

# Bright Horizons at Ogden News

## From Miss Rachel

Can you believe we are already a quarter ways into the year? We feel that this year is going so fast!

We have a few exciting events coming up in the month of April. During the week of April 16<sup>th</sup> we will be celebrating NAEYC Week of the Young Child. Each day will have a fun activity for you and your child to do as you go home.

Another exciting event is our Annual Gardening Planting Party. Every year we get our planter boxes prepped and planted with flowers, plants and vegetables for the children to take care of through the spring and summer. This year it will be Friday April 20, 2018 9-11 am on our playground. We love all parents to come and help your children plant and fill up our gardens.

Lastly, with warmer weather approaching we understand that flip flops and sandals are going to be your child's preference of foot wear however please remember that the sandals need to be close toed to help keep their toes and feet safe.

## Important Dates

April 11<sup>th</sup>: Friends for Sight PS, KP, KG

April 16-20<sup>th</sup>: Week of the Young Child

April 17<sup>th</sup> & 19<sup>th</sup>: KG Parent Teacher Conferences

April 20<sup>th</sup>: Gardening Planting Party from 9-11 am

April 30<sup>th</sup>-May 1<sup>st</sup>: Picture Day

## Week of the Young Child

**The Week of the Young Child™ is a time to recognize that children's opportunities are our responsibilities, and to recommit ourselves to ensuring that each and every child experiences the type of early environment—at home, at child care, at school, and in the community—that will promote their early learning.**

## Bright Horizons at Ogden

1160 West 12<sup>th</sup> Street

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Monday- Friday 5:30am-5:30pm



# CLASSROOM HIGHLIGHTS

## Infant

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We learn to:

Use our senses to explore the properties of an object.

Use two or more objects together

We Learn by:

Using safe toys and materials with varied textures, and sounds.

Using two objects to make a sound.

## Toddler/Twos

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We learn to:

Question when exploring materials.

Formulate “why, what, and how” questions

We learn by:

Describing and discussing our observations and experiences with teachers.

Experimenting with different sizes of ice and balls.

## Preschool/ Kindergarten Prep

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We learn to:

Coordinate multiple muscle movements

Enjoy and seek out physical activities

We learn by:

Playing soccer, running relay races, having obstacle courses, assuming yoga poses, and playing games like “red light, green light”

## Kindergarten

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Geometry and Measurement:

We learn to:

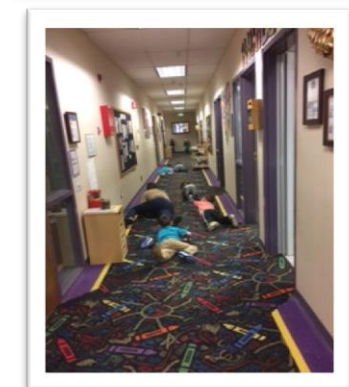
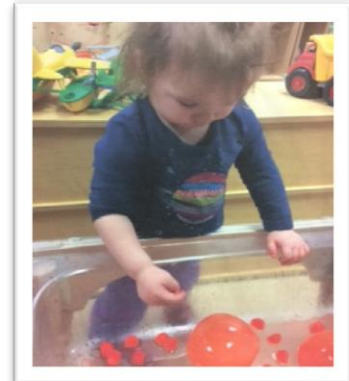
Identify three-dimensional shapes (cube, sphere, cylinder, etc.)

Visualize how things fit together

We learn by:

Use technology with shape identifier games to help emerging skills

Measuring lengths of objects with ruler to see if they can fit into other objects



# READY FOR SCHOOL NEWS

## Is Your Child a Picky Eater?

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Do you consider your child to be a “picky” eater? Do mealtimes become struggles with you coaxing your child to “try one bite”? Most of us have food preferences, although probably not as many as our children. Selective eating is part of a child’s typical developmental process. Making decisions about foods they will try is a part of children asserting themselves.

### Reasons children may be selective eaters:

- Independence – Children can exercise power by deciding what they eat.
- Sensory discrimination – Children might not welcome unfamiliar tastes, colors, textures, sights, and scents.
- Distraction – Children tend to be active, and there are often more exciting things to do than eat.

### Below are strategies that might help your child eat a wider variety of food:

- Start introducing a variety of nutritious foods at an early age. Children might have to be exposed to a food numerous times before deciding to try it.
- Give children control by providing nutritious choices but realize it’s up to them whether they eat or not. Coaxing a child to eat may create a power struggle around food.
- Invite children to serve themselves. Young children are becoming more autonomous and independent, and want to do things for themselves.
- Consider how foods affect the senses. For example; many children prefer the bright colors and the crispiness of raw vegetables to cooked veggies.
- Make mealtime’s enjoyable experiences. Engage children in conversation; talk about animals, friends, school activities, family members, plans, favorite books, appropriate current events, or an upcoming family activity. Consider playing “thorns and roses” where everyone shares their best and worst experiences of the day.
- Involve children in planning menus and preparing meals. Children tend to eat what they help cook.
- Create a garden outdoors or inside in pots. Children enjoy selecting seeds, planting, watering, and watching plants grow. They typically love to taste what they have grown themselves.

No need to worry if your child is a picky eater as it is often a phase of life. Consult your pediatrician if you’re concerned about your child’s health. For more information refer to Kids Health by Nemours, Healthy Eating or Partnership for a Healthier America, Tips for Dealing with Picky Eaters.

# BRIGHT HORIZONS NEWS

## Green Activity for Earth Day

Earth Day is April 22<sup>nd</sup> and is a day dedicated to raising awareness for the importance of keeping our planet healthy and clean.

As Earth Day approaches, your child may be involved in projects and activities that foster an awareness of and appreciation for the earth's resources. To extend the learning that takes place in your child's center or school, and make caring for the earth part of your family culture, we encourage you to make time for some green activities this Earth Day.



Put on your creative caps and repurpose recyclable items from your household into art supplies. Instead of tossing recyclable materials, re-use them. Gather recycled materials ranging from used bottles, old clothing, cardboard, or anything else you can think of and get busy creating!



### New Parenting Podcast Episode!

#### Working Moms and the Mental Load

Bright Horizons did the research and this is what we found: the “mental load” is weighing down many working women. As a mom, you’re likely more than just a parent; you’re also the unofficial manager of everything your family is doing and when. On this episode of the Work-Life Equation, we discuss the findings of the study which show the mental load is real, and offer tips on how to manage your own load...and maybe even lighten it up.

[www.brighthorizons.com/mentalloadpodcast](http://www.brighthorizons.com/mentalloadpodcast)



Check out all the places you can connect with us!