



## Greetings Families and Students!

Welcome to new and returning friends! We are, as always, excited to be embarking on a new year with you. We are using Constant Contact for the electronic version of our newsletter this year, and so wish us luck! This is a paper version, but those on our elist will be receiving this electronically as well. Constant Contact also has a nice email feature, and our old email list was pretty messy and hard to manage. We also found the old newsletter publication method, which involved Publisher and conversion to a PDF, took up a great deal of digital space and was cumbersome. Another feature we like is that you can easily move from the newsletter to our website, and our website contains current information as well as many resources for you. Hopefully, as we all get to know this new platform, there may be other features which can be supportive to you as families.

## Welcome Beth!

We are very pleased to introduce you to Lizabeth Buoro. She will be part of our administrative team, joining Deirdre McPartlin and Tara Kavanagh. We know she will be a caring steward of the Child Development Center during Ellen's leave this year.

Lizabeth's (Beth) background and credentials make her a perfect fit for this work. She brings a BA in Early Childhood Education, and an M.Ed in Learning Disabilities. She began her career as a teacher of very young children with disabilities. She then developed and implemented programming for an on-site demonstration program for children aged zero-three at Montclair State University-very similar to the CDC as the purpose was also to model best practices for college students while meeting the needs of children and families.

After over ten years of teaching and teaching/administrating, Beth shifted full-time into administration, eventually becoming a Principal and later Superintendent of the Special Services School District in Cape May, New Jersey.

We found her to be very warm, kind and approachable when we met her. This was enthusiastically echoed by her colleagues as well.

It was our good fortune that Beth has been planning a move to this area, and so our needs perfectly intersected! We feel certain that Beth will be supportive to the unique needs of the Child Development Center, and that she will have a great deal of wisdom and experience to share with us all.

Please join us in welcoming Beth to the Child Development Center and to the wonderful City of Keene!





### **A Fond Farewell to our Resident Poet!**

Kathleen Fagley has been a beloved Floating Teacher in our Infant and Toddler classrooms for the past five years. As you may be aware, Kathleen has another life - she is a poet! Returning families might recall some of Kathleen's poems gracing the pages of our newsletter. We have been great fans of her writing for many years.

Kathleen was presented with the opportunity to teach Creative Writing here at Keene State College as an Adjunct Professor, and this was an offer she couldn't refuse. It aligns with her own professional goals and draws upon her true passion - writing.

Kathleen therefore won't be returning as a Floating Teacher in our Infant and Toddler Classrooms. You may see Kathleen periodically, as she has very kindly agreed to remain on our Substitute List.

We hope Kathleen will keep us posted about her writing endeavors and occasionally share a new poem with us...



### **Sending our Love to Carole Russell**

Carole has shared with us that the back issues she was dealing with have been diagnosed and she is facing a very different and serious medical issue. Carole will be out on medical leave for the Fall Semester.

We know many of you are eager to be supportive to Carole. While we can't release her home address or other contact information, we are happy to forward cards and notes to her. Feel free to direct those to the CDC Office and we will get those to her.



### **Transitions**

At the start of the year, we all move through a transition together. The children, are getting to know their new classroom, their new teachers, and their peers. To help you understand the scope of their experience, it might help to recall your first couple of weeks at a new job, or how you might have felt going to a party where you didn't know most of the people there...

Our big focus during the early weeks is to form those important bonds with you and your children. It is the establishment of these relationships which help the children to feel safe here at the CDC. Once they feel safe, they can focus on their friendships with peers and engage in enrichment activities. You might be interested to know that research supports the need for teachers to establish a secure bond with children, and sees that as a critical piece to children's success in school. So, research has finally supported the importance of LOVE! The Beatles were right after all! It really is all you need...(Well, there are few other things we need when we parent and teach...)

*(continued from News and Updates)*

We have been welcoming Keene State College students to the CDC as well. Our Academic Students will join the classrooms-Methods Students in the morning on Mondays-through-Thursdays, and Student Teachers full time for seven week placements. In addition, Student Workers will also join the team, and you will see them most often in the afternoons and on Fridays.

The CDC is at the center of a wonderful community, comprised of your wonderful children, KSC Students, our excellent teachers, and, of course, you. Our partnership with you is a cornerstone of our work. You frame your child's experience, and your participation and involvement is a key factor in helping foster your child's healthy development.

Sincerely,

Ellen Edge, Director

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## "All About the CDC" Presentations

### Learn all about us!

We have a unique program. As a "blend" between a child care center and a child development laboratory, there are aspects of our program design which arise from our dual role- to serve children & families, as well as the early education majors who are placed in our program as part of their course of study. Further, early education is "mysterious" to many of us. Usually when we think of education, we think of desks, chairs, lessons, and the experiences we had when we were in school. Early education has unique features. Grounded in development, early childhood educators draw upon theories and research that are specific to this age-group. This presentation helps you to learn more about how we approach this work.

For this reason, we offer three "All About the CDC" presentations to our families. This involves a PowerPoint presentation with lots of discussion. Take advantage of this opportunity to learn all you ever wanted to know about us and to meet our new Interim Director Beth Buoro. If you are a returning family and didn't have a chance to attend last year, this is your chance! The dates for these presentations are: **Friday, August 22nd from 12:30-2:00** (same day as Family Orientation), **Wednesday, August 27th, from 8:00-9:30**, and **Thursday, August 28th from 4:00-5:30**.

## New Faces at the CDC!

### Please welcome our new friends...

This year there we are very pleased to share news of new additions to our wonderful CDC team:

**Mackenzie Royce** - Mackenzie will be joining the Green Preschool as the new Early Childhood Teacher. She will be working with Karen Gutierrez, who has moved into the Facilitating Teacher position (congratulations Karen!). Mackenzie has been the Lead Preschool Teacher for the Claremont School District since 1999. Claremont's program was also a laboratory model, so Mackenzie will be well able to work both with very young children while coaching and mentoring young adults.

**Jacqueline Beaudry** - Jackie will be joining the Blue Preschool as the new Early Childhood Teacher. She will be working with Stacey Fortin. Jackie has been teaching since the 1980's and has much experience with children and families. Like Mackenzie, Jackie also joins us from a Laboratory School - the Windy Hill Lab School at Colby-Sawyer College in New London. She too has experience working with both young children and young adults as teacher, coach and mentor.

**Heather Swentik** - Heather has agreed to take on the role of Interim Early Childhood Teacher and Early Sprouts Coordinator for the Fall Semester during Carole Russell's medical leave. Heather also has experience in a college-based program, having worked for several years at Boston University's Children's Center in Boston, MA.

## Separation Anxiety Runs Both Ways. Working on your anxiety will help your child's anxiety

*I have two kids, ages 3 and 1. They started going to nursery school, but it seems to be too difficult for them. Every time I leave, they worry and cry. How do I make separation easier for them?*

While you are clearly concerned about them, separation anxiety runs both ways, and you might also have some anxiety about your child's worrying and crying from temporary separation. Separation anxiety for children is an understandable emotion, given that (a) their primary caregiver is leaving, and (b) their new caregivers are strangers. One way to help reduce anxiety is to include the new locale, the program, into a safety zone. How do we help to bring the new caregivers, the teachers, other children, and new location, into the circle of trusted "family" for the child? One way is for you to model the trust you have in the new caregivers.



That means working on your own anxiety about your child, and not experiencing anxiety for them as he or she adapts (with a struggle and some tears). It is difficult for most of us to adapt to radically new experiences, but it rarely ever proves "too difficult." This fact has been shown consistently in studies: We too often believe and predict that some future circumstance will be intolerable. Children do this too. Usually we do this about novel circumstances. But in fact, in spite of fears, as adults we can adapt to the most drastic changes within a few months-and children adapt even more quickly.

School may seem like a drastic change for children, but it can be a thrilling experience. They can go from fear to excitement-just as we feel when we overcome some fear, such as public speaking or flying.

Most teachers occasionally use distraction to allay a child's anxiety, by giving the child something to focus on. You want to instill in your child the sense that they will be fine, and that you will be reunited soon-but that emerges more quickly when you do things that do not reinforce their angst, like hanging around at drop-off time and indulging their anxiety.

If the anxiety persists they might still be too young to let go-and ages 1 to 3 is very young-and they are not ready yet. That may mean allowing some time for them to grow accustomed to new surroundings as safe and trustworthy, and actually an opportunity for fun.

### How to Conquer Separation

Model enthusiasm by showing confidence in new children, instructors, and new locations. Include others into your circle of family by being friendly to "outsiders"

Reward your children with genuine recognition for work and play they have done well and cooperatively. Children can adapt quickly if not easily-once the threshold is reached, they feel right "at home"

If the anxiety persists, keep at it, in all probability your children will grow accustomed to an environment they visit often and will probably see it as a fun place to play, learn, and make friends.