



## BRIGHT HORIZONS AT Ida Thompson Child Development Program

### From the Director

*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. Our center will be celebrating *Read for the Record* on Thursday November 7, 2019. The preschoolers will be reading *Thank you, Omu* The infants and toddlers will be reading *Grandpa and Me* and *Look I'm a Cook*. We are excited about all the fun learning activities the teachers have planned to bring literacy alive in their classrooms. Read for the Record not only gives us an opportunity to explore literacy in our classrooms but also to build a sense of community with others around the world. Also to help promote community and generosity, we will be hosting a can food drive the week of November 4-8. You and your child can bring a non-perishable food product to donate to Cudd Memorial's food drive.

November often reminds us to be thankful. We want you to know how truly thankful we are to be able to care your children every day. Let us show our appreciation in a small way by providing breakfast for you on Thursday November 14 from 7am to 8:30am.

Sonya Oller & Angie Hammett

### Important Dates

November 7

Read for the Record

November 14

Parents Breakfast to Go  
7am to 8:30am

November 28

Thanksgiving Day  
Center Closed

November 29

Day after Thanksgiving  
Center open 6am to 5:30pm

### Reasons to Celebrate

Happy Anniversary

Joan Ratterree 44 years

Melissa Dawkins 18 years

Shonada Moore Kears 6 years

Kaitlyn Suttle 5 years



# Family Fall Festival

*Each day of our lives we make deposits in the memory banks of our children.*  
Charles R. Swindoll

Parent involvement is so vital to school success. It helps extend learning outside of the classroom and build those important bonds between home and school. We are truly blessed to have such wonderful parents!



## Mindfulness in the Bright Horizons Classroom

We tend to think of stress as something unique to adults, but no matter the age, life on this planet includes challenge. Young babies are figuring out their bodies and learning to communicate their needs. Toddlers are mastering language development, while preschoolers are navigating social interactions. Whether young or old, there is always something more to learn and overcome.

The practice of mindfulness then is something that benefits children as much, or perhaps more, than adults. Mindfulness involves learning to be present in each moment and viewing our experiences with acceptance, gratitude, and nonjudgment. It can decrease stress, build empathy, and even support the development of executive function skills like self-regulation.

### At Bright Horizons®, we promise to:

- ▶ Nurture and care for the whole child
- ▶ Build an inclusive and respectful community
- ▶ Create joyful places for childhood

Mindfulness practices are just one way we keep these promises. In a Bright Horizons classroom, you might see children participating in simple yoga or mindfulness activities as part of our Well-Aware and Movement Matters curricula. Teachers offer both planned and unplanned “mindfulness breaks,” and can model the technique themselves.

Other aspects of our program complement our approach to mindfulness. For example, we place great value on environments that are peaceful, organized, and engaging. Our Caring Matters curriculum helps teachers support children’s social-emotional well-being and build nurturing relationships. And our focus on nature, outdoor classrooms, and natural materials also offers a respite for children, families, and staff, encouraging them to slow down, relax, and enjoy the present.

## Cooking with Children – Three-Year-Olds



Three-year-olds are learning to use their hands. Try activities such as:

- ▶ Pouring liquids into batter (which you measure first)
- ▶ Mixing batter or other dry and wet ingredients together
- ▶ Shaking liquid in a closed container
- ▶ Spreading butters or toppings
- ▶ Kneading dough
- ▶ Washing vegetables and fruit
- ▶ Serving foods
- ▶ Putting things in the trash after cooking or after a meal
- ▶ Breaking eggs



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Parenting Advice for the  
Early Years

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Listen as parents and early childhood educators come together to cull the competing advice, separate fact from fiction, and focus on what does – and doesn't – matter during these early years. Be more confident, have less worry...and let Bright Horizons help make parenting the joy it was meant to be.

### Featured Podcast Episode Mindful Kids, Calmer Days

Full schedules and little downtime can cause stress for everyone — including children — but practicing mindfulness can help. How? Find out from Rachel Robertson, education and development vice president, and Ruth Fidino, learning and development director. They'll cover the many benefits of being mindful, how to pay attention on purpose, and how to use activities, such as Shake the Sillies Out and Mind Bubbles, to help children manage emotions.

#### Episode 7: Mindful Kids, Calmer Days

[www.brighthouse.com/bhpodcastEp7](http://www.brighthouse.com/bhpodcastEp7)

You can listen to this episode on the [Bright Horizons website](#), [Spotify](#), [Apple Podcasts](#), [SoundCloud](#), [Google](#), [Libsyn](#), and [Stitcher](#).

### Bright Horizons at Ida Thompson

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Monday – Friday 06:00 a.m. to 08:00 p.m.

