

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. 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 24 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!

Important Dates

October 3-7: Parent Appreciation Week

October 10: Center Closed for Staff In-Service Day

October 26: Parent Partnership Group Meeting 12-1pm

October 27: Read for the Record

October 31: Costume Parade 10am in Building 1 Cafe

Reasons to Celebrate

Join us this month as we celebrate and show our appreciation for all of the wonderful parents of our center!

Monday Oct. 3: *Breakfast to Go*

Tuesday, Oct. 4: *Playground Playdate*

Wednesday, Oct. 5: *Lunch Date*

Thursday, Oct. 6: *Pumpkin Night*

Friday, Oct. 7: *Send Home Gift*

More surprises to come throughout the week!

Bright Horizons at Cranberry

1000 Westinghouse Drive, Suite 201, Cranberry Twp.,
PA, 16066

724.940.8324 | bhcranberry@brighthorizons.com

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

CLASSROOM HIGHLIGHTS

Infant

In September, Infant 1 engaged in a **Math Counts** activity in which Miss Mariann and Miss Karen helped the infants learn while exploring farm animals and barns! The infants learned to recognize counting words as they listened to their teachers count the different farm animals in front of them. The infants also learned to build their small muscle skills by unsticking nesting barns and some of them were able to restack the smaller barns into larger ones.

Toddler

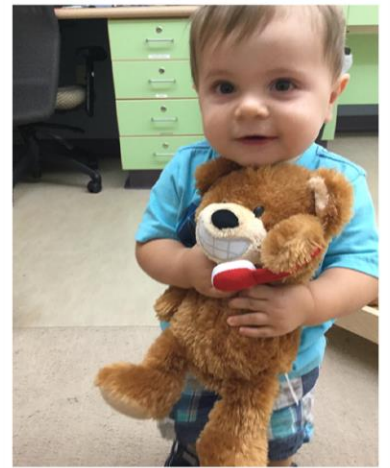
In September, the Toddler 1 classroom was **Well Aware** about keeping their teeth clean and healthy as they learned about dental health. They learned how to brush their teeth with the help from Buddy, the tooth brushing teddy bear. The children were able to move their bodies creatively to the song "Brush, Brush, Brush Your Teeth" while performing the important motions of brushing their teeth. The toddlers also participated in related **ArtSmart** and **Science Rocks** activities. During one of these activities, the toddlers helped to create "elephant toothpaste." They also painted with a toothbrush, strengthening their fine motor skills and observing the paint as it splattered all over their paintings.

Preschool

Preschool 1 has jumped right back into the swing of the school year by utilizing their **Language Arts** skills and our *Handwriting Without Tears* curriculum! The children learned how to form letters by always starting them at the top. They listened to the song "Where Do You Start Your Letters" from the *Handwriting Without Tears* CD and followed the directions within the song! The children also strengthened and refined their small muscle skills by practicing to hold their pencils/crayons using the three-point pencil grip.

Kindergarten

In September, the Kindergarteners became scientists while learning about their bodies in a **Science Rocks** and **Well Aware** lesson. They used the scientific method to answer the question "Why is it important to brush your teeth after you eat and drink?" The students looked at each other's teeth, some showing their cavities and others their loose teeth. Next, the Kindergarteners made predictions about what teeth would look like if they were not brushed and how different foods affect our teeth. They "soaked" hard-boiled eggs (teeth) in different drinks including tea, Gatorade, coffee and grape juice. The next day most of the eggs were a different color and some had a film on them. The students compared predictions and then they brushed their "teeth" to remove the color and film.



READY FOR SCHOOL NEWS

Technology Tactics

Scientist Alan Kay said, “Technology is anything that wasn’t around when you were born.” This tongue-in-cheek observation speaks to the ambivalence we sometimes feel about technology. On the one hand, we can see its potential benefits; on the other, we may feel intimidated by it or worry about its negative effects. Often, we tend to lean to one side or the other.

Managing technology at home can seem overwhelming and every family’s solution will probably be unique to their situation. Below are a few general ideas to support you in finding the approach that works best for your family.

Find a balance. Children have access to more entertainment options than ever before, yet their needs haven’t changed. Children need unstructured play every day. They need real, face-to-face conversations and time to think, dream, and read. Their growing bodies and minds need daily doses of exercise and experiences with nature. As a family, set limits for tech use to ensure a healthy balance between screen time and other activities.

Carve out tech-free spaces. Technology can be an insidious time waster. Pop in to check social media and the next thing you know, 30 minutes has gone by. Don’t let this time gobbler eat up family moments. Set aside certain times and places as no-tech zones, e.g., when children first walk in after school, at the dinner table, or at bedtime. Don’t allow screens in children’s bedrooms. Some families have found that children fall asleep more easily if they don’t consume technology in the evenings.

Keep your eyes open. Be involved with your child’s virtual experiences just as you would his real-life activities. Check in occasionally on your child’s social media pages; get to know her online friends. Install a filter to help keep out inappropriate material, but understand that no filter is fool-proof. Scrutinize apps and software carefully. Talk with your child about what to do if he or she encounters inappropriate material and keep communication open.

Join the party. In general, we try to take a positive approach to parenting, saying “yes” when we can and filling our homes with the good things, rather than focusing on the negative. Technology is no exception. Choose wholesome, high-quality technology, including games, apps, audiobooks, and videos. Then plan some special family time to participate in those activities together. You’ll get a bird’s eye view of how your child is responding to technology and your child will love your willingness to enter his world.

Regardless of where we fall in the technology debate, we know that it’s here to stay. In Bright Horizons classrooms, we see technology as a potential tool, neither to be revered nor feared. We use it when it makes sense from an educational standpoint and when it complements the hands-on, developmentally-appropriate activities we know children need for healthy development. We partner with parents in considering best technology practices and support them in their efforts at home.

BRIGHT HORIZONS NEWS



Help Set a World Reading Record!

Join us on Thursday, October 27th

Bright Horizons invites you and your family to participate in JumpStart's *Read for the Record*®.

Jumpstart is a national early education organization working toward the day that every child enters kindergarten prepared to succeed. Each year they host *Read for the Record*, a national campaign that addresses the educational inequalities that leave too many children unprepared for kindergarten.

Join us and pledge to read this year's campaign book, *The Bear Ate Your Sandwich* by Julia Sarcone-Roach, with your child on Thursday, October 27th. Help us to break the record!

To learn more about Jumpstart's Read for the Record visit readfortherecord.org

#ReadfortheRecord

BRIGHT HORIZONS

FamilyMatters

WEBINAR SERIES

The Working Parent's Wellness Toolkit

**Thursday, October 6th
2:00 p.m. ET**

With the daily realities of life as a working parent, it is important to find ways to care for yourself and your health. Join Bright Horizons and special guest and wellness expert, Christina Reale, for a live webinar discussing practical wellness strategies for working parents. In this webinar, we will learn how to set realistic wellness goals that can pave the way to balancing a successful career with a healthy life amid life's multiple responsibilities.

Register Here:

<http://event.on24.com/wcc/r/1263367/B4CEB4C1357B1C15BAA293A0FA3AF299?partnerref=ParentNews>

Check out the [Parent Webinars](#) website.

CONNECT WITH BRIGHT HORIZONS

