

# Bright Horizons at The Harbor

## Center Buzzzz

### From the desk of the Center Director

Greetings! It is hard to believe that 273 days have already passed and we only have 92 days left in the year. The time has gone by so fast. The team and I are already planning for first quarter of next year.

Our Curriculum Luncheon was a great success and we were very pleased by the parent's participation. Thank you to all those who joined us on the 9<sup>th</sup> floor terrace for that event! This was a great opportunity to learn more about our curriculum and our promise to you. Parent participation means a great deal to us and we are grateful for the interest our parents continue to show.

The focus for the team this month is all about building stronger family relationships. Ms. Liz our Education Coordinator will be challenging the teachers on how they can continue to build stronger relationships. At Bright Horizons, we recognize that families are the most important people on the lives of the children. They play a powerful role in determining the best care and educations for their child. Families are partners who are respected, valued and listened to. Programs, policies, and interactions are guided by the following fundamental assumptions:

- Families are the child's most important teachers.
- Parents are the expert on their own child.
- Parents and all families are different.
- Families are our customer and partners.

We are grateful for our families and the Harbor community! We look forward to seeing you on October 25<sup>th</sup> at our annual Fall Festival!

*Jacqueline*

### Important Dates

**10/8: Center Closed for Professional In-Service Day**

**10/9: K-Prep Field Trip to the White House**

**10/10: Picture Day**

**10/11: Candids Day**

**10/16: Classroom Apple Challenge**

**10/17: PPG Meeting**

**10/25: Read for the Record**

**10/25: Fall Festival**

**10/25: November Tuition Due**

### Reasons to Celebrate



Donovan

Mattie

Sophia

Madeleine

Gus

Ms. Chiquita

Ms. Taylor

Ms. Ahmari

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# EDUCATION NEWS

## Instilling Healthy Habits - Children Learn what they Live

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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)