



**Bright Beginnings
Child Development
Center**

KID'S TRIBUNE

October 2009

FROM THE DIRECTOR'S DESK

Dear Parents,

October has arrived and we, here at Bright Beginnings, are very excited about this upcoming Fall! The weather is beginning to cool off, the leaves will be changing shortly and our little ones are learning more and more everyday!

Speaking of the little ones, we would like to express our thanks to all parents for entrusting us to care for your children during the weekdays. We realize that the daycare decision is not an easy one, but we are thankful that you selected us, and even more thankful that we have the opportunity to help your child get a bright start on life!

School Pictures

By now, you should have received your child's school pictures. Payments for the pictures are due on Friday, October 9th. If your child was not in school during picture day, the photographer is in the process of scheduling a make-up date for November. We'll let you know the date when we hear back from the photographer.

Plentiful Pumpkin Parade

Every year in October, we host our Plentiful Pumpkin Parade & Party, and this year will be no different! On **October 30th**, all Bright Beginnings students are

invited to dress up in their favorite costumes and show off for everyone here at Bright Beginnings! We welcome all parents to join in on the celebration, which is always a lot of fun! We'll let you know the time of the party shortly.

Fall Carnival

This year, we're bringing back our annual Fall Carnival, which is always a big hit with all of our children—both big and small! The fun-filled Carnival will be held on **October 31st** from 1pm to 4pm here at the center, and we are looking forward to a huge turnout!

This year's carnival will feature Inflatables, Pony rides, Various games, a book fair, a Silent Auction, Food and More! All students, family members, friends, neighbors are welcome . . . the more, the merrier!

Admission is free and tickets for rides and games start at \$0.50 each. A percentage of the proceeds will go to the Ronald McDonald House of Durham.

This year for the carnival, we're also giving our parents & friends the opportunity to sell any items you would like to the carnival attendees. For a small exhibit fee, you will be able to setup a table and share

your special clothing, art, food, etc. with our guests! If you are interested, please let us know by **Friday, Oct. 23rd**.

Extracurricular Programs

For those who are not aware, Bright Beginnings offers a gym class and a dance class for students through the Tumblebus and Kinderdance organizations.

Both Tumblebus and Kinderdance are available to students 2 to 5 years old and are offered on Mondays and Thursdays, respectively. The fee for both programs is \$30 per month paid directly to the two organizations.

If you are interested in registering your child or children for either of the programs, please let us know.

Cookies Almost Here!

If you enjoyed all of the yummy cookie dough from last year's sale, you certainly don't want to miss this! Our Annual Cookie Dough Sales Event will kickoff on **Oct. 12th and will run til Oct. 23rd**. We will provide you with more details in the days and weeks ahead.

Notable Dates:

Oct. 2, 2009—Early Childhood Conference (School Closed)

Oct. 12, 2009—Cookie Dough Sale Begins

Oct. 23, 2009—Exhibitor deadline for Fall Carnival

Oct. 30, 2009—Plentiful Pumpkin Parade & Party

Oct. 31, 2009—Fall Carnival

Nov. 11, 2009—Veteran's Day/Teacher's Workday (School Closed)

Classrooms — What's Goin' On?

Want to know what's planned for October in your child's classroom? Take a look below:

| INFANTS | |
|--|---|
| October Theme Key Activities in October Welcome New Student (s)! October Birthdays! | "Friends" Sharing, crawling, playing together None None |
| TODDLER 1 | |
| October Theme Key Activities in October Welcome New Student (s)! October Birthdays! | "Family" Rhymes, songs & finger plays Games & stories Art and language None None |
| TODDLER 2 | |
| October Theme Key Activities in October Welcome New Student (s)! October Birthdays! | "Colors of Fall" Counting Identifying Numbers None None |
| PRESCHOOL 1 | |
| October Themes Key Activities in October Welcome New Student (s)! October Birthdays! | "Colors of Fall", "Apples & Worms", "Family", "Halloween Safety" Alphabets CARSON TALLEY DANIEL AGUILAR |
| PRESCHOOL 2 | |
| October Themes Key Activities in October Welcome New Student (s)! October Birthdays! | "Safety Rules", "Friends", "Shapes", "Fall Colors" Identify basic shapes, Identify Fall leaves JENNIFER MORENO, GRANT HARRIS SHASHANK SUTTY, ROMAN PHILLIPS, JADEN LIVOLSI |

Classrooms (cont'd)

| KINDERPREP 1 | |
|---|---|
| October Themes Key Activities in October Welcome New Student (s)! October Birthdays! | "Fall", "Apples", "Friendship", "Pumpkins" Pumpkin Parade, Make Applesauce, Carve a Pumpkin CHARLICE TYNER, CHARLES TYNER CHARLICE & CHARLES TYNER, JALEN BULLOCK |
| KINDERPREP 2 | |
| October Theme Key Activities in October Welcome New Student (s)! October Birthdays! | "Harvest Time" Pumpkin Parade, Pumpkin Carving, Apple Tasting, OctoberFest None None |
| KINDERPREP 3 | |
| October Themes Key Activities in October Welcome New Student (s)! October Birthdays! | "Friends", "Fall Colors" Friendship Quilt, Carve Pumpkins, Tie-dye t- shirts ANDREA MORENO KATELYNN SHAW, YAFET DEBESU, SAPHIRA HARBERT |

October is National Dental Hygiene Month and in recognition of that fact, we have included some helpful information regarding your child's dental health.

Want Some Life Saving Advice? (excerpts taken from the ADHA "Child Oral Health Fact Sheet")

Dental decay (cavities) is the most common chronic disease of childhood affecting 50 percent of children by middle childhood and nearly 70 percent by late adolescence.

Chronic gingivitis is also common among children. The mildest form of periodontal disease, gingivitis is often caused by inadequate oral hygiene which leads to plaque buildup. Fortunately, most oral diseases can be prevented.

The best way to ensure that your child does not get cavities or periodontal disease is to instill proper oral habits early. Good oral hygiene routines should be established as early as infancy and continued throughout life. Dental hygienists are valuable resources in promoting, establishing and maintaining oral health in infants, children and adolescents.

The First Years

- Wipe your infant's gums with a damp washcloth or gauze pad after each feeding to remove plaque and food residue.

Want Some Life Saving Advice? (cont'd)

- Clean your infant's baby teeth as soon as they come in with a soft cloth or baby toothbrush and a pea-sized amount of fluoridated toothpaste.
- Avoid putting your child to bed with a bottle, unless it's filled only with water (the sugars from milk, formula and juice produce acids when left on the teeth which cause decay).
- A child's first oral health visit should come around his or her first birthday (or six months after the first tooth erupts).

Toddler Teeth

- At age two or three, begin to teach your child proper brushing and flossing techniques.
- Monitor your child's brushing until age seven or eight, or until the child has the dexterity to do it alone.
- Floss your child's teeth for him or her until he or she is six or seven years old or until he/she can tie his/her own shoelaces.

Older Children

- Consider applying sealants to permanent molars to reduce pit and fissure surfaces in back teeth.
- If your child has braces, be sure to check out special orthodontic toothbrushes, floss threaders and other interdental appliances to help keep spaces between teeth and arch wires clean.
- Mouth guards should be worn for all contact sports, sports that involve a ball and any extreme sports like skateboarding or rollerblading.
- If a permanent tooth comes out of the mouth, push it back into the area or place it in milk and go to the dental office.

Smile Savers

- Change your child's toothbrush three to four times a year and after every illness to avoid bacteria and germs.
- Limit the amount of sugar children can eat by encouraging them to eat fruits and vegetables for snacks instead of candies and cookies. Also, limit snacking between meals and make sure they brush afterward.
- Check to see if the water supply that serves your home is fluoridated.
- As parents, set a good example for your children by brushing, flossing and eating healthy foods, and scheduling regular oral health visits for yourself.

For more information about proper oral health care, as well as brushing –and–flossing instructions, please talk to your registered dental hygienist and visit the ADHA web site at www.adha.org

Source: American Dental Hygienists' Association



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