

12.09.2022
B I - W E E K L Y
CONNECTION

Child Care E-Newsletter

A Message From The Director

If You Look for Perfection, You'll Miss Growth

Here's something I know about you: you're an amazing parent. How do I know this? You're reading this right now...caring about your child, yourself, and your family, so you can become the parent you want to be.

Sure, it may take you a full 24 hours to get through this newsletter between sips of coffee, school drop-offs and pick-ups, tripping over LEGOs, answering emails, or eating what's left of your kid's buttered noodles for dinner. But you're here, and guess what? Writing for this newsletter never happens in a single sitting either.

Here's something else I know: as a parent, it can be easy to lose sight of everything you're doing well in the chaos of parenting. That's not your fault. In fact, we're all evolutionarily wired with a "negative bias", meaning we're primed to direct more of our attention to what goes wrong opposed to what goes right. And yet, if we aim for perfection all the time, we'll miss out on growth.

So, let's try something together. Often, we wait to celebrate our parental successes until major milestones are achieved like when potty training finally clicks, or our child learns the value of sharing with peers. Yes, those milestones matter, but so do all the small wins along the way. It's time to acknowledge the in-between wins: the moments of sturdy leadership, the small changes in behavior (your child's and your own), or the quick adjustments in tricky situations. We must catch these wins to remind ourselves, "Wow, all my efforts really do matter. I matter. My kids matter. Parenting matters."

Leanna Lorden
 Director of Children's Programs

Gift Giving Among Children

With the holiday season upon us, we sometimes find ourselves racking our brains trying to find the perfect gifts for our child's teachers or little friends. Determining the right amount to spend or the level of appropriateness of a gift can bring unnecessary stress and anxiety. For tips and tricks this holiday season and for a little guidance in the gift-giving area, click the red button below.



Gift Giving for Kids

Jess Webb
 Assistant Director of the Early Learning Program

Ideas From the Kitchen

It's hard not to think of the holiday season and also think about all the sweet and savory food that accompanies these celebrations. Sharing a meal together can be one of the few times when your family comes together and connects.

Holiday meals support ongoing family and friend connections, but also have the added benefit of delicious, seasonal foods as well.

This can be a great opportunity to have your child(ren) help you cook and prepare for these noteworthy occasions. Not only does it teach them how to follow simple instructions, increases confidence, independence, and more, but it also shows them the value of tradition and how food can serve as a bridge for human connection. Click the button below to explore 15 fun holiday food traditions to start with your little one(s) this year.

15 Fun Holiday Food Traditions

Michaela Dunn
 Kitchen Manager

What's Happening in the Extended Education Program

Safe Alternatives to Water Beads

Recently, there have been numerous articles circulating about the dangers of water beads. Water beads, also known as Orbeez, are marketed as a fun, sensory activity for children. However, they pose a serious risk of choking or intestinal blockage if swallowed.

The good news is there are a few safe alternatives that will provide the same experience but are edible! Boba or tapioca pearls are some safe alternative water beads.

Click the button below to review the recipe for how to make them!



Taste Safe Water Beads

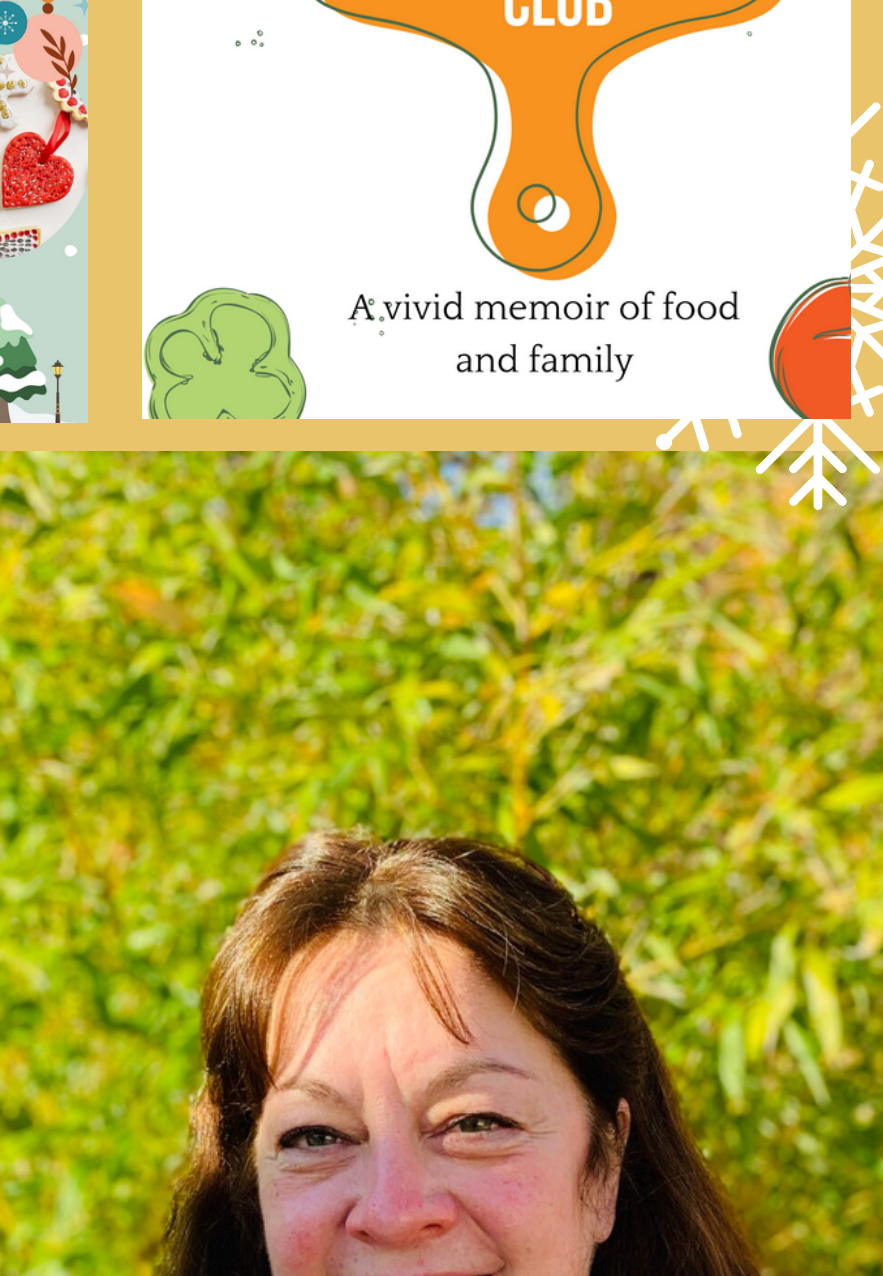
Allison Saltmarsh
 Director of the Extended Education Program

Classroom Corner

A wonderful part of the holiday season is coming together as a community, providing special gifts for those we love, and putting a big smile on someone's face. Last week, The White Birch Center Active Living group, known as the KnitWits, embraced these holiday values by choosing to share their beautiful hand stitched hats, scarves, and more, with our Early Learning children.

The KnitWits invited our Preschool and Pre-K classes to come and "shop" for themselves and loved ones, at their pop-up store within our Active Living building. The women of the KnitWit group offered these items for free to the children. Each child was able to pick out their perfect gift for their friend or family member.

This tradition allows our programs to develop a stronger sense of community during the holiday season, and bring joy to children, families, and the KnitWits.



Tucker Free Library Upcoming December Activities

Page Turners: *The Christmas Train*
 By David Baldacci

Inviting Families to Decorate Ornaments & Wrapping Paper

Tucker Free Library Foodie Book Club



Staff Highlights

Robin Odum

Miss Robin is one of our phenomenal Preschool teachers. She comes from Connecticut originally but has lived in NH for more than 14 years with her husband, Lee, and their black lab.

Miss Robin has a degree in Education, and she is always looking to learn more about how to set children up for success. Her extensive knowledge about early childhood growth and development has allowed her to form positive bonds with the children in her care.

One quality that makes her a great teacher is that Robin understands children in reaching milestones and setting new goals for themselves.

We're lucky to have her working here!

