



2026 Monthly Notes & Chronicle



Our Licenser, Lynde

[Click here to reply to survey for next Parent Support Meeting in June or July](#)

SAVE THE DATE

Summer/Fall Family Picnic!

For all current and incoming families.

Saturday, August 29th
10am-12 noon
Ithaca Children's Garden
Bring a dish to share!

June Dates

6/8 Ansel back!!
6/19 CLOSED
6/29 Ansel G. starts

June					
M	T	W	Th	F	S
	1	2	3	4	5
	8	9	10	11	12
	15	16	17	18	19
	22	23	24	25	26
	29	30			

June 2026

June is upon us!

With it, we will celebrate the summer solstice (though NOT the waning light!). Flowers will be turning to fruit ... we hope to eat strawberries and cherries this year!

In May we planted seeds and small plants in the front garden. We will have pumpkins, tomatoes, cucumber, butternut squash pea seeds from last year, sweet peppers (and hot peppers). In the last week we planted flowers in the garden bed along the right side of the path inside our entry gate, as the children voted to keep the other side a digging bed.

Sammy has had a great first few days, supported by all...

We are excited to welcome Ansel back NEXT WEEK!! We will begin to see Ansel Gottlieb the last week of the June. There is a new class list in this newsletter and we will be revising it more as the summer goes on...

May was been full of busy weekends and articles are brief this month: Read through to learn a little about a new app that helps you to find playgrounds anywhere in the world (!), the lifelong impact of toddler movement habits and upcoming car seat changes.



Important Reminder

We have had a long standing policy of not serving peanuts at WHE.

We have never had a child with a peanut allergy, but we do now. In of this, it is **critical** that you help assure that WHE remains peanut free.

If you eat peanuts before coming, please wash your hands. We ask that you refrain from bringing any peanut snacks and avoid them when it's potluck time!

The children know to pick up the shells that the squirrels seem to be bringing in!

Thanks kid team, and thanks to you all too!





Bugs for Lunch!



Clay from Dorothy's yard!



The Playground App

Did anyone else catch this on the news?!

They need our help!!

The Playground App was designed to help you find playgrounds near you, anywhere in the world!

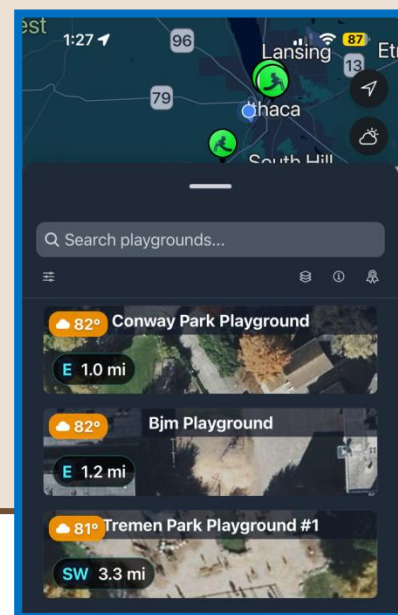
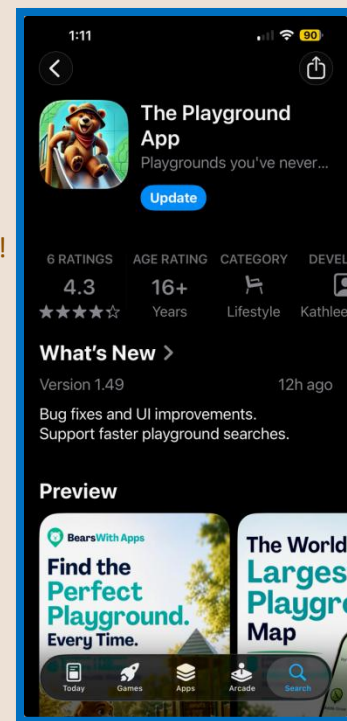
You don't need to have an account, there are no ads – you can open and explore instantly...

It's cool! There re satellite and map views...

BUT, look at Ithaca!

Since you can submit a new playground right from the app, we can be a part of making this better for all families!

- Ithaca Children's Garden
- Cass park playground at the back of the pool - the pool and rink!
- The playground at Southside Community Center
- SO MANY MORE PLACES!!





Toddler Habits Predict Teenage Fitness

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The teenage years may seem far away, but a recent study published on Neuroscience News.com looking at how early movement habits influence long-term health identified three specific behaviors of 2.5 year-old children that have an impact on how active a child will be at age 12.

In this University of Montreal longitudinal study, 1700 children were followed over 10 years. "Active play *with* parents, limited screen time, and sufficient sleep – significantly predict a more physically active lifestyle la full decade later." Sadly, key findings note that only one in ten children naturally meet these three movement recommendations. In addition, adolescent girls are at a higher risk of becoming sedentary with only 14.9% of girls considered active, compared to 24.5% of boys.

Read the full, [short article](#) to learn more.



New Car Seat Safety Guidelines

Car seats for children will be getting a little bit safer. Starting December 5, 2026, all newly manufactured car seats must meet enhanced requirements that increase child safety in side-impact collisions.

The National Traffic Highway Safety Administration states that you can continue to use a car seat that hasn't expired or been recalled, assuming correct installation, which is most important.

Of importance to families with, or expecting infants, it is important to note changes in infant weight limits as well. Infant car seat weight limits will be lowered, topping out at 30 pounds.

To learn more, read the full article [here](#).



talk talk out loud! Talk about what you're doing in context to help your child's vocabulary and understanding grow... talk about what is happening next, so that your child can learn to predict and have a sense of what to expect. If you are trying to get your child to stop doing something, try to state what you do want them to do, what you say sticks in the child's mind...

offer choices offer a choice of this or that – both acceptable – to build responsibility and self-confidence

storytelling help keep traditions of oral storytelling alive – tell a story about your youth or something that happened to your recently; make up a story together – give ideas back and forth adding a sentence each and build a story together

poems enjoy the rhythms of language – orally share poems from memory, read children's poetry, look at books of poems

rhymes play with language, sing silly rhyming songs, make up rhymes, read rhyming books

sing songs and chants make up songs, include physical movements with song, add visuals/props, songbooks

song charts write out words with pictures on poster clipboard to help child learn meaning of print and to sing along

finger plays engage the sensory element when singing and enjoying language! even the youngest can't resist trying...

sound bingo make a tape of common sounds; make bingo boards with pictures – play sound bingo!

play language games loteria, lotto 4-24 cards; child learns vocabulary while challenging memory

play with letter sounds when your child points out the STOP sign, acknowledge "you're reading!" – read the sign out loud for them, emphasizing the initial 's' sound: "sssstop, like snake, like save Sam some sausage!"

listen to books on tape record yourself, or record child's parent reading child's favorite book, later child can "read" along independently while listening to the story

flannel stories flannel figures can represent any book, song, story, poem, rhyme

picture cards mount pictures on cards and read like a story (best if four images minimum)

story cards picture cards with written storyline, like individual pages of a book, create full story from group of cards

read books visit the library, choose a variety of books; pattern, rhyme, humor, customs, music, history, poetry, story...

dictation of child's words in a note to parent – or add words to your child's art, make a sign for dramatic play

journals make small books out of plain paper for your child to make their own book(s); help them put words on the pages that they have illustrated, eventually they will begin to invent spelling with letter sounds they recognize

recipe cards make recipe cards with pictures and words noting ingredients and process, make playdough together!

puppets make puppets out of old socks, puppets can help children with problem solving, processing life changes, roles...

props collect, look for, and make props, use prop boxes for oral storytelling, stick figures; flannel figures, puppets

dramatic play create kits; doctor, grocery store, post office, veterinarian, fire fighters, capes

art project, extension of literature draw things you say good night to, paint the night kitchen...

practice writing name create a sheet with a model for your child, provide dotted letters for tracing or write in yellow highlighter and your child can practice writing on top of the yellow model



Contact Information

West Hill Educare

Cell Phone: **831.465.4518**, texting ok

Please use this number to contact us as soon as you know if your child will be absent, as child absences may affect staffing needs.

westhilleducare@gmail.com

310 Richard Place, Ithaca, NY 14850

In case of emergency, KC can be reached at 831.331.6929

Class List

(06/01/2026)

Child's Name	D.O.B.	Parents	Address	Phone	E-mail
Ansel Karim-Smith	12/19/2021	Sabrina Karim & Josh Smith	217 Wood St. Ithaca, NY 14850	970-310-4793 470-585-5818	smk349@cornell.edu jes546@cornell.edu
Austin Gage	12/7/2021	Maria & Brandon Gage	3726 County Rte 6 (Macintyre Road) Alpine, NY 14805	917-331-2240 607-483-9815	mvf629@gmail.com
Norie Balog-Way	09/12/2021	Simone & Dominic Balog-Way	14 Cedar Lane Ithaca, NY 14850	303-579-3550 202-855-4202	s.balogway@gmail.com
Sammy Coughlin	08/13/2025	Allie & Brendan Coughlin	567 Elm St., Ext. Ithaca, NY 14850	607-351-4462 918-510-5095	airish44@gmail.com brendan.s.coughlin@gmail.com
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