

August 2018

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Celebrating Breastfeeding Awareness Month

By Chloe Learey, Executive Director

August marks National Breastfeeding Awareness month.

This year, the US took issue with language of the World Health Assembly resolution proposed in May calling for member nations to “promote, support and protect” breastfeeding. Additionally, it threatened Ecuador, the sponsor country of the resolution, with retaliatory trade measures and removal of military aid if they continued to pursue it.

There is broad consensus among many organizations, from the American Academy of Pediatrics to the World Health Organization to UNICEF, that breastfeeding is optimal for mothers and babies when it is possible. It is important to note there are circumstances that make it challenging or not possible to breast feed. Women who find themselves in this situation need support and affirmation as well. Promoting “breast is best” should not be done in a way that shames or marginalizes women who do not or cannot make that choice for whatever reason. Access to information, resources and support are essential for a woman to make the most informed choice for herself and her baby.



The Winston Prouty Center’s Fern Room. This room is available for staff and visiting mothers to pump and nurse their children.

What are some of the benefits of breastfeeding? Breast milk has a balance of protein, fat, and sugar that is ideal for infant development, as well as antibodies that help babies fight off infections. Research shows that babies who are breast fed are less likely to experience health problems, both as children and later as adults. For instance, children experience fewer ear infections, lower rates of childhood obesity, and are less likely to have asthma. There are also health benefits for mothers such as having a lower risk of breast and ovarian cancers. Even when poverty contributes to less-than-optimal nutrition or inadequate access to food, breastfeeding remains the recommended and most beneficial choice for the child and mother. Breastfeeding makes economic sense as well, being a more affordable option than purchasing formula.

Conversely, there are challenges to breastfeeding. For example, some medicines and drugs can be passed to an infant through breast milk, as well as some infections, which may be harmful. Health care providers can help women determine what may or may not be safe. Other challenges can arise around a woman’s milk supply or an infant’s ability to latch on to the breast. Lactation consultants such as those certified through the International Board of Certified Lactation Consultants (IBCLC) are an amazing resource for supporting women and babies who are struggling with these types of issues. There are also cultural challenges to women being able to breastfeed, and it is heartening that all 50 states now allow breastfeeding in public. In addition, many workplaces and organizations are providing support to breastfeeding mothers. And, the Vermont Department of Health launched the “Breastfeeding Friendly Employer Project” in 2016 that offers several ideas for policies, space and resources that can be implemented.

Promoting, supporting and protecting breastfeeding is one way we can help give our children a strong foundation for optimal development. Making sure women have the information and resources they need to make the choice that is best for them and their baby is hopefully something we can all support.

[Need information or support on breastfeeding? Our Lactation Consultants are here to help: \(802\) 257-7852](#)



The Winston Prouty Center for Child and Family Development provides inclusive education and family support to promote the success of children and families.

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UPCOMING EVENTS

Brattleboro KIDS OUT LOUD!

Flash Mob for a Strong Vermont
 at the August Gallery Walk

Friday, August 3rd

PIZZA and practice at the Brattleboro Memorial Library 4:30
 Library Flash Mob 5:30, Museum Flash Mob 6:00, Boys and Girls Club
 Flash Mob & Celebration 6:30



I Hear Something Beautiful...

Join us for an exciting celebration and movement-building dance to empower communities to advocate for affordable access to high-quality child care for all Vermont families.

Learn the dance & song at
letsgrowkids.org
 Or contact Anna:
anna@letsgrowkids.org,
 802-242-1373

First 30 children to arrive get a cape!



Insect Safari

Saturday, August 4, 1:00-4:00 and 8:00-10:00 pm
 Hogback Mountain, Marlboro, VT

(Meet in field behind the distillery building on the south side of Rte 9)

The Cambridge Entomological Club and the Vermont Entomological Society are coming to Hogback to spend a day and a night looking for insects. They will lead an Insect Safari for the public, roaming through the woods, meadows, and marshes around the former ski area looking for six- or eight-legged flying, creeping, crawling, spinning, hopping, or chirping creatures to identify. Expect a family-friendly leisurely ramble that will detour off the trodden path, so long pants might be a good idea.

Contact Scott Smyers at smyers@oxbowassociates.com.

The Global Big Latch-on: Community Support for Breastfeeding

Sunday, August 5, 10:00-11:00 am

118 Elliot St., Brattleboro, VT

Mount Snow Resort, West Dover, VT

Be a part of something big, something important: people gathering together to breastfeed, pump, alternatively feed their babies breastmilk and offer peer support to each other all over the world, at the same time.

Sponsored by the Maternal & Child Health Coalition.

COMMUNITY BASED SERVICES

CHILDREN'S INTEGRATED SERVICES (CIS)

Alison Wheeler, CIS Coordinator

Ext. 314 alison@winstonprouty.org

Willie Gussin, CIS Intake Coordinator

Ext. 303 willie@winstonprouty.org

CIS EARLY INTERVENTION

Lisa Adams, Developmental Educator

Ext. 224 ladams@winstonprouty.org

Mary Coogan, Early Interventionist

Ext. 315 mary@winstonprouty.org

Kathy Hallock, Developmental Educator

Ext. 219 kathy@winstonprouty.org

Joanne Shaw, Community Resource Parent

Ext. 208 joanne@winstonprouty.org

CIS EARLY CHILDHOOD FAMILY MENTAL HEALTH

Jennifer Emerson, ECFMH Clinician

Ext. 202 jemerson@hcrs.org

Brandy Levesque, Consultation & Behavior Support Specialist

Ext. 228 brandy@winstonprouty.org

Shawn Lund, Consultation & Behavior Support Specialist

Ext. 216 shawn@winstonprouty.org

Maura Shader, ECFMH Clinician

Ext. 202 mshader@hcrs.org

CIS NURSING

Jean Vulté, CIS Nurse & Lactation Counselor

Ext. 211 jean@winstonprouty.org

Sally Pennington, CIS Nurse & Lactation Consultant

Ext. 206 cisnurse1@gmail.com

FAMILY SUPPORT

Kerri Beebe, CIS Family Support Worker

Ext. 204 kerri@winstonprouty.org

Kellyn McCullough, CIS Family Support Worker

Ext. 305 kellyn@winstonprouty.org

Evon Valentine, Family Supportive Housing Coordinator

Ext. 203 evon@winstonprouty.org

CHILD CARE SUPPORT SERVICES

Jeanna Genest, FAP Eligibility Specialist

Ext. 311 jeanna@winstonprouty.org

Tonya Kangas, CIS Child Care Coordinator

Ext. 312 tonya@winstonprouty.org

Sueño LeBlond, Early Childhood Outreach Specialist

Ext. 229 sueno@winstonprouty.org

Kristy Rose, Food Program & Child Care Referral Specialist

Ext. 317 kristy@winstonprouty.org

Perinatal Wellness Initiative's Facebook groups for people who've experienced fertility issues or pregnancy loss

Sometimes the journey to parenthood is a difficult one. You can find support and community with others who can relate to these experiences.



Infertility Support - Brattleboro Area

A place to share thoughts, feelings and support with other people who have experienced or are experiencing difficulty conceiving or infertility.

Miscarraige and Pregnancy Loss Support - Brattleboro Area

A group for grieving, supporting and healing together from experiences of miscarriage, ectopic or molar pregnancy, termination of a wanted pregnancy, pregnancy loss, or stillbirth.

Pregnancy and Parenting After Infertility or Loss - Brattleboro Area

Sharing the special joys, sorrows and challenges of pregnancy, adoption or parenting after infertility or pregnancy loss.

EARLY LEARNING CENTER

Kimberley Paquette, ELC Program Coordinator
Ext. 306 kim@winstonprouty.org

Angela Hoag, ELC Administrative Coordinator
Ext. 210 angela@winstonprouty.org

Ann Linge, ELC Coach, ann@winstonprouty.org

Paul Rossi & Liz Martin, Kitchen & Lunch Support

Kathy Wright, Amy Mulherin, Floating Teachers

Bob Peebles, Volunteer



G is for Garden!

We are approaching a time of great abundance in our garden. As you may have noticed, the zucchini and cucumbers took full advantage of the rain and swelled up with pride! Yellow bush beans are waiting to be picked and eaten on the spot. Pretty soon, the tomatoes will be taking over as the star of the show. We have many varieties for the children to try - red and yellow, big and small!

We are already excited about how the pumpkins and winter squash are growing. There are vines crawling under, through and over the fence. The gourds get bigger every day!

Remember, we are always looking for help weeding, harvesting and preparing our fresh produce to freeze for the winter. Let one of us know if you'd like to help.

Respectfully, The Garden Committee:
Nancy McMahon, Jamie Champney, Sueño LeBlond and Margaret Atkinson



Fresh veggies!

ELC Wishlist:



Canning jars to turn our cucumber harvest into pickles!

Acorn Room

Nancy McMahon, Mandi Martin, Tia Neilson / Ext. 218 / Email: nancy@winstonprouty.org

August is such a bittersweet month. We get to enjoy the last burst of summer. We harvest from our garden that has been lush and productive. We stroll, and play in sand and water and sing our summer songs. We also get ready for transitioning to the Elm room. We said good bye to Joey Danzi as she is off to the next room here at Winston Prouty in the Elm room. And although it's only across the hall we are truly saying goodbye to infancy. That year is so fleeting yet so magical and we are so grateful to have been a part of that first year of life! The rest of the room will move up the last week in August as we wish Eli, Zion, Aiylah, Archer, and Grayson well on their next adventure. This summer has been beautiful and fun with lots of outside adventures! The upside is that we are getting ready to start it again as we welcome the next group of infants to the Winston Prouty Family! We will be starting our third year as an infant room. We look forward to creating relationships and supporting and fostering development and being part of that magical first year!!



Elm Room

Allie Barrett, Brianna Root / Ext. 207 / Email: allie@winstonprouty.org

The month of July was a busy one! Our theme was "Getting to know our new friends" which we welcome Brayden and Atticus to the Elm room as they have settled right in! We also welcome Amy M, who is our third floater teacher!

We had a zoo theme this month with zebras, giraffes and many more wild animals. Water play was a big part of the month because of the hot and humid weather. We even did some car washing as well and watering plants!



Movement activities are a big part of our day indoors and out!



We love dramatic play dress ups with tutus!



Brayden enjoyed adding some glue to his red, white, and blue glitter art!



Susan Heimer Retirement Celebration
Sunday, August 19th
2:00 - 5:00 pm at the Winston Prouty Center

Stop by any time for this open-house style party honoring Susan's 22 years at Winston Prouty. Refreshments will be served.

Maple Room

Amy Fulton and Sara Fradkin / Ext. 205 Email: amy@winstonprouty.org



Maple Room painted a large piece of paper black with our textured brushes. We cut the paper out and taped it together to make a giant ant. We sang our insect song:

*Head, thorax, abdomen, abdomen
Head, thorax, abdomum, abdomen
Two eyes, six legs, and antennae too!
Head, thorax, abdomum, abdomen*



Payton found a round treasure on our woods walk. It's real name is "fungus puff ball".



Cortland playing with "ooblique" (cornstarch and water). We added some purple water color paints to add some color to our day.



Maple room is very curious about nature and especially hole. This one was recently dug out and we searched for a woodland friend. We did not find any one near by and assume our friends the chipmunks live there. Some of us are convinced a bear lives in there or maybe a fairy.



If you look very closely, you will see a "HUGE" spider on this rock! Maple room friends do NOT like spiders.

Oak Room

Sarah Bemis, Alyssa Kelly / Ext. 217 / Email: sarah@winstonprouty.org

This month we enjoyed getting to know our friends Jordan, Autumn Rose, and Parker. We look forward to upcoming visits from more Maple friends as they transition into preschool at the end of August and meeting brand new friends from the community as well! We have been enjoying our sprinkler Friday's and look forward to continuing this each week until the end of the summer.



We have been so excited each day to tend to the garden and see what delicious treats it has to offer us. So far we have enjoyed eating lettuce, beans, cucumbers, and tomatoes from the garden. There is something so special about growing the vegetables yourself that makes our friends eager to eat these healthy snacks.

In the month of August we look forward to learning about oceans, fishing, and camping. We will transform our dramatic play and sensory areas while finding exciting ways to introduce numbers and letters into our summer themes. We will also be working on new artwork to decorate our space.

Birch Room

Jamie Champney, Kim Jacques, Alfred Hughes, Jr. / Ext. 220 / Email: jamie@winstonprouty.org

July has been a fun month in the Birch room! We have been reading stories, singing songs, and listening to books on tape and CD centered around our summer themes; camping, fishing, and the beach. We have a campsite in our classroom; complete with a tent, sleeping bags, flashlights, binoculars, and food. In our art and sensory table areas we have been getting messy by playing with gak, puffy paint, sand, corn starch and water, and mud.

We've been enjoying our time outdoors as always; building fairy houses, finding Black-eyed Susans, going for walks, and having our Sprinkler Day on Wednesdays. We have been loving doing "cooking" outside using natural materials, pots, pans, and bowls; as well as exploring our new mud kitchen.



We have been loving exploring our gardens both on the playground and in the lower field. We have been picking and eating a variety of vegetables right from the garden, preparing and exploring them in the classroom, and eating them for afternoon snack. We love to help water the garden and pick and eat the vegetables.

We love to greet Autumn the snake when we come to school in the morning and have been leaning fun facts about snakes. On one of our campus walks we found a full snake skin which we got to bring back to the classroom and explore. In August we will continue to expand our summer themes, enjoy the last month of summer, and look forward to the ELC family BBQ!



AUGUST 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|-------------------------------------|---------------------|---------------------------------------|---|-------------------|--|
| | | | 1 | 2 | 3 Sienna is 6! | 4 |
| 5 Theory is 2! | 6 | 7 Shawndra is 5! | 8 | 9 | 10 | 11 Caitlin & Christin are 3! Zachariah is 1! |
| 12 Layla is 5! Happy Birthday Lisa A! | 13 | 14 | 15 | 16 Destiny is 2! Happy Birthday Brandy! ELC Family BBQ | 17 | 18 |
| 19 Susan Heimer Retirement Party Keira is 3! | 20 Caleb is 2! | 21 | 22 Destiny is 2! Serenyti is 1! | 23 Samuel is 3! | 24 | 25 |
| 26 Archeron is 2! Mason is 5! | 27 2018-2019 Program year begins | 28 | 29 | 30 Marcus is 3! | 31 | |



Monday, September 3 - Center closed for Labor Day

Saturday, September 15 - River Valley Kids Fair including book giveaway by Early Learning Express Bookmobile



Welcome Aubrey Rose!

Angela's daughter was born on July 27

8 lbs 12.5 oz / 21 inches long