

# Bright Horizons at The Smucker Child Development Center News

## From the Admin Team

We would like to thank everyone that participated in our Curriculum Night Event, we hope you enjoyed yourselves and learned something new along the way. Congratulations to PJ Willig on winning the Curriculum Night raffle.

Have you heard about the new car seat recommendations? Do you know how long a child should be in a booster seat? Our next parent meeting will cover this topic. We will have a representative from Akron Children's Hospital join us to talk about the new car seats regulations and some of the common mistakes that can happen when installing and readjusting your child's car seat. This meeting will be held in the Apple Butter Room on Thursday October 11th from 12:00-1:00. This presentation is open to all Smucker employees, so please invite your coworkers to come along.

As fall is upon us, it is a great time to take a peek in your child's cubby to make sure their extra clothes still fit after a summer of growing and they have a jacket or sweater for chilly fall mornings.

Happy Fall,

Dina, Farrah, Liz & Nicole

## Important Dates

11<sup>th</sup> Car Seat Safety Presentation  
(12:00-1:00 in Apple Butter Room)

24<sup>th</sup> Read 4 the Record

25<sup>th</sup> Picture Day



## Reasons to Celebrate

Happy 13<sup>th</sup> Anniversary Ms. Nicole  
Happy 3<sup>rd</sup> Anniversary Ms. Kris



**Bright Horizons at The Smucker Child Development Center**

327 N. Mill St. Orrville, Ohio 44667

330-684-8560 | [smucker@brighthorizons.com](mailto:smucker@brighthorizons.com)

M-F 6:30am-6:00pm

# CLASSROOM HIGHLIGHTS

## Infant

---

Children learn through repetition, and building upon what they already know. The Bright Horizons curriculum promotes project work throughout our programs. The Infant One Room is currently working on body awareness. By looking at pictures of their own hands, feet, and eyes they get a visual representation of the parts of their body. By playing games with teachers; such as “Where is your arm?” they use their cognitive skills and build their vocabulary. The infants also took part in other activities like squishing paint between their fingers and toes giving them a hands on approach to their sense of body awareness.



## Toddler

---

Our Toddlers in Room Four are also learning through project work. Throughout the month they have been exploring colors. Each week they get to learn about a new color. Focusing on one color for the entire week allows them the time they need to in meaningfully discover each color. They do this by painting with different shades of the color, exploring familiar toys grouped together by color and going on color hunts outside and throughout the center.



## Preschool

---

Music and sound are one of the interests in Room Six right now so they filled up their KWL chart with the things they know and the things they would like to learn during this project topic. So far the children have taken part in a lot of dance parties and have also been observing all the sounds that they hear in the world around them. They took a special trip to the Project Room where they made shakers with different materials such as; feathers, sand, Legos, and water. This helped them learned about things like volume, weight, and tempo. The Kids also made instruments out of everyday materials like pots and pans, wooden spoons, and measuring cups.



## Kindergarten Prep

---

In Room Seven it was all about apples. The class had questions like, “Why are apples different colors?” and “How do you squeeze the juice out of them?” This project has Room Seven touching on all of the curriculum elements by doing things like measuring apple peels with a ruler and recording their findings. They have also taken polls on everyone’s favorite apple, and they even made their very own apple sauce. Take a stroll past Room Seven to view their documentation on this exciting project.



# EDUCATION NEWS

## Instilling Healthy Habits - Children Learn what they Live

Research shows that families are your child's strongest influence in instilling healthy habits. Families who live physically active lives, eat nutritious foods, and practice good hygiene habits, teach children to do the same. In this busy world, where many adults balance employment with caring for the home and children, there's sometimes a concern that instilling healthy habits take extra time. This isn't necessarily true, but it often requires planning.

### **Family fitness**

Children aren't always interested in fitness, but they thrive on family time. Make physical activity a priority by walking after meals, playing at a park, going for a hike, or heading to a pool. Family chores, such as raking leaves, weeding a garden, and mopping the floor – all these activities get the body moving. Turn on music and make chores a fun family time. Think about building physical activity into your schedule at least three times during the week. It doesn't have to be lengthy or complicated, but you do need to be intentional about it. Write it into your schedule, so it becomes a habit.

### **Nourishment matters**

The key to instilling healthy eating habits in children is to keep nutritious food in the home, and make cooking and eating a pleasant event. Talk with children about making healthy food choices and how different foods make us feel. Having options is helpful because no one likes to be told what to eat. Teaching children about healthy eating involves respecting them to know when they are hungry and full. Saying, "one more bite," makes the eating experience a chore, rather than something pleasurable. Meals can be planned in advance, and all family members can help with the preparation. Children typically eat what they prepare.

### **Good hygiene**

We all know the importance of washing hands, however, how we wash our hands is as important as the frequency. Model and have your children wet their hands and rub them together with soap for twenty seconds. To gauge the time, you might sing Happy Birthday or a seasonal song. Then rinse hands under running water. Teach children to help brush and floss their teeth, but don't expect them to do it independently until they are at least 6 years old, when they develop the coordination to do it thoroughly.

Be it exercise, nutrition, or hygiene, routines help instill healthy habits in all of us!

Resource: *Parents Magazine*, "Eight simple activities to help children experientially learn the importance of developing healthy habits," <https://www.parents.com/health/hygiene/instilling-healthy-habits/>

# BRIGHT HORIZONS NEWS

## Reading at Home

Bright Horizons wants to learn more about how we can support your growing reader at home. Please take a few minutes to visit this survey and give our Education and Development team your feedback. Thank you!

[www.surveymonkey.com/r/6ZFFDGX](http://www.surveymonkey.com/r/6ZFFDGX)



## Featured Parenting Podcast Episode

Got twins? You're part of a unique club – two-times everything. But what does that mean for your career? Our guest, WBUR managing producer Jessica Alpert Silber, tells her own story of twindom, including work-life strategies for making it through the tough days, and the completely unexpected (but happy) side effect two babies had on her career.



### Ep. 18: Work and Life after Twins

On this episode of the Work-Life Equation: twins! Can you be doubly blessed, and still have a career, and your sanity? Our guest says you can. Jessica Alpert Silber, mom of twins and creator of the WBUR children's podcast Circle Round, shares her best twin survival strategies, and why surviving two crying babies might just be the best thing for a working mom's career.

[brighthouse.com/family-resources/podcasts/work-life-after-twins](http://brighthouse.com/family-resources/podcasts/work-life-after-twins)



Check out all the places you can connect with us!