

SAVE THE DATES

NOV. 6th – NO VPK, Palm Beach County Schools closed – GET OUT AND VOTE!

NOV. 8th – Christmas Pictures
Infants, 2, 3, 4's and VPK A

NOV. 9th – Christmas Pictures VPK
B, C, D

NOV. 15th & 29th – Kona Ice

NOV. 16th – Thanksgiving Feast!
Class Parties.

NOV. 19th-21st – NO VPK. Camp
available!

NOV. 22nd-23rd – CENTER CLOSED
HAPPY THANKSGIVING!

DEC. 20th – VPK Christmas Program
and Class Christmas Parties

DEC. 24th-25th – CENTER CLOSED
Merry Christmas!

DEC. 26th-JAN. 7th – NO VPK –
NO SCHOOL Palm Beach County
Schools – **SIGN-UP FOR OUR
WINTER BREAK CAMP!**

CURRICULUM

CREATIVE: HARVEST

Week 1: On the Farm

Week 2: Fruits & Vegetables

Week 3: Thanksgiving

Week 4: Pilgrims & Native Americans

SPECIAL LEARNING

Nov. 5-9: We're Kind Ms. K

Nov. 12-30: Families Help Each Other Mr. D

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Teaching Kids to Be Thankful

<http://www.parents.com/kids/responsibility/values/kids-giving-thanks/#page=1>

Teaching kids to be thankful doesn't involve guilt trips or lectures on the less fortunate, and the benefits will last longer than the turkey sandwiches. Grateful children may grow into happier adults, according to Christine Carter, Ph.D., author of *Raising Happiness* and director of the Greater Good Parents program at the University of California at Berkeley. Thankfulness is not a fixed trait. It's a skill that can be cultivated, like kicking a soccer ball or speaking French," Dr. Carter says. Because Thanksgiving is high season for gratitude, it's an ideal time to talk to your children about remembering the blessings. Try these easy and interesting tips to teach your children to develop a habit of thankfulness:



Shop, Buy, and Share: Trips to the grocery store or toy store can be opportunities to think of others. Next time you're stocking up, encourage your children to pick one or two canned goods to donate to a Thanksgiving food drive or a food bank. Shelters also need donations of personal care items (soap, toothpaste, diapers) or new clothing (warm socks, jackets). Check with local shelters to see what they need, and have kids choose the supplies. They'll learn to think of others and start to appreciate the necessities they ordinarily take for granted. National toy drives, like Toys for Tots, provide new gifts for children. Ask your kids to imagine what children their age might want, and then help them buy it. The item could be something on their wish list or even something they already have and love, like a cherished teddy bear.

De-clutter and Donate: Encourage your children to donate toys they no longer use or clothes they've outgrown. Let them know that some things they don't need might be useful for another child. Suggest that they create a short list of items to donate, and then bring them to a donation center. Involve them in considering what they don't want anymore so they will have new appreciation for their toys and clothes. Just remember not to force it: If they're not ready to give something away, that's okay. Avoid warning the kids that they won't get something new to replace what they give away; they may associate sacrifice with loss or punishment. Instead, find other ways to cultivate a sense of gratitude and helping others.

Volunteer Your Time: Look for opportunities to volunteer as a family. Friends and neighbors may know of a group that can use the help. Serve food at nearby shelters or put together care packages for senior citizens or soldiers overseas. Show how giving time, not just money or objects, is another way of helping others and acknowledging gratitude for what you already have. Or devote time to neighbors or other family members by scheduling a group project to help an elderly relative or cook a meal for someone who's under the weather.

Appreciate Small Moments: Take time to appreciate the good things with your kids. Use travel time in the car as an opportunity to share something positive, perhaps by saying, "Look at the pretty leaves on that tree" or "Wasn't it fun to make that drawing in class today?" These simple conversation starters encourage children to contemplate and appreciate the blessings around them. When you tuck them into bed, ask what they're grateful for that particular day. Gradually weave these observations and questions into your time together to cultivate thankfulness.

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NOVEMBER BIRTHDAY CORNER A special HAPPY BIRTHDAY goes out to...

Ayanna F. 11/4
Jasmine C. 11/16
Daniel A. 11/24

Ethan R. 11/4
Ethan K. 11/20
Jeanylia E. 11/25

Vanessa T. 11/6
Maria C. 11/22



How to Get Your Child to Eat Their Vegetables & Fruit

www.wikihow.com

If you've ever had one of those weeks where the only green thing that's gone into your child's mouth is a piece of Lego blocks, then you know how difficult it can be to get them to eat the smallest spoonful of spinach, let alone five portions of vegetables a day.



STEP 1: Set the right example. Children learn what they live, making it vital that parents set the right example with their own food choices. If parents are routinely eating and snacking on unhealthy foods, how can children be expected to do any differently? Setting the right example to get children to eat right requires parental self-discipline. Parents need to provide loving and firm guidance in making healthy and wise choices.

STEP 2: Choose healthy snacks for children such as fresh fruit and vegetables with tasty dips. Keep healthy snacks well-stocked at home, readily available and easily accessible for children to grab. Save cookies and other sugarcoated treats for an occasional sweet treat or special occasions. Never get into the habit of giving children cookies or other sugary-treats when the family meal is being prepared or is almost ready to be served. Consider offering a couple of bites of the vegetables or salad already planned for the meal to tide them over.

STEP 3: Provide necessary discipline. Children typically do not like changes being made to their routines, so expect children to express their dislike to newly implemented changes in the family meal plan. Calmly explain that "this is what we're having for dinner", and if children refuse to eat the planned meal, simply cover it and save it for when they say they're hungry. Remember, your home is not a cafeteria-style restaurant where children dictate what they will or will not eat. When the child later says they are hungry, simply say "Well that's good because I saved your dinner for you", and then reheat as needed.

STEP 4: Try a different vegetable every day and prepare it in different ways. Remember vegetables can be served, raw, baked, steamed, grilled, in salad, in juice form, stir-fried and broiled. Try a wide variety and in different ways until you find the vegetables that your child will like and in the style, they will like to eat them in.

STEP 5: Mix them in your child's favorite meal. If your child likes macaroni and cheese, make it with steamed broccoli or peas mixed in. If your child likes spaghetti, mix in real tomatoes, mushrooms, or peas and carrots into the sauce. Sometimes mixing right into their favorite foods makes them eat it without even noticing.

STEP 6: Try juicing vegetables and mixing it with fruit. Make your child part of the juicing experience and they may be more inclined to drink them. Combinations such as carrot, apple, and celery juice are usually sweet to the taste and a big hit.

STEP 7: Offer your child many different types of foods and letting them see you eat and enjoy various foods, especially fruit and vegetables. Although infants often get fruit and vegetable baby foods, once they start eating table food, what you eat is going to be a big influence on what your kids like to eat. If you rarely serve vegetables with meals or eat fruit, don't be surprised if your kids develop the same tastes.

Get info about our school at: www.brightbeginningsprep.com