



9.29.2023

BI - WEEKLY

# CONNECTION

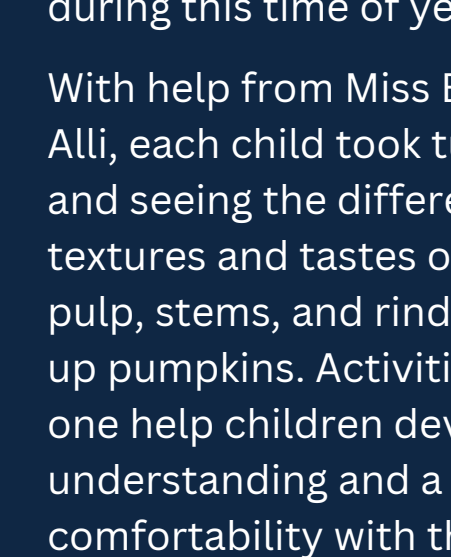
## Child Care E-Newsletter

### A Message From The Director

#### When You Spend an Extra 10 Minutes at the Dinner Table

A study showed that an extended dinner led children to eat more fruits and vegetables; bite-size portions also helped them eat more in the extra time.

Click the button below to read the full article.



**Learn More**

*Leanna Lorden*  
Assistant Executive Director

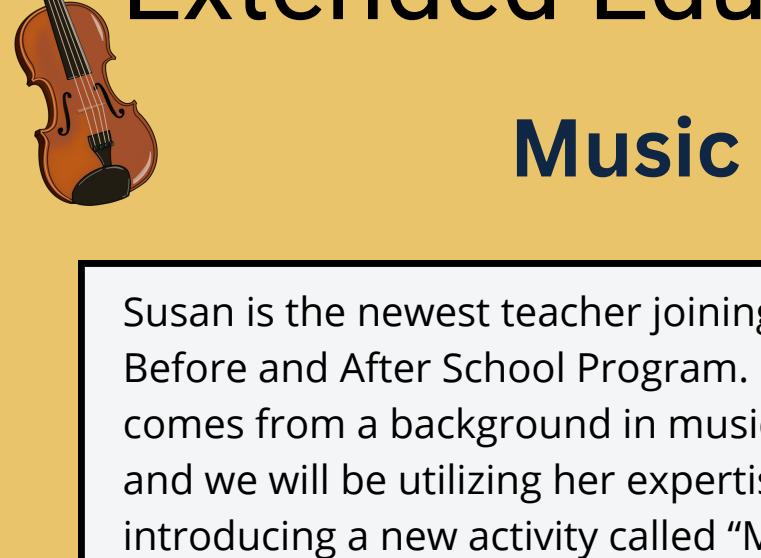
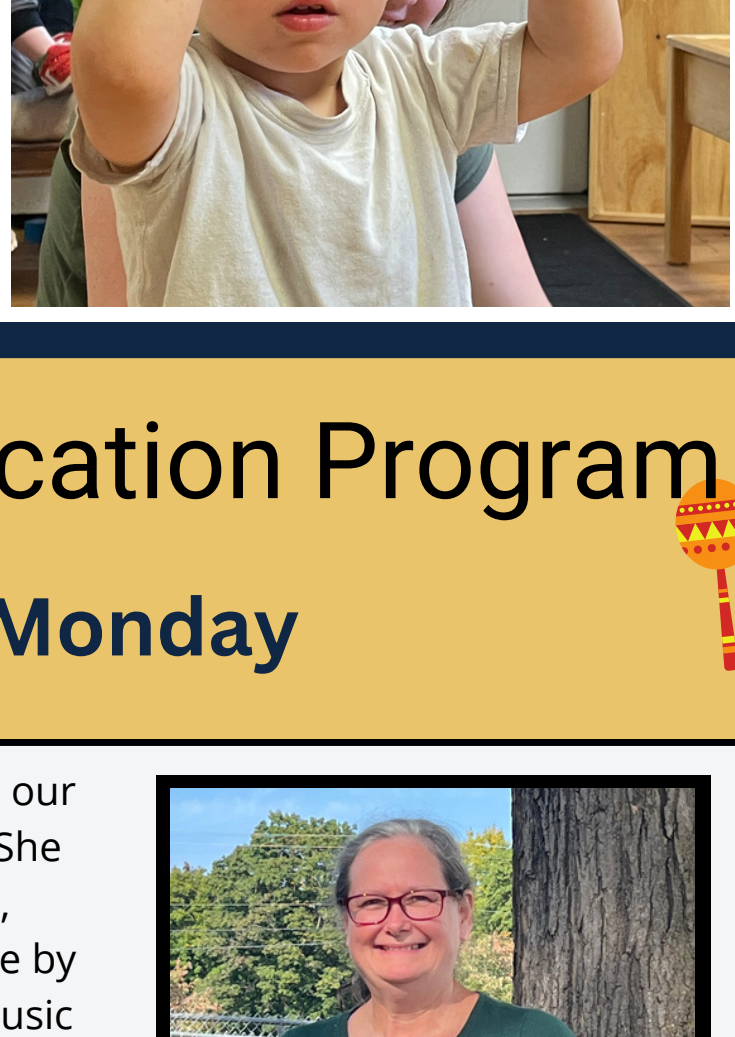
## Classroom Corner

### Pumpkin-Themed Sensory Bin

This past Monday, the Infant Classroom had fun exploring a pumpkin-themed sensory bin filled with different parts of a pumpkin. This activity serves as a great way to introduce sensory concepts and explore the new seasonal changes happening during this time of year.

With help from Miss Erin and Miss Alli, each child took turns feeling and seeing the different colors, textures and tastes of the seeds, pulp, stems, and rinds of the cut-up pumpkins. Activities like this one help children develop a better understanding and a comfortability with the physical world around them, while also sparking a curiosity and desire to learn more.

Stay tuned to see more fall-themed activities from different classrooms featured in our upcoming newsletters.



## Extended Education Program

### Music Monday

Susan is the newest teacher joining our Before and After School Program. She comes from a background in music, and we will be utilizing her expertise by introducing a new activity called "Music Monday".

Music Monday will introduce the children to the concepts of music by having them play the provided instruments, sing, learn music terminology, and even craft instruments of their own.



Mrs. Sue

**"Music can change the world."**

**- Beethoven**

*Allison Saltmarsh*  
Child Care Programs Director



You are invited to a

# HALLOWEEN PARADE



**Tuesday, October 31st**  
**White Birch Center**

Parade Logistics & Route:  
Line up in front of White Birch @ 10:00AM  
Depart White Birch @ 10:05AM  
**1st stop:** Montshire Pediatric Dentistry @ 10:15AM  
**2nd stop:** Henniker Family Dentistry @ 10:40AM  
Return to White Birch around 11:15AM

**All are welcome and costumes are encouraged!**

## Ideas From the Kitchen

### Healthy Food Portions for Children

As we transition from summer to fall, we welcome the new vibrant colors, cooler temperatures, and fun holidays this time of year brings. Considering the upcoming, holidays Halloween and Thanksgiving are primarily food-centric, we can also use this time to talk to our children about healthy food portion sizes.

Here at White Birch Center, our food program is designed to provide meal diversity while ensuring the essential nutritional needs of the children are met without overserving. It's vital to share with your child the importance of eating larger servings of fruits and vegetables filled with vitamins, minerals, and fiber. Emphasize the importance of these healthier food groups opposed to foods high in saturated fats and sodium, which are often overserved in the traditional American diet.

Click the button below to learn more about how much food your child should eat based on age, the environmental factors that influence your child's eating habits, and more.



**Learn More**

*Jessica Lavapiccola*  
Kitchen Manager

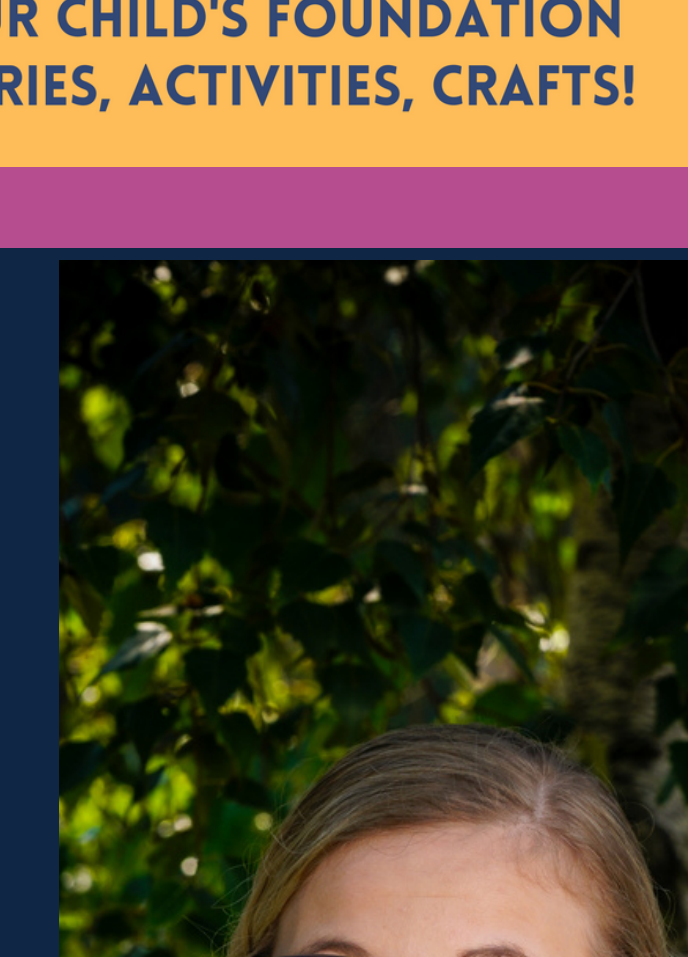
### Tucker Free Library

## PRE-SCHOOL TIME

A CHANCE FOR CHILDREN TO LEARN TO LISTEN, FOLLOW INSTRUCTIONS, PRACTICE SOCIAL SKILLS THROUGH COOPERATIVE INTERACTION, WORK ON MOTOR SKILLS, AND BUILD VOCABULARY!

**September 13 - December 13**

**WEDNESDAYS AT 10:30 AM**



**BUILDING YOUR CHILD'S FOUNDATION THROUGH STORIES, ACTIVITIES, CRAFTS!**

## Staff Highlights

### Taylor Pike

Taylor joined White Birch Center during the Summer Extended Education Program in June 2023. She currently lives in Henniker, N.H. with her boyfriend and grew up in Weare, N.H. When Taylor is not at White Birch, she loves spending time outdoors, going on walks, playing lacrosse, swimming, and fishing. She also believes there is value in practicing mindfulness and movement breaks, and tries to integrate these concepts throughout her day.

After graduating in 2021 from Colby Sawyer College with a Bachelor's Degree in Science and Public Health, Taylor worked for 2 years as a Special Education Paraprofessional.

She is excited and thankful for the opportunity to be working close to home in addition to working with the lovely staff and families of White Birch Center.

