

# Bright Horizons at Cranberry News

## From the Director

Our annual **Costume Parade** will be held on Monday, October 31 at 10:00am. All of the children will be walking in costume with their class through the Building 1 Café. We are so excited to see all of the adorable, awesome, and spooky costumes!

To help make the morning run as smooth as possible, please see the following reminders:

- Any non-Westinghouse parents or visitors must sign in and get a visitor's badge at the Security desk and must remain with their Westinghouse escort at all times. Please let us know the name and phone number of each visitor attending the parade by October 27 to expedite the sign in process.
- Photos are only permitted to be taken in the Café and are prohibited anywhere else within Westinghouse.
- To ensure we are following all security and safety procedures, children are to remain with their class during the entire parade. Parents may walk with their child, however, once the children enter the elevator to return to the center, parents must use the main center entrance outside.

We can't wait to see all of the children dressed up in their costumes and we hope many friends and family can attend!

## Important Dates

**Oct 8** Columbus Day – Center Closed for Teacher In-Service

**Oct 10** Lunch & Learn with Dr. Wolynn at 12 p.m. in Building 1 Mezzanine

**Oct 25** Read for the Record

**Oct 22-26** Pumpkin Silent Auction

**Oct 29-Nov 1** Parent Appreciation Week and Fall Festival!

## Pumpkin Silent Auction

Each classroom will be working together to create their very own pumpkin! Beginning on Monday, October 22 these keepsake pumpkins will be displayed in the downstairs lobby for everyone to see and enjoy. We will be auctioning off the pumpkins and all of the proceeds from the auction will go to the Bright Horizon's Foundation for Children! To learn more about the Foundation, please visit [www.brightspaces.org](http://www.brightspaces.org)

The silent auction will begin on October 22nd and end on October 26<sup>th</sup>.

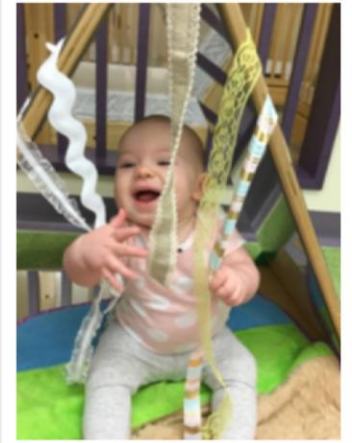
## Bright Horizons at Cranberry

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Monday-Friday 6:30am-6:00pm

# CLASSROOM HIGHLIGHTS

## Infants

Infant 1 has been up to a lot of learning and exploring! From painting, and playing musical instruments in **ArtSmart** lessons and reading lots of books during **Language Works** experiences, to using their senses in **Science Rocks** lessons, the infants have kept busy! In one sensory activity, Miss Mariann tied and attached different textured ribbons to the classroom mirrors! The infants learned to use their senses to explore the properties of the different ribbons by looking at the different colors, feeling the different textures, and listening to the different sounds they made!



## Toddlers

Toddler 1 learned all about the world and the many wonderful people and families who are a part of it. In **Language Works** lessons, the children listened to stories about children from around the world and explored pictures of the many places people live. In an **ArtSmart** activity, the children were given crayons and paper plates to create their own worlds! They learned to strengthen their fine motor skills by learning to grasp and move crayons as they created their own artwork!



## Preschool

Preschool 1 has been learning all about their letters and clouds! In **Language Works** lessons the children have been learning to construct different letters of the alphabet using wood pieces. They have not only been identifying different letters, but also learning terms to help them write them in the future, such as 'Big Line, Little Line, Big Curve, Little Curve' from their *Handwriting Without Tears* curriculum. In **Science Rocks** lessons they investigated clouds by creating their own cloud in a jar. They took their interest of clouds and expanded it into a **Math Counts** lesson practicing one to one correspondence. The children practiced counting cotton balls as they matched the amount of cotton balls to the number on a paper cloud!



## Kindergarten

The Kindergarteners were scientists this past month, learning about and practicing the scientific method as they investigated weather and took a closer look at trees! In **Science Rocks** lessons, they learned to observe and ask questions about the weather and created weather in the classroom including rain, thunder and tornadoes. When investigating trees, the children spent time at the pond hunting for tree leaves and seeds. They even learned, with teacher direction, how to identify what trees their different seeds and leaves came from!



# EDUCATION NEWS

## Instilling Healthy Habits - Children Learn what they Live

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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](http://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](http://brighthouse.com/family-resources/podcasts/work-life-after-twins)