

# Bright Horizons at Wheaton News

## Parent-Teacher Conferences

Parent teacher conferences will be offered the following weeks for your child's classroom.

**Toddlers 1 & 2:** October 9<sup>th</sup> & 11<sup>th</sup>

**Preschool 1:** October 22<sup>nd</sup> & 26<sup>th</sup>

**Preschool 2:** October 22<sup>nd</sup> & 26<sup>th</sup>

**Young Preschool:** November 5<sup>th</sup> & 9<sup>th</sup>

**Kindergarten Prep 1 & 2:** November 12<sup>th</sup> & 16<sup>th</sup>

**Nursery 1 & 2:** November 26<sup>th</sup> & 30<sup>th</sup>

A sign up form with dates and times available will be posted outside your child's classroom closer to the date of conferences.



## Important Dates

**Oct. 8<sup>th</sup>:** **Center Closed** for Professional Development Day

**Oct. 26<sup>th</sup>:** Trunk or Treat

**Nov. 13<sup>th</sup>:** Picture Day

**Nov. 14<sup>th</sup>:** Picture Day

**Nov. 22<sup>nd</sup>:** **Center Closed**- Thanksgiving Day

## October Menus

**October 1<sup>st</sup> – 5<sup>th</sup>**

[Click Here](#)

**October 8<sup>th</sup> – 12<sup>th</sup>**

[Click Here](#)

**October 15<sup>th</sup> – 19<sup>th</sup>**

[Click Here](#)

**October 22<sup>nd</sup> – 26<sup>th</sup>**

[Click Here](#)

**October 29<sup>th</sup> – 2<sup>nd</sup>**

[Click Here](#)

## Bright Horizons at Wheaton

25W 725 Jewell Rd. Wheaton, IL 60187

630-665-2558 | [whea@brighthorizons.com](mailto:whea@brighthorizons.com)

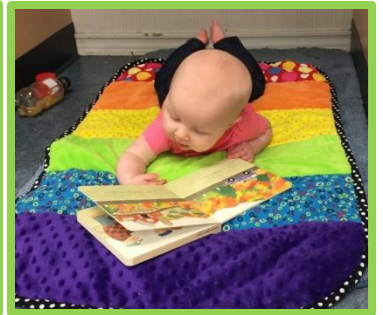


# CLASSROOM HIGHLIGHTS

## Infant

### **Well Aware:** *Movement and Body Awareness*

We learn to strengthen our large muscles and enjoy physical activity. We learn it by participating in tummy time throughout the day.



## Toddler

### **Science Rocks:** *Space and Volume*

We learn to experiment with volume. We learn it by filling, dumping and comparing containers of sand while exploring in the sandbox.



## Young Preschool

### **Science Rocks:** *Investigate Forces of Nature*

We learn to experiment with magnetic force. We learn it by creating shapes and structures with the magnet tiles.



## Preschool

### **Science Rocks:** *Cause and Effect*

We learn to understand cause and effect and how repeated actions make things happen. We learn it by repeatedly watching the leaves fall down after we threw them into the air.



## Kindergarten Prep

### **Language Works:** *Handwriting Without Tears*

We learn to form the upper case letter E. We learn it by putting together our Handwriting Without Tears wooden pieces. We used a big line and three small lines.



# 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)



Check out all the places you can connect with us!