

Bright Horizons at Columbus Circle News

From the Director

Happy October!

Thank you to everyone that attended our Curriculum Night. We were happy to see the partnership between the families and teachers. Are next event to promote that partnership will be on October 25th, when we will be hosting a Fall Festival/Costume Party. We will send out further details once everything is finalized.

As my time at Columbus Circle is coming to an end, I would like to thank each of you for the warm welcome I received at the center. I have had a great time getting to know you and your children. Columbus Circle is very lucky to have a great community of children and families, and I have no doubt that Ms. Karyn will continue that energy.

Tentatively speaking, my last day at the center will be October 25th. I hope I have been able to make a positive impact in my short time at the center, and please do not hesitate to reach out if there is anything I can do to assist in the meantime. We will be hosting a "Meet and Greet" for Ms. Karyn in the next couple weeks.

Take care

TJ McNamara

Important Dates

October 8th – **CLOSED** for Professional Development Day

October 25th – Read for the Record

October 25th - Fall Festival

November 15th – International Festival

Happy Birthday!!

Merritt L. – October 9th

Sophia L. – October 14th

Ahalya N. – October 16th

Alison G. – October 19th

Mr. Ave – October 24th

Dashiell D. – October 25th

Ms. Jakira – October 27th

Asher A. – October 30th

Lily S. – October 30th

Bright Horizons at Columbus Circle

910 9th Ave New York, NY 10019

(212)399-3919 | columbuscircle@brighthouse.com

Monday – Friday 7:00 am – 6:30 pm



CLASSROOM HIGHLIGHTS

ArtSmart

With ArtSmart, teachers guide Infants through artistic experiences that allow them to explore and engage in activities, from music to finger painting to puppetry. The Infants are learning to move in response to music and rhythm and experiment with sounds. They learn this by listening to and participating in familiar and interactive songs and by using musical instruments and other objects that make sounds.



Science Rocks

Science Rocks provides a framework for teachers to weave scientific learning into all aspects of a Toddler's Day. We learn to experiment with volume, question when exploring materials, and formulate "why, what, and how" questions. We learn this by filling and dumping, combining different materials, and creatively (and sometimes messily) experimenting!



Well Aware

Promoting physical development and wellness is a fundamental responsibility of any high-quality early childhood program. Through this we are learning to strengthen and refine our small muscle skills by participating in activities such as cutting, writing our names, and manipulating small pegs in a pegboard.



Language Works

Language Works offers a comprehensive approach that thoughtfully and intentionally addresses all aspects of language and literacy. We are learning to use writing to communicate and make purposeful marks and letters. We learn this by using diverse drawing and writing tools and using different materials to create and recognize letters and numbers.



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



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



Check out all the places you can connect with us!