

LifeConnections Children's Learning Center, Powered by Bright Horizons News

From the Executive Director, Meghan Galazzo

First off, I want to say thank to everyone who was able to participate in our Family Partnership Group (FPG) meetings last month. Collectively across the programs, we had around 40 parents participate! For those of you that have not had the chance to join in yet, I encourage you to attend our next meeting in December (final date is TBA). It is a great opportunity for you to learn about what is happening around the center and in your child's program.

As we move further into fall, October is filled with many fun center activities and events. To start, we have a **PNO on 12th**. This is a great time for you to drop off your child/children and take an evening to relax! Don't forget to sign up at the front desk.

Then, we have our annual **Pumpkin Decorating on the 18th & 19th**. The Multipurpose Room yard will be filled with pumpkins. Feel free to take your child over on one of the pumpkin decorating days, have them pick out a pumpkin, and decorate it to take home.

We then move into back-to-back events – **Read for The Record on the 25th** and **Imagination Day Parade on the 26th**! We hope you will be able to join us for one or both of the evening activities. We will be looking for volunteers to read in classrooms for our Read for The Record event (more details to follow). Our Imagination Day Parade will also have more details to follow soon, but we encourage you to put it on your calendars now, as we will start promptly at 4:30.

Pumpkin decorating contest – The classrooms will also be having a bit of fun with a friendly pumpkin decorating competition amongst each other. Each classroom will create a costume for their pumpkin, with the help of the children, and submit it in hopes that they receive the most amount of votes! The pumpkins will be showcased for you to vote on from Oct. 15-19. We will ask everyone to vote for their favorite pumpkin, for each program. Winners will receive an awesome trophy plus bragging rights, of course!

Parking Lot Safety – Last, we want to send out a friendly reminder to drive slowly as you go in and out of the parking lots. Especially during heavy drop-off and pick-up times (9-11 & 3:30-6), the children's safety is of our utmost concern. Please look before pulling out of a space and pause for those crossing the lot. Thank you!

Important Dates

- 10/12, 6:30-9:30 – Parent's Night Out (PNO)
- 10/18 – Great CA Shake Out
- 10/18 & 10/19 – Pumpkin Decorating
- 10/19 – Car Seat Checks
- 10/25, 4:30 – Read for The Record
- 10/26, 4:30 – Imagination Day Parade
- 11/12 & 11/19-21 – School Age Care Available
- 11/13 – Car Seat Checks
- 11/20 – Classroom Multicultural Day

Reasons to Celebrate

Happy Anniversary to Your BH Teachers!

- Betty (CR L) – 13
- Jemila (CR 5) – 13
- Maria H. (CR 7) – 13
- Teresa (Field Teacher) – 10
- John (STEAM Teacher) – 3
- Ammy (Lead in CRs 5&6) – 3
- Stacie (CR D) – 1

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Monday-Friday, 7am-6:30pm



CENTER HIGHLIGHTS

Grandparent's Day Breakfast

We thoroughly enjoyed serving waffles, coffee, and fruit to you and your parents/ family on Grandparent's Day. We hope that your family also enjoyed spending time with us! This is not only an opportunity for us to provide a delicious meal, but it is our hope that it supports in continuing to build upon our partnerships and create a second home for you at LifeConnections Children's Learning Center.



Curriculum Night – Infants - Twos

Our Curriculum Night event started with a bang in our Infant, Toddler, and Twos classrooms. In the Infant & Toddler classrooms, families explored what a “day in the life” of a baby is all about. Through interactive circle times and table & floor activities, we hope that you were able to experience the great environments your little ones are a part of each day.

In the Twos program, families were given the opportunity to explore the environments without their children present. This hopefully allowed for you to ask questions, get to know your child's teachers, and learn more about how we support the fast-paced growth and development of two year olds.



Curriculum Night – Preschool - Kinder

Our second evening of Curriculum Night focused on Preschool through Kindergarten. Families attending this evening's event were able to learn more about how we truly prepare children for kindergarten and beyond.

A variety of learning activities were showcased for parents to explore and learn more about how our hands-on approach supports the individual growth and learning for each child. We were also able to highlight how our fun, engaging activities are both academic based and help to build those much needed social skills.



Of course both evenings ended with a delicious pasta meal from Chef Ashlee! Thank you again to everyone that was able to join us!

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!