidence, peacefulness and more. They also provide strategies to manage these big feelings.

Click the button below to learn more about the *Little Spot* Books.

Little Spot Book Series and Accessories

Allison Saltmarsh
Director of the Extended Education Program

3rd Annual Henniker Family Dentistry Halloween Parade

To honor tradition, community, and holiday spirit, Henniker Family Dentistry invited White Birch Center back for the 3rd Annual Halloween Parade! Last Thursday, more than 80 of our students, parents, staff, and seniors paraded their way up Hall Avenue to the Henniker Family Dentistry in full costume. Once everyone arrived, we all partook in some spooky Halloween themed fun stations, treats, and a full-on dance party. As we made our way back down to White Birch, we also stopped by our friends at Ayer & Goss to share in the celebration and say hello. We are so thankful for both our business neighbors in making this holiday so significant for our students and participating families.

In addition to creating a special day for our Active Living Seniors and students, Henniker Family Dentistry will also generously donate \$10.00 to White Birch Center for every individual who participated in the parade dressed in costume or came in for a dental appointment throughout the week dressed for Halloween.

Thank you, Henniker Family Dentistry, for supporting White Birch Center and maintaining such a special holiday tradition with us.

Staff Highlights

Maggie Stone

Maggie grew up in Warner, N.H. and moved to Henniker in 2021. In her free time, she loves to color and play with her cat named Loki. She started working at White Birch in July of 2021 and has been working in the E.C.E. field for three years. What she loves most about working at White Birch are the connections she's made with the children and the friendships with fellow staff members.

