



02.03.2023

BI - WEEKLY

# CONNECTION

## Child Care E-Newsletter

### A Message From The Director

#### Parenting Strategy

To help your child develop frustration tolerance and coping skills, say this to your child today. "Did you know that I also have lots of big feelings? Sometimes I feel so excited and happy, other times I feel worried or really angry. I just want you to know that no matter what feelings you feel, I love you and I'll be right there with you." And leave it at that.

Not only will saying this will help your child's development, it will strengthen the connection.

*Leanna Lorden*  
Director of Children's Programs

### Cosmic Kids!

Everyone's bedtime/wind-down time looks a little different. These routines offer a level of predictability for our children and help to create a feeling of security and peace just before closing their eyes. If you're struggling with your current bedtime routine, click the red button below to check out the Cosmic Kids! website. Cosmic Kids! offers a fun and productive way to prepare your child for a good night's sleep. With brain breaks and techniques for mindfulness, your child can experience positive screen time that allows them to release energy for a more peaceful sleep experience.

**Cosmic Kids! Website**

*Jess Webb*  
Assistant Director of the Early Learning Program

## Extended Education Program

### Strengthening Soft Skills

NBC10 Boston had a news segment the other night about what parents want their children to learn in school. It stated that a recent study of parents with young children found that a vast majority want educators to teach soft skills like critical thinking and communication. Soft skills are skills that help children interact effectively and harmoniously with others.

These skills are exactly the things we foster and encourage daily at the White Birch Center for Extended Education. We help children navigate conflicts and teach them strategies for problem solving and respectful disagreements. We intentionally implement activities that encourage teamwork, critical thinking, and collaboration.

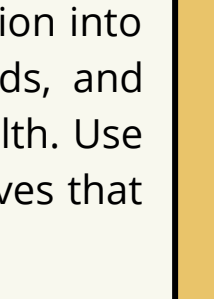
We've also started to teach money management skills with our White Birch Bucks program and will be implementing a new counselor in training program this summer to teach leadership and time management skills to older children within our camp program.

*Allison Saltmarsh*  
Director of the Extended Education Program



## Ideas From the Kitchen

### American Heart Month



February is American Heart Month, which is a great time to revisit your lifestyle habits and set goals for adopting a heart-healthy lifestyle. As we transition into February, try to steer clear of microwavable meals, snacks, fast foods, and processed foods that have an emphasis on pleasure as opposed to health. Use this month to also teach your children about different healthy alternatives that can replace the boxed dinners, greasy pizza, and french fries.

Click the button below to read an article from chop.edu called "Making Heart-Healthy Foods your Kids will Love", that outlines the importance of heart-friendly foods as well as provides different recipes and ideas that will help you introduce healthier choices to your family.



**Read Here**

*Michaela Dunn*  
Kitchen Manager

## Classroom Corner

### Classroom Transitions

Last week, we are proud to say 13 children in our Infants, Toddler, and Preschool classrooms, met developmental milestones for their age group. They have now transitioned to a new classroom.

Every single child is unique, and responds to this environment change in their own way. Our teachers are proactive in understanding each child's behavioral cues, and ensuring every child is comfortable in their new classroom with their peers.

We encourage parents to help support their child through this transition period by reaching out to their child's classroom teachers and asking how they can help. Talking with your child about this process can help him/her become more comfortable with this adjustment period, while also giving you some insight for how to manage the transition to kindergarten when the time comes.



**Pictured Above:** Eleanor Friend is one of the children transitioning from the Preschool Classroom to the Pre-K Classroom. We are so proud of her!

## Staff Highlights

### Hannah Blackburn

Hannah joined the White Birch Extended Education Team in December 2022 and has been a positive asset since her start. She comes to White Birch with many years of experience working with school age children at The Pines Community Center in Northfield, where she currently works in addition to her position here at White Birch. Hannah is going to school for Health Science but has recently taken an interest in Early Childhood Education and began taking ECE classes this year.

Hannah's bubbly personality and knowledge of the field are visible every day through her work with the children of White Birch. She is always smiling, joking, and playing with the children, making them feel included and loved. We are lucky to have Hannah as a part of our team!

