



1.19.2024

B I - W E E K L Y

CONNECTION

Child Care E-Newsletter

A Message From Leanna

Taking Time For You

I love this community. I love writing or finding informative pieces to feature in this section of the newsletter. I love hearing from families and staff. I love setting goals and making things happen. I love setting time aside to think big and with my vision in 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 to give myself permission to just be.

So I took the whole week of Christmas off. I went into my time off reminding myself that not-doing and not-accomplishing is enough because I am enough. Some describe this time off as a staycation, which I would say is accurate. I didn't plan a number of things in advance, but instead spent some quality time with my family. I drank coffee while it was hot, put down my phone, and read my book while my son read his, even if it was just 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 know is that you deserve that time to just be, too. Whether it be a few minutes or a full week, you deserve it.

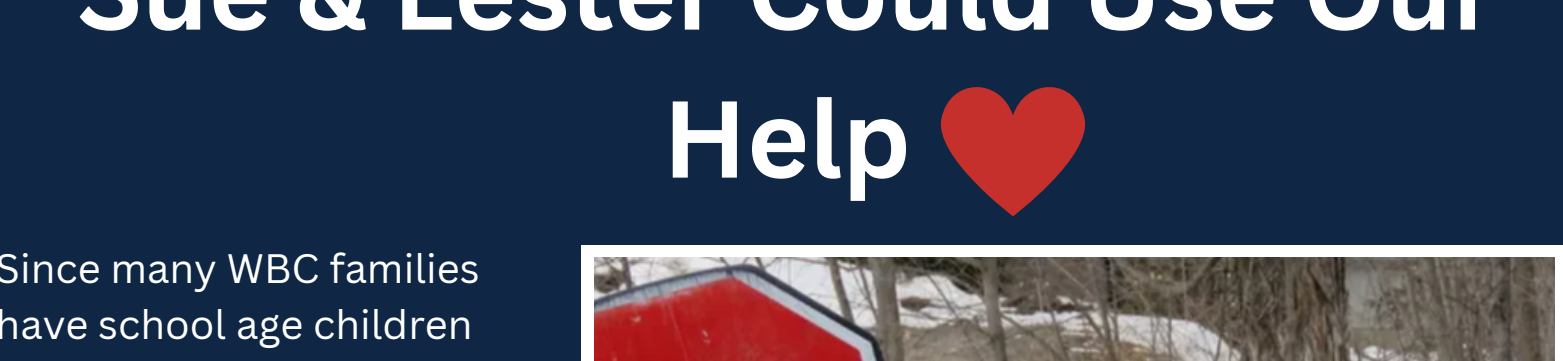
Leanna Lorden
Chief Operating Officer



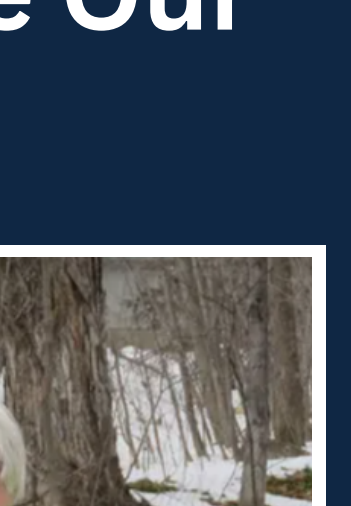
A WBC Announcement

We are thrilled to announce that White Birch Center is acquiring the property at 116 Main Street in Henniker. This exciting development will enable us to expand our services, including providing a new home for the Henniker Food Pantry. The Henniker Food Pantry will remain its own independent nonprofit organization.

The sale is expected to be completed in early to mid-summer of 2024. For more details on this exciting development, click the button below.



[Read Press Release](#)



Sue & Lester Could Use Our Help

Since many WBC families have school age children enrolled in the Henniker Community School, we wanted to relay some recent news regarding Sue and Lester, the HCS crossing guards. We are sorry to share that Lester has recently suffered a stroke and is currently recovering.

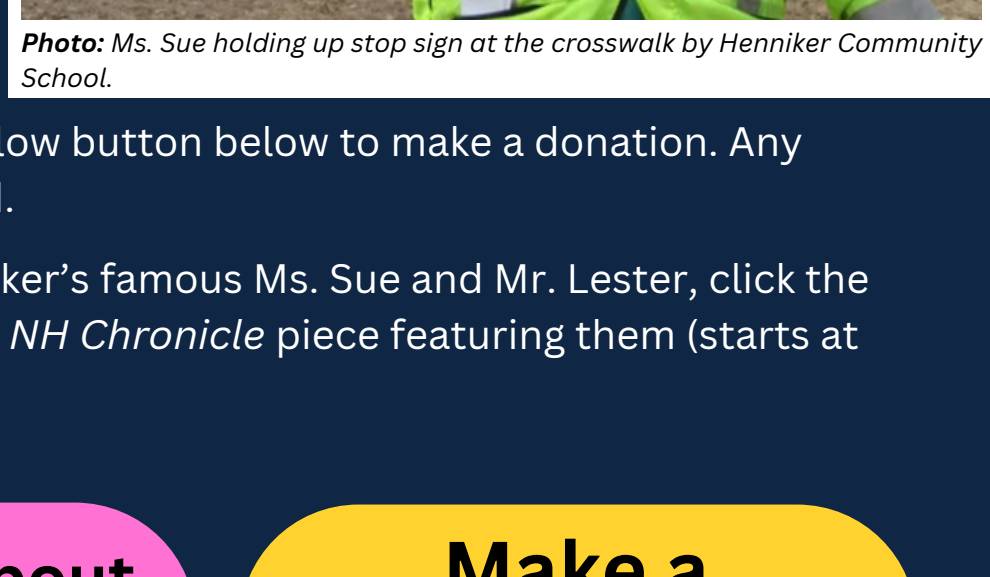


Photo: Ms. Sue holding up stop sign at the crosswalk by Henniker Community School.

A GoFundMe page has been created to help support Sue and Lester during this challenging time. Click the yellow button below to make a donation. Any support is greatly appreciated.

If you don't know about Henniker's famous Ms. Sue and Mr. Lester, click the purple button below to view a *NH Chronicle* piece featuring them (starts at 3:43)

[Learn More About Sue and Lester](#)

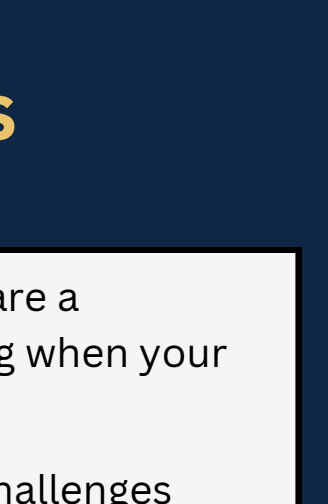
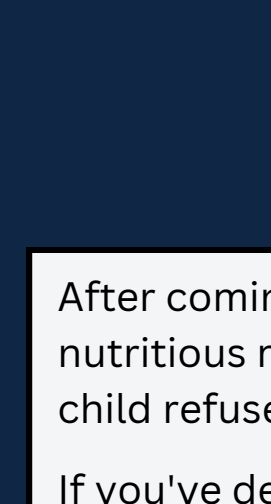
[Make a Donation](#)



Classroom Newsletters For January

[Infant & Toddler Pod](#)

[Preschool & Pre-K Pod](#)



Ideas From the Kitchen

Dealing With Picky Eaters

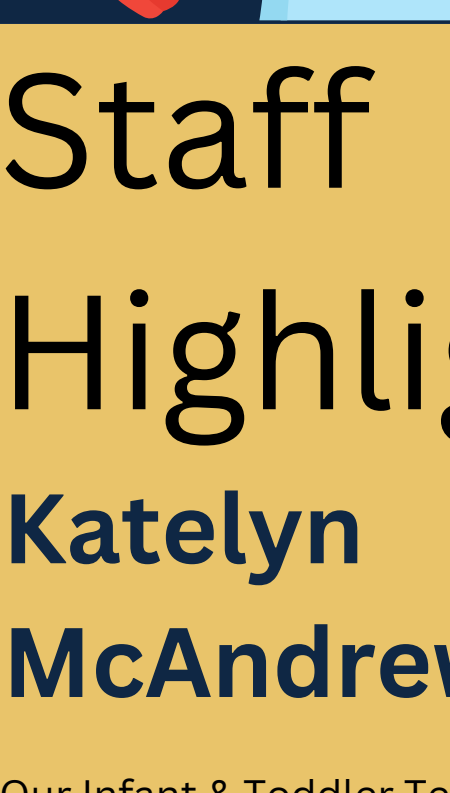
After coming home from a long day and taking the time to prepare a nutritious meal for yourself and your family, it can be frustrating when your child refuses to eat what you've put in front of them.

If you've described your child as a picky eater and have faced challenges getting them to eat anything other than what they want in the moment, you wouldn't be alone. Studies based in the National Library of Medicine indicate that this restrictive eating behavior is quite common in preschool-aged children, with 14 to 50 percent of this demographic expressing a habitual liking for a limited number of foods.

While parents play a significant role in their child's eating habits, it's important to remember that the current relationship your child has with food is temporary, and the diversity of foods they eat will usually increase with age. Try setting realistic expectations and slowly introducing new and healthy foods, strengthened by positive encouragement. Remember to have patience with your child and yourself; it's all part of the process.

Click the button below to explore an article from NBC News that showcases ways to improve your approach towards your child's meal time and food.

Jessica Lavelpiccolo
Kitchen Manager



[Read Article](#)

Staff Highlights

Katelyn McAndrews

Our Infant & Toddler Teacher, Katelyn, celebrated her birthday this past Monday, and we want to give her a special shoutout! We hope your day was as great as you are!

Katelyn currently lives in Deering, NH with her parents, older sister and two younger brothers. In her spare time, she likes to play guitar, attend services and programs at her local church, and volunteer at the Hillsboro Food Pantry every Tuesday evening.

Katelyn finds working with children very rewarding. The opportunity to work with children allows her to see each child in her care learn and grow every single day.

