

SAVE THE DATES

Mon., Sept. 8th

Special guest: A Dentist!

Thurs., Sept. 18th

PBC Early Release Day

Thurs., Sept. 25th

PBC NO SCHOOL

Thurs., Oct. 9th

PBC Early Release Day

Thurs., Oct. 20th

PBC NO SCHOOL

Fri., Oct. 31st

Trunk-or-Treat Costume Parade

CURRICULUM THIS MONTH

OUR SENSES/BACK TO BOOKS

Week 1: Back to Books!

Week 2: Feelings & Emotions

Week 3: Our Five Senses

Week 4: Considering Others Feelings

SPECIAL LEARNING

At home with *Mr. N, Ms. W,*

Ms. P, & Mr. H

What's My Name?

What Will I Wear?

My Body

I'm Healthy

JUST FOR FUN

Q: Why does a flamingo hold up one leg?

A: If he held up both, he'd fall down!



Storytime

Want to spend time with your child, build his or her reading skills, and help them learn to love books? You can do all three when you read aloud to them. Here are some suggestions.

Read regularly

Try to read to your child every day. You might aim for 10-15 minutes of bedtime reading for a peaceful end to the day. Bring along a book, and read to your child during a sibling's sports practice. Or curl up together with a book when you get home from work.

Take turns choosing books

Your little one may want to hear old favorites again and again. Use your turn for new titles and variety (nonfiction, poetry).

Let your child participate

Ask your child to turn pages while you read. Also, your child can finish sentences that rhyme or fill in words they know. Go slowly so they have time to understand the story and look at the illustrations. They'll enjoy read-aloud time more if they play an active role.

Be playful

You can use different voices for different characters (a high, squeaky voice for a mouse or a deep, booming voice for a horse). Or substitute your child's name for the main character's name, and use family members' names for other characters. Note: you don't have to be an expert reader – your child will love it when you read aloud because it's *YOU!*



BIRTHDAY CORNER

A special **HAPPY BIRTHDAY** goes out to...

Isabella M. – Sept. 1st

Ms. Mindy – Sept. 4th

Christian "CJ" O. – Sept. 10th

Dalys P. – Sept. 23rd

Camila R. – Sept. 22nd

Jeovane V. – Sept. 30th

Mariana V. – Sept. 3rd

Samuel G. – Sept. 9th

Emma R. – Sept. 16th

Meredith W. – Sept. 20th

Alexandra G. – Sept. 25th



DID YOU KNOW WE OFFER AFTERCARE?

AGES 5-12 YEARS OLD!

Our aftercare is available 5 days a week. We DO provide pick-up service from most local area schools.

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- Games
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(Just 1 mile North of Lake Worth Rd on Jog Rd)

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Tuition Express is the most efficient and safest way to process Online, POS, recurring Credit Card and ACH day care payments.



It's Time to Brush!

According to the American Academy of Pediatrics(AAP), all young children need help with brushing from an adult to make sure a good job is done. When possible, teach children to spit out extra toothpaste, but don't rinse with water first. The little bit of toothpaste left behind is good for their teeth! Once teeth touch, they can also be flossed. Visit your **dentist** regularly starting with your child's first birthday or sooner if there are concerns. Your pediatrician can answer questions about oral health, too. Remember, the last thing to touch the teeth before bed is the toothbrush!



- **As soon as baby is born**, you can start good oral health practices. If possible, use a soft washcloth to wipe your baby's gums after feedings. Remember not to put babies to bed with a bottle filled with milk. And, when it is time to introduce solids, choose healthy foods to reduce the risk of **tooth decay**.
- **For children under age 3**: As soon as you see a tooth in your baby's mouth you can start to BRUSH! Use a smear (grain of rice) of toothpaste with fluoride 2 times per day.
- **For children ages 3-6**: Use a pea-sized amount of fluoride toothpaste. It is OK to let them practice with the brush, but you get your turn too.

Tips for Dealing with Emotions (Education.com)

The toddler and preschool years are filled with emotional outbursts, and tears, temper tantrums and even shyness may have parents at their wits ends. This is all new to your preschooler, as he or she is just learning to recognize their feelings. Helping your child identify feelings and giving some strategies for dealing with them in constructive ways are all part of growing up. Not sure what to do to help your child deal with her emotions? Try a few of these easy to implement ideas:

- **Talk it Through** After a child has had an emotional outburst and had a chance to calm down, take a few minutes to discuss the events. Ask your child how they felt, what made them feel that way and how they handled their feelings. Your response might be something like this: "I'm sorry you felt angry that your little brother took your toy, but hitting him is not OK. What else could you do instead of hitting?" Have a discussion about other alternatives, such as asking the sibling to give it back, finding him another toy to play with and asking him to trade or asking Mom for help. Remind your child that using her words instead of her hands is always a better choice when they're angry.
- **Act it Out** Find a time to play a game of emotional charades with the whole family. Think of some scenarios that might cause a child to feel different emotions such as angry, sad, lonely, embarrassed, excited, happy and shy. You can use events that have actually happened with your children or make up stories. Have each player listen to the scenario and then show how she would feel and what she would do.
- **Color Me Happy** Art can be a wonderful outlet for children who may not have the words to describe how they feel. You might create a special "feelings journal" for your child to use when she is upset. Provide them with crayons or markers and let them draw. Even toddlers can scribble to help blow off some steam after a temper tantrum. If your child would like to, they can tell you about their picture and how they're feeling when they drew it. Simply saying "tell me about your picture" might be enough to get your child to open up and share their feelings with you.
- **Bring on the Books** Check out a few of these books from your local library or ask your librarian for her favorite books about emotions for preschoolers:
 1. *The Way I Feel* by Janan Cain (Parenting Press, 2000)
 2. *Feelings to Share from A-Z* by Todd Snow (Maren Green Publishing, 2007)
 3. *Way I Feel Series* (Includes *When I Feel Angry*, *When I Feel Scared*, *When I Feel Sad*, *When I Feel Jealous* and more) by Cornelia Maude Spelman (Albert Whitman & Company, 2004)
 4. *Best Behavior Series* (Includes *Hands are not for Hitting*, *Teeth are not for Biting*, *Words Are Not for Hurting*, *Feet Are Not for Kicking*) by Martine Agassi (Free Spirit Publishing, 2004)