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BI - WEEKLY

CONNECTION

Child Care E-Newsletter

A Message From The Director

Family Yoga

How can we find time for family bonding amid all this busy-ness? The key is finding an activity each family member can enjoy that also doesn't take up too much time in an already packed schedule. Seems impossible, right? One solution

tried and tested by many families and proven to be successful, is yoga. Click the button below to learn more about family yoga and how it can benefit your loved ones.

[Learn More](#)

Leanna Lorden

Director of Children's Programs



Managing Your Child's Emotions Through Bibliotherapy

Career, family, and life can often bring a certain amount of chaos into our daily lives. We power through to our next meeting or sporting event, thinking nothing of it until the early morning drop-off doesn't go as planned. You know your child is in good hands whether it be their child care facility or a family member, but drop-offs can still be a challenge.

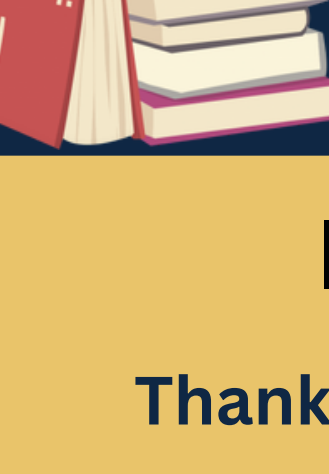
This can be a result of overstimulation and/or separation anxiety. Instead of waiting to manage these feelings as they come, take some time to have conversations with your child and talk about some of those big feelings they might be experiencing when it's time to say goodbye at school.

Bibliotherapy (books that can offer a type of therapeutic solution) can be a great way to introduce new topics and help guide conversations with your little one. For a list of books that can be a great conversation starter when it comes to the challenges of dropping your kiddo off at school or with a sitter, click the button below.

[11 Helpful Books](#)

Jess Webb

Assistant Director of the Early Learning Program



Ideas From the Kitchen



Thanksgiving Recipe - Mini Pumpkin Pies

Looking to mix up your Thanksgiving baking routine? Mini Pumpkin Pies are a great way you can still serve the traditional Thanksgiving dessert everyone loves, while adding a creative and fun twist. Make a personal pie for everyone this Thanksgiving and have your child help! With a simple set of ingredients and cooking steps, this is a great way you can involve your child in helping prepare for the big family dinner while teaching them the importance of holiday tradition.

If pumpkin pie isn't your favorite, this recipe can easily be used for all sorts of different holiday pies. Make this recipe your own by swapping out the pumpkin filling for apple, chocolate pudding, or blueberry! Click the button below to explore this delicious recipe!

[Mini Pumpkin Pie Recipe](#)

Michaela Dunn

Kitchen Manager



What's Happening in the Extended Education Program

Thank You NEC Bridges to Learning

Last Wednesday was our last NEC Bridges to Learning visit for this semester. Throughout the time we spent with the NEC students we've learned about many different kindness and social emotional concepts. We discussed respect for ourselves by drawing self-portraits and writing characteristics we liked about ourselves, role played situations where we could show integrity, designed get well cards for children in hospitals, made self-affirmation cards, and so much more!

We had opportunities to collaborate about what makes each one of us unique, what we love about ourselves and others, as well as how we can be more caring, responsible, and inclusive.

It has been so meaningful and beneficial for our White Birch students to welcome a diverse group of NEC students into our program and meet all kinds of new people. We even met someone from France! We've made lasting friendships and even gained a new Extended Education Teacher, Ashleigh, who will be joining us in January. The Extended Education Program looks forward to having more Bridges to Learning classes visit next semester for even more fun.

Allison Saltmarsh

Director of the Extended Education Program



November - December Pre-K & Preschool Pod Newsletter

[Pre-K & Preschool](#)

Staff Highlights

Caitlyn Nadeau

Caitlyn Nadeau is one of our center's longest-standing teachers. She has been with WBC for over 5 years and has certainly held true to the title of early childhood professional. Caitlyn has set and achieved personal goals while she continued her education in ECE and has been able to apply as well as implement all that she has learned within the Preschool and Pre-K classrooms here at White Birch Center. Caitlyn has also moved on to becoming a fantastic trainer to other teaching staff as she excels in her knowledge of the domains of development and how to assess children appropriately. When Caitlyn is not at work she can often be found snuggling up to her kittens while planning her classroom's curriculum. Way to go Caitlyn, WBC is lucky to have you.

