# Four New Hampshire Daycare Workers Charged with Endangering Children by Spiking Lunches with Melatonin



Four individuals from a New Hampshire daycare have been charged with endangering the welfare of a child. Sally Dreckmann, 52, the owner of the daycare at 316 Amory Street, Manchester, along with her employees Traci Innie, 51, Kaitlin Filardo, 23, and Jessica Foster, 23, allegedly spiked children's lunches with melatonin. The Manchester Police Department, led by spokesperson Heather Hamel, initiated an investigation in November 2023 after receiving reports of unsafe practices.

The melatonin, a sleep aid typically available over-the-counter, was reportedly sprinkled on the children's food without parental consent, potentially to make them drowsy and more manageable. Although no children who ingested the melatonin fell ill, it is known that excessive melatonin can lead to adverse effects such as vomiting, diarrhea, seizures, agitation, headaches, and drowsiness, particularly in young children.

This incident comes amid a broader concern highlighted by a CDC report indicating that between 2019 and 2022, approximately 11,000 children were seen in emergency rooms for melatonin ingestion, with nearly 5,000 cases involving gummies. The National Institutes of Health also warned of potential hormonal development issues due to melatonin.

While a woman within the Amory Street home declined to comment, local resident Gary Boucher expressed strong disapproval of the actions taken at the daycare. The situation remains under legal scrutiny as the charged individuals have turned themselves in to authorities.