

# Bright Horizons at USAA Child Development Center News

## From the Director

It is difficult for young children to recall and describe what they did during the program day. Children are active and busy the entire time, but they sometimes lack the words to tell others about their activities – or by the time you pick them up, they have moved on to other things.

- Parents, of course, want to know about their child's day. Here are a few ideas to keep in mind when asking your child about his or her activities.
- Keep informed of the class's planned events so you can ask specific questions. For example, "Did you get to go on the nature walk today, or was it too rainy?"
- With most children, avoid general questions like "What happened at school today?"
- Avoid questions that produce one-word answers.
- Ask specific questions such as
  - "What was in the art center today?"
  - "Tell me about this drawing that you made?"
  - "Who brought in something for 'show-n-tell'? Tell me about what they brought in?"

Sometimes telling the child a little something about your own day starts the ball rolling. The child may get the idea of sharing news and feelings about his or her day.

## Important Dates

<b>September 3</b>	<b>CLOSED</b> <b>Labor Day</b>
<b>September 18</b>	<b>Curriculum Night</b> <b>4:00-6:00 p.m.</b>

## Reasons to Celebrate

### HAPPY BIRTHDAY

<b>Alyssia D.</b>	<b>10<sup>th</sup></b>
<b>Emma D.</b>	<b>11<sup>th</sup></b>
<b>Arianna B.</b>	<b>27<sup>th</sup></b>
<b>Alia G.</b>	<b>28<sup>th</sup></b>

## Bright Horizons at USAA Child Development Center

17200 Commerce Park Blvd., Tampa, FL 33647

813-977-5272 | [usaafi@brighthorizons.com](mailto:usaafi@brighthorizons.com)

Monday-Friday 6:30 a.m.-6:30 p.m.



# CLASSROOM HIGHLIGHTS

## Infant

Infants are sensory motor scientists who systematically investigate their world using their innate tools: mouth, eyes, skin, ears, and whole body muscles. They require a comforting yet sensory-rich environment, neither under-stimulating nor over-stimulating, that is safe to explore. Within the framework of the *Science Rocks* curriculum, teachers provide a sensory-rich environment with a range of objects to manipulate, promoting a spirit of curiosity. Owen and Arya are exploring the items in their sensory bins. They use their senses as they touch, feel, and even taste the green water and yellow rubber ducks.



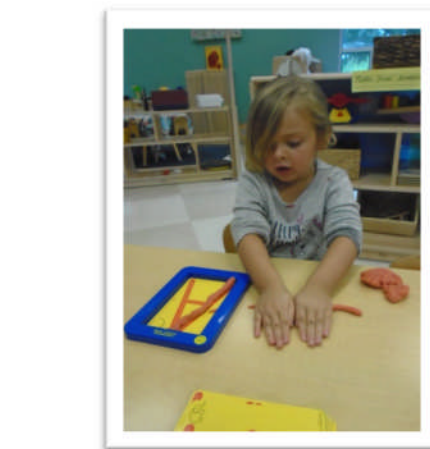
## Toddler

Visual arts are all around: in nature, on walls, in photo albums, frames, books, on shelves, coffee tables, refrigerator doors. Visual art presents opportunities for children to express their thoughts and feelings on a purely sensory level. The *ArtSmart* curriculum allows teachers recognize that children are inquisitive creators and provide means for them to experiment with materials and express themselves. While visiting our new Outdoor Nature Classroom, Christalynn expresses her creativity as she sits at the bench and uses leaves to create a picture.



## Preschool

Literacy and language experiences in our preschool classroom collectively contribute to the development of a child's emerging speaking, reading, and writing skills. To assist our teachers through this, we use our *Handwriting Without Tears* supplemental Curriculum. *Handwriting Without Tears* (HWT) is a program developed to systematically teach children letter formation. It uses manipulative materials, including wooden letter pieces, magnetic boards, play dough and chalkboards. Sophie is using the Roll-a Dough set. She creates letters through rolling and shaping playdough and placing it on the board to form the letter A.



## Kindergarten Prep

Through modeling, a continued emphasis on peaceful environments, and direct social-skills lessons, our *Caring Matters* social-emotional curriculum supports the growth of children every day. They learn to develop verbal and emotional skills, solve conflicts with their peers, and to express emotions in an appropriate manner. Through the use of playdough, Kindergarten Prep students expressed the various types of emotions that they can feel. Brynn created a face and then added a smile. She said, "I feel happy today."



# READY FOR SCHOOL NEWS

## Cooking - A Family Affair

Gathering in kitchens nourishes our bodies, minds, and souls. Preparing meals together as a family enhances relationships, invites contribution, and helps children understand basic cooking principles. Also, children develop patience as they discover that delicious food doesn't just magically appear. Although cooking as a family affair is probably not as easy as adults whipping up a quick dinner, with a bit of forethought, more cooks stirring a pot can be fun and has tremendous benefits for everyone involved.

Cooking with children helps them learn about nutrition and hone basic reading, math, and science concepts. Reading recipes and learning kitchen vocabulary expands literacy skills, while counting, measuring, and fractions, foster mathematical thinking. Young chefs learn about chemistry and the physical properties of matter as they mix ingredients and watch them combine, separate, expand, change color, develop scents, and change form.

Research shows that children who help in the kitchen develop healthy eating habits because they tend to eat what they prepare. Below are a few suggestions for toddlers and preschoolers.

### Toddlers

Choose simple cooking tasks that match your toddler's skills and attention span.

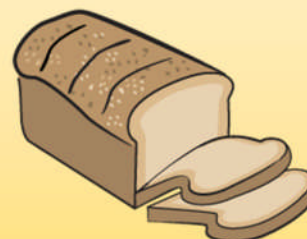
- Wash fruit and vegetables.
- Measure, pour, mix, and stir ingredients.
- Put ingredients in a crockpot or blender.
- Mash potatoes.



### Preschoolers

Discuss nutrition and why our bodies and minds need the right kind of fuel to work correctly.

- Help plan meals.
- Chop, grate, peel, and cut ingredients.
- Shuck corn.
- Crack eggs.
- Count and categorize ingredients (wet and dry items).



# BRIGHT HORIZONS NEWS

Learn about the year ahead at Curriculum Night

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Ask about our upcoming Curriculum Night event!

**September 18, 2018 – 4:00 - 6:00 p.m.**

During Curriculum Night, you will learn what we have planned for the year ahead for our center's curriculum as well as community center events. Spend time in your child's classroom, ask about the curriculum for their age group, and ask their teacher about future project plans. This event can also be a great time to connect with fellow Bright Horizons families!

Learn about our Bright Horizons educator promises. As Bright Horizons Educators, we promise to...

*Nurture* and care for the whole child

*Craft* curriculum based on expert research

*Support* and develop teachers

*Implement* an emergent and integrated approach to learning

*Cultivate* curiosity through projects, exploration, and play

*Encourage* children to be confident experimenters and problem solvers

*Build* an inclusive and respectful community

*Create* joyful places for childhood



Check out all the places you can connect with us!