

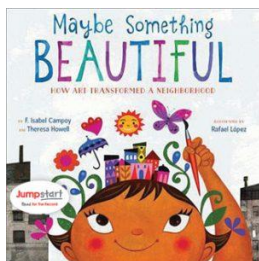
Houston Methodist Child Care Center News

Read for the Record

Jumpstart is excited to announce the book selection for the 13th annual *Read for the Record* on October 25, 2018! This year's book is Maybe Something Beautiful by F. Isabel Campoy and Theresa Howell and illustrated by Rafael López.

What good can a splash of color do in a community of gray? As Mira and her neighbors discover, more than you might ever imagine! Based on the true story of the Urban Art Trail in San Diego, California, Maybe Something Beautiful reveals how art can inspire transformation—and how even the smallest artists can accomplish something big. Pick up a paintbrush and join the celebration!

**Read for the Record
October 25, 2018**



Jumpstart's *Read for the Record* brings together millions of people each year in classrooms, libraries, community centers, and homes across the US. This annual campaign was launched over a decade ago to highlight the importance of building early literacy and language skills for EVERY child, so that all children have the opportunity to enter kindergarten prepared to succeed.

Important Dates

October 25th –

Read for the Record

Tuition Payments are due

October 29th –

Picture Day

October 31st –

Halloween, *costumes are welcome*

Video Classes & Webinars on Parenting Topics

Learn parenting skills through our informational parenting video series designed for growing families.

Join Bright Horizons® and early childhood education experts as they discuss parenting skills for topics such as toilet learning, breastfeeding, child nutrition, early learning and more. Our [Family Matters Webinar](#) series of parenting videos provide brief education sessions online, as well as offering guidance, tips, and resources to help you and your family navigate the many stages of childhood development and beyond.

Houston Methodist Child Care Center

2100 South Braeswood Blvd, Houston TX 77030

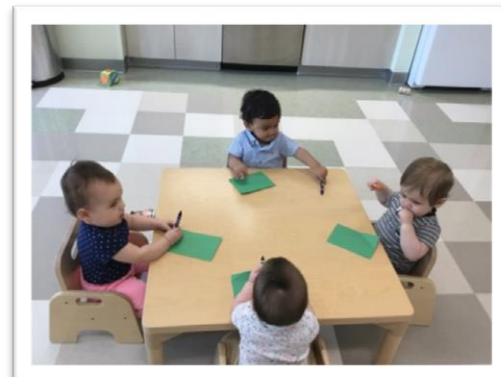
(832) 390-3210 | houstonmethodist@brighthorizons.com

Monday – Friday, 6:00AM – 7:30PM

CLASSROOM HIGHLIGHTS

Infant

Infants and toddlers are sensory motor beings. They explore the world with their senses and developing motor skills. As they grow in strength and co-ordination from the trunk outward, their skills in holding and manipulating objects usually goes from a palmar grasp to a pincer grasp and being able to rotate the wrists and transfer objects from one hand to the other. The children in Infant 1 are practicing pincer grasp by exploring crayons.



Toddler/Twos

From birth, children are marvelous learners, immediately investigating the sights, sounds, and feel of the world. They are born filled with possibilities and programmed to connect with and learn from the people around them. As they move through childhood, they are exploring all their own bodily powers and what this world is made of. The in the Twos 2 class, the children learned to make purposeful marks on paper by using small marshmallows and red paint and construction paper got to trace their first letter of their names.



Preschool

As with all learning experiences, when considering pretend play, teachers develop dramatic play environments that encourage creative thought and action, and promote discovery. Often times the dramatic play area is incorporated into current class projects, but it can also be an adjunct to the curriculum based on children's experiences and interests. The Preschool 1 class completed a food sorting activity. They were able to organize the dramatic play food by type and then place it in the "store". Later, they went shopping for healthy choices and used fake money to purchase their items.



Kindergarten Prep

Music is much more than singing during circle time. Music, as either a spontaneous or a planned activity, is important for children. It lifts spirits, can set a mood for the room, relays emotional messages that affect how children feel, gives children a sense of solace or excitement, communicates information, fosters literacy, helps children learn about concepts, and supports relaxed transitions to different activities. In Preschool, the children painted what they felt while they listened to various genres of music.



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