

Bright Horizons at USAA Child Development Center News

Happy Birthday!

I am turning ONE!

Briseis
Xian
Soheila



I am turning TWO!

Dominic
Levi
Dahlia
Nicholas
Miles
Ciriaco

I am turning THREE!

Andrew
George
Claire
Ava
Samuel

I am turning FOUR!

Aria
Nolan
Sophia
Natalie



Important Dates

October

8- Columbus Day (School Age Care Offered)

9-12 -Fall Pictures

16- Family Partnership Group
12:00 pm-1:00 pm

19 -Fall Festival (PJ Day)

22-26- Classroom Spirit Week

25- Read for the Record

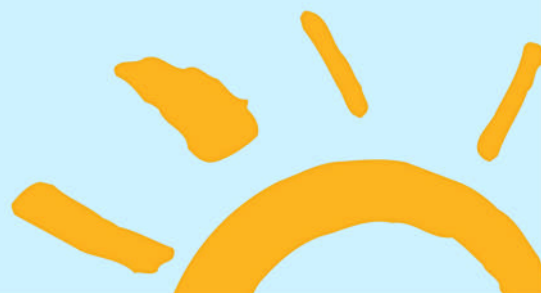
All event details to follow

Bright Horizons at USAA Child Development Center

4800 USAA Blvd., San Antonio, TX 78240

210-694-4121 | usaatxdir@brighthorizons.com

Monday-Friday 6:30 am-6:30 pm



CLASSROOM HIGHLIGHTS

Infant

This month our infant classrooms are going to be exploring and learning all things related to fall. This is a wonderful time for our infants to explore textures of pine cones, the falling leaves, color changes in the leaves and the cool weather. As we incorporate these experiences into their daily routines our teachers are going to focus on developing and encouraging the infants to investigate using their senses. We will be exploring by touching the texture of the pine cones, the inside of a pumpkin, smelling the scent of various spices and hearing the sound of the crunching leaves.

Toddler

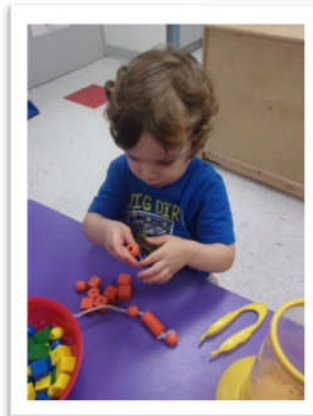
The entire Toddler Team is exploring the Season of Fall! The children will be engaging their sense by using and exploring different textures and materials. Each class will be exploring different activities of fall. Our transition classrooms will also be exploring the Season of Fall and the changing of weather. The children will be exploring different materials of fall by expressing creativity as they create art, science, increase their vocabulary and comprehension. These activities will incorporate all five senses.

Preschool

This month Preschool will be discovering the Human Body. We will learn about healthy habits and use various tools to display the body. We will be expanding our vocabulary as we ask open ended questions and have discussions about what bones do and how our work. Some activities Include: Digestive System in a bag, X-Ray Play Dough, Heart Function Bags and Tooth Brushing Chart.

Kindergarten Prep

This month KPrep will be exploring the season changing into fall. We will be using our fine motor skills and scientific tools to investigate pumpkins. The children will discuss how the weather will be changing and learn new vocabulary words to incorporate into their writing. Some activities include: Fall Family Tree, Pumpkin Carving and Sorting Leaves.



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!

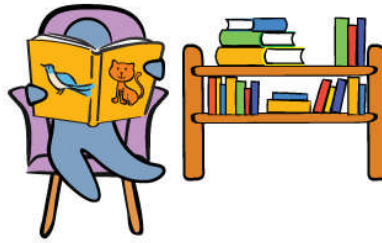
Resource: *Parents Magazine*, "Eight simple activities to help children experientially learn the importance of developing healthy habits," <https://www.parents.com/health/hygiene/instilling-healthy-habits/>

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!