

# Bright Horizons at UM Canterbury Preschool News

## From the Director

Dear Parents:

What a wonderful time we had during the month of October. We celebrated the 11<sup>th</sup> anniversary of Read for the Record, we welcomed in the fall, learned all about pumpkins and the children also paraded their beautiful costumes around the UM campus. Thanks to all our parents for your participation and support throughout the month.

We have many exciting things going on in November starting with the UM Homecoming Parade. We gather at the center for a pot luck dinner then join in the parade. This year the children will be singing the UM Fight song. We hope that you will be able to join us. There will also be a canned food drive and Thanksgiving Dessert Day. We will send an email with more information as we get closer to the dates.

Mariella is doing very well and would like to thank everyone for all of the well wishes sent her way.

Thank you!

Vicky

## Important Dates

November 4	UM Homecoming Pot Luck
November 4	UM Homecoming Parade
November 7	Canned Food Drive begins
November 9	Parent Partnership Meeting
November 18	Thanksgiving Dessert Day
November 24	Thanksgiving Center Closed
November 25	Center Closed

**Save the Date: December 16<sup>th</sup>** you are invited to our "Holidays Around the World" event.

## Reasons to Celebrate Happy Birthday!



Ms. Gemma	11/03
Leopold M.	11/15
Ms. Vicky	11/17
Ms. Pat	11/22
Ms. Mandy	11/27
Madeline K.	11/28

## Bright Horizons at UM Canterbury Preschool

1150 Stanford Drive, Coral Gables, Florida, 33146

305-284-5437 | [canterbury.gables@brighthorizons.com](mailto:canterbury.gables@brighthorizons.com)

Monday-Friday 7:00 am - 6:00 pm





# CLASSROOM HIGHLIGHTS

## Infant

While learning about the five senses the children did an activity to stimulate all five senses at once. Each child had a mold of Jell-o. It was so interesting looking at the colors and watching it jiggle, smelling the different flavors, touching this strange texture, it also made a funny sound when they smooshed it in their hands, and of course it tasted so yummy.



## Toddler

While in the Science Rocks area the children in the Toddler class enjoyed making a pumpkin pie. With the help of Ms. Dolores the children measured, scooped, poured and stirred ingredients. After baking in the oven the children enjoyed their pie for snack.



## Two's

During October we celebrated the 11<sup>th</sup> anniversary of Read for the Record. Many thanks to all of the parents that volunteered to read the book "The Bear Ate Your Sandwich" to your child's class. After the story the Preschool 2A class enjoyed making bears in the Art Smart area.



## Preschool

While in the Math Counts area the children took turns guessing the height of their pumpkin using the Unifix cubes. After guessing the height the children stacked the Unifix cubes and measured the height of the pumpkin to see who was the closest. They also measured the pumpkin from different sides when they noticed that one side was up higher than the other.



## Kindergarten Prep

Throughout the month the children in the VPK class spent time learning about the fall season, hibernating animals, nocturnal animals, pumpkins and the life cycle of the bat. They ended the month with our International Holiday parade. Some friends dressed in costumes representing countries and some dressed as their favorite character. All of the children had a wonderful time.





# READY FOR SCHOOL NEWS

## Parent Toddler Behavior

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Your sweet baby is approaching toddlerhood and you're wondering what to expect. Toddlers sometimes get a bad rap, with labels, such as "The Terrible Twos," but these misnomers are often the result of a lack of understanding. The toddler years are a time of immense growth and development in all areas – physical, cognitive, and language. Along with this rapid growth comes an increased desire for independence, yet the executive function and social-emotional skills necessary for delayed impulse control, positive social interactions, and understanding choices and consequences are still maturing. Knowing why your toddler behaves a certain way and knowing how to help her can make the toddler years a happy time for both of you.

**Increased Motor Skills:** Newborn babies are completely helpless, with very little control over their own bodies. Imagine their delight as they learn to sit up, crawl, walk, and then run, hop, and jump. Toddlers love to experiment physically, trying increasingly difficult feats of skill and strength. They jump off stairs, climb on counters, mow over siblings, or knock things over – not to intentionally frustrate you, but to see what else their bodies can do. Accept this trait as a healthy, normal part of development and offer your toddler the physical activity she craves, within safe limits. Go for a daily walk, preferably to a playground or natural space where your child can safely explore.

**Learning Through the Senses:** Babies and toddlers first experience the world through their senses. This is one of the reasons toddlers love to explore, ransacking your kitchen cupboards or tasting non-food items. Recognize this characteristic and provide opportunities for sensory exploration, with some boundaries. For example, allow your child to explore one cupboard in your kitchen stocked with stackable plastic dishes and lids. Set up an area outdoors for sand or water play; offer hands-on art materials, such as play dough or finger paint. Play in nature every day if possible.

**A Need for Independence:** Toddlers have very little control over their lives. They are told what to eat, when to eat it, what to wear, when to go to bed, and what to do throughout the day. No wonder they sometimes feel frustrated! Recognize your toddler's desire for independence and you'll have a happier child. Offer choices whenever possible. For example, "Do you want to wear your red shirt or your green shirt?" "Would you like peas or carrots for lunch?" As long as your toddler is safe, try to allow a certain amount of latitude and don't sweat the small stuff.

Remember, toddlers aren't trying to be "naughty." Most of the time, they're merely trying to figure out this big, confusing world. Give yourself and your toddler a break and know that this stage of exploration and testing limits is setting the stage for healthy growth later.



# BRIGHT HORIZONS NEWS

## FDA Issues Warning on Use of Homeopathic Teething Products

The U.S. Food and Drug Administration (FDA) is warning consumers that homeopathic teething tablets and gels may cause adverse effects to infants and children, including seizures. The FDA recommends that consumers stop using these products and dispose of any in their possession. [For additional information, click here.](#)

Due to this information, **effective immediately**, Bright Horizons will require a medical provider's authorization for any homeopathic teething tablets and gels to be administered at the center.

## Raising a Growing Giver

As a parent, you try to raise your child to become an active, compassionate member of society. [Growing Givers](#) is a resource to help you find age-appropriate activities, projects, and volunteer opportunities to encourage empathy, caring, and compassion for the world and all its people. Growing Givers offers ideas for how you can promote empathy and social awareness through your daily interactions and modeling with children and through service opportunities from home or out in the community.

Below are list of resources from Growing Givers that can help you incorporate giving back at home and help you to raise children that are socially aware, community oriented, and charitable minded:

- [Tolerance And Acceptance: Teaching Diversity to Preschoolers](#)
- [Teaching Children to Help Others](#)
- [The Parent's Role: How to Teach Good Citizenship](#)
- Parent Webinar: [Raising Socially Responsible Children](#)



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