

# News from Clever Kids Learning Center

## From the Director

The photographer will be in the center to take professional photos of the children on Wednesday & Thursday, October 10 & 11. October 10 is for all children enrolled in the infant & toddler rooms, and all sibling sets. October 11 is for everyone enrolled in Preschool 1, North, East & West. The background this year is brown. Photos begin at 7 a.m., but children get dropped off in their usual classrooms as they arrive. Please have your child in the classroom by 9:30 a.m. to ensure your child gets a photo taken. Teachers bring the children for photos as space permits so the wait time is limited. Family photos are encouraged because there is no additional sitting fee! Plus, children are sometimes more cooperative in familiar surroundings rather than another studio. If you would like a family photo, please let us know in the main office which day works best for you.

Specific information about when the photos are able to be viewed and ordered will be listed on a photography poster to keep you informed. The percentage we are paid for hosting the photo shoot will be donated to the Bright Horizons Foundation, which aids children in unsettled situations such as homelessness and hurricane disaster areas.

## Dates of Closure for 2018

- Oct. 8<sup>th</sup> – Columbus Day
- Nov. 12<sup>th</sup> – Veteran's Day
- Nov. 22<sup>nd</sup> and 23<sup>rd</sup> – Thanksgiving
- Dec. 25<sup>th</sup> – Federal Observance of Christmas

## Special Events

- October 10<sup>th</sup> and 11<sup>th</sup> – School Pictures
- October 19<sup>th</sup> 2:30 – 3:30 - Toddler 2 Scavenger Hunt
- October 26<sup>th</sup> 3:15 – 4:15- Toddler 1 Harvest Party
- Last Week of October – Preschool Conferences are offered

## Halloween

Since we have many new families with us this year, it seems time to remind everyone that we do not celebrate Halloween within the center. Please enjoy all costumes and candies with your children at home if you choose to celebrate.

**Clever Kids Learning Center managed by Bright Horizons**

Building 64 Denver Federal Center, Denver, CO, 80225

303-236-9400 | [www.brighthorizons.com/cleverkids](http://www.brighthorizons.com/cleverkids)

Monday – Friday, 6:30 A.M. – 5:30 P.M.



# CLASSROOM HIGHLIGHTS

## Infant I



Ms. Meg reads a story out loud

to-day lives, and there's no 'too' early to introduce a child to the world of reading and writing. One of the best ways we help introduce a child to this amazing skill is the basic activity of reading a book. When a child listens to us reading them a book, we bond with them, we foster their imagination as they hear about whole new worlds or ideas, it helps to build their ability



This infant is exploring a fabric book independently

October is National Book month! And here in the infant room we are using that as inspiration and diving head first into reading, writing, and other forms of literacy! We learn to create and foster a love and understanding of literacy and reading at an early age. We learn to do this by giving many options and forms of literacy, including (but not limited to) reading and looking at books, painting and using crayons, and listening to songs sung by our teachers! We always have lots of books available to the infants where they can look at the photos, feel the different textures that might be included, or, the class favorite, using them as a chew toy! Reading is one of the most fundamental

things a child (or even an adult) can learn to do. We use it in our day-

to focus for long periods of time, as well as it's just fun! Plus, children who are read to for at least 5 minutes a day,

have been studied to have larger vocabularies than those who are not read to!<sup>1</sup> Here in the infant room, our books are usually pretty simple but if we add hand motions and extra sounds to the story, books like 'Animals on the Farm' can have a whole new feel and effect on the children listening. We can also allow children to look at books on their own and encourage individual or solo play. We also have 'soft' books which are best for chewing and a way our youngest readers can explore books on their own.

This month, why not go to the library and pick out some books to read as a family? Or take a book outside and read in the fresh air? Find a way to celebrate National Book



An Infant being read to one-on-one

Month this October! We definitely will here in Infant I!

<sup>1</sup> Child Trends Databank. (2015). Reading to Young Children. Available at: <https://www.childtrends.org/?indicators=reading-to-young-children>

-Ms. Meg & Ms. Kelsey

# CLASSROOM HIGHLIGHTS

## Preschool East

We have finished this summer with an explosion: a volcanic explosion! Our summer had a few storms as we made rain clouds by experimenting with water saturation. Then, we made ice cream for those sunny splash days. A couple of volcanoes went off. One was an underwater smoker that demonstrated how warmer water rises through colder water. The other was a sandbox volcano using baking soda and vinegar. The love of science starts early with wonder and chemistry.

After the explosions, we spent some time talking about safety and fire fighters. I want to help them feel safe at school. They are making new friends and together they will learn to be caring citizens.

Where in the world have you been? We are sharing our stories of summer family vacations. Stories have beginnings, middles, and ends; learning to tell a story starts with story sequencing.

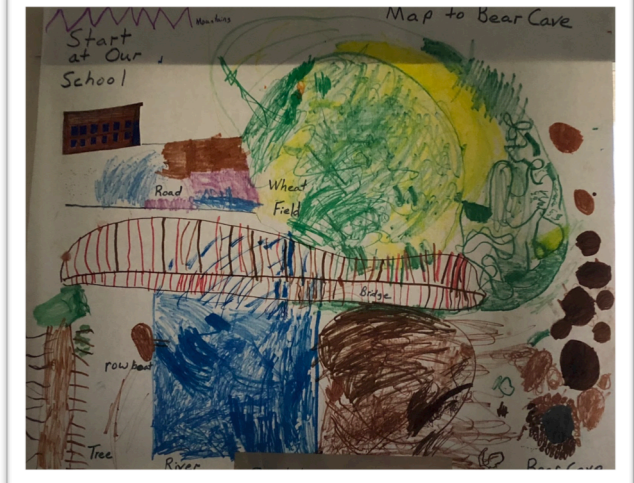
Maps help us know where we are going, however they also expose us to different languages as we learn the names of different states and countries around the world.

We drew a map to the bear cave, from “Do You Want to go on a Bear Hunt?”.

-Ms. Elizabeth



Sandbox Volcano



Map to Bear Cave

# 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/>

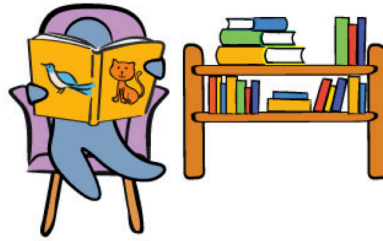


# BRIGHT HORIZONS NEWS

## 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)



Check out all the places you can connect with us!