

01.06.2023

B I - W E E K L Y

CONNECTION

Child Care E-Newsletter

A Message From The Director

Taking Time for You

I love this community. I love writing and finding informative pieces to feature in this section of the newsletter. I love hearing from families and staff as well as setting goals and making things happen. I love setting time aside to think about the big picture and the vision I have in my mind. I am so grateful that I can genuinely say I love what I do and do what I love. The flipside of loving what I do is that I struggle with giving myself permission to breathe.

Last week, I took the entire week off. I went into my time off reminding myself that not-doing and not-accomplishing is enough because I am enough. Some would describe this duration of time off as a staycation, and I would say that is accurate. I didn't book my vacation days full of activities in advance. Instead, I spent time with my family. I drank coffee while it was hot. I took solo morning walks. I put down my phone. I read my book when my son was reading his (even if it was for 5 minutes). I did these things because I know that when I make time for myself, I always come back with more energy, new ideas, and a renewed mindset.

Something else I also know is that you deserve that time to just be. Whether it be a few minutes or a full week, you deserve it.

Leanna Larden
Director of Children's Programs

Sesame Street Big Feelings Resource

Just like adults, children experience many different feelings and emotions. Stress can be a big and scary feeling for all of us. As adults we might understand where this stress is coming from, but it is more difficult for a child to identify such things as these emotions.

For tips and tricks on how to introduce emotional literacy to your child and help them manage those bigger feelings, check out: *Sesame Street in Communities*. This website offers resources to assist your child in identifying and labeling their feelings. Children will learn how to practice strategies and techniques for a mindful approach to managing and expressing big feelings and emotions.



Sesame Street in Communities

Jess Webb
Assistant Director of the Early Learning Program

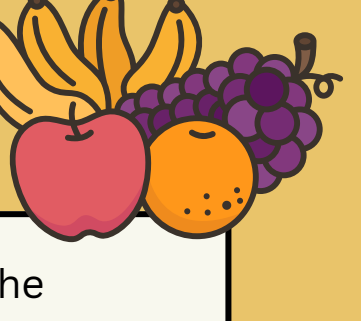
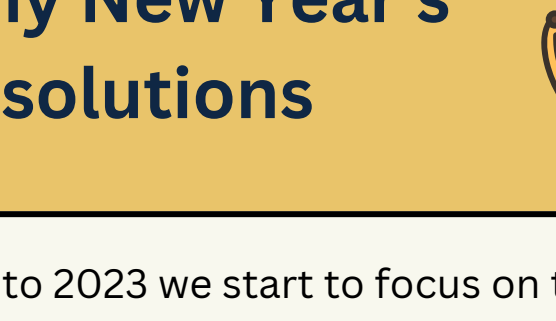
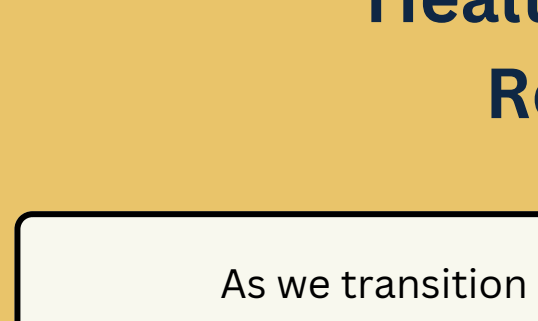
Extended Education Program

The Impact of Music & Dance

Music is a large part of many of our lives, whether it is singing in the car, listening to soothe our moods, or singing to our own children. Studies have shown that music and dance benefit children socially, emotionally, physical, mentally, and academically. Here are some of the benefits of music and dance:

- Improved coordination
- Body awareness & balance
- Language development
- Improved memory
- Imagination
- Boosts confidence
- Strengthens cognitive ability
- Promotes emotional awareness
- Encourages respect & understanding
- Inspires cultural awareness

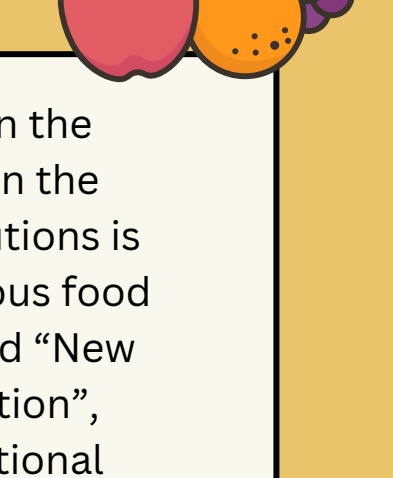
Everyone is capable of dance, just watch a toddler when you turn on any type of music. So, whether you're dancing when no one's watching, dancing with your child, or at a party... your body was born to move. Music and dance have so much potential to grow your child's overall mental and physical health, so why not sing and dance along the next time you hear music (even if it is the "Baby Shark" song for the 15th time).



Allison Saltmarsh
Director of the Extended Education Program

Ideas From the Kitchen

Healthy New Year's Resolutions



As we transition into 2023 we start to focus on the resolutions and goals we want to accomplish in the upcoming year. One of the most common resolutions is working towards adopting a more health-conscious food palate. An article from ChildLife Essentials called "New Year, New Ways to Improve Your Child's Nutrition", stresses the importance of setting these nutritional goals for yourself, but also for your child(ren). For children, healthy eating is crucial as they grow and develop their physical attributes as well as their cognitive functionality.

If you are looking for some new, fun ways to introduce better nutritional habits into your child's daily routine, click the red button below.



Read Here

Michaela Dunn
Kitchen Manager

Tucker Free Library Activities

COMMUNITY GAME GROUPS AT TUCKER FREE LIBRARY

RUMMIKUB **MAJHONG**

WEDNESDAYS AT 3:15 THURSDAYS AT 3:15

NO MATTER IF YOU KNOW HOW TO PLAY OR WANT TO LEARN, COME JOIN US FOR PICKUP GAMES!

RESOLVE TO...

A five-part series presented by Tucker Free Library and The Friends of Tucker Free to help with your New Year's Resolutions, Saturdays at 9am. Come to one, some, or all!

1/07	Feel Better Kristen Jimenez, RDN A non-dieting approach to food Learn about Finances Erika Doyle, IAR
1/14	Learn more about how money works Prepare for Social Security Erika Doyle, IAR
1/21	For those nearing retirement (55+) Improve Mental Health Judith Coleman, MA, LCMHC
1/28	For these difficult times Move Your Body More Leah Cummings, Evergreen Studio
2/04	Learn about chair yoga

Classroom Corner

Learning About Holiday Traditions in the Classroom

Each holiday season one of our students comes to school prepared to share their family's traditions and beliefs with their teachers and peers. This year we were honored to host Anders's mom, Kelsea. Anders and his mom taught the Pre-K classroom a bit about Hanukkah and Jewish culture.

During Kelsea's visit, she shared new stories and songs. She even taught the classroom to play a fun game called Dreidel! Each child received not only a new dreidel and a craving for latkes, but they also gained knowledge about the Jewish culture from one of their fellow students. Thank you, Kelsea and Anders, for sharing your family's traditions!



Staff Highlights

Jessica Klein

Infant and Toddler Pod Lead, Jessica Klein, has been with WBC for over two years. Jess has a degree in Early Childhood Education and is currently pursuing another degree in Human Services.

Jess's high energy level is unmatched and works to her advantage when keeping up with all the little ones in her care. We are lucky to have a classroom leader like Jess, whose ability to anticipate and navigate the needs of both classrooms makes an undeniably positive impact.

