



# Bucket Fillers

Bucket Fillosophy® 101 - Words of Wisdom to Keep Your Bucket Filled

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## Smart Phones Aren't Always Smart

**Dear Fellow Bucket Filler,**

I was in a restaurant a few months ago and noticed a young woman who was sitting near by. Her baby, who was in a car seat, was awake and looking around. However the mom's eyes were glued to her smart phone, reading and texting for nearly an hour. I never once observed any interaction between mother and child. Are we becoming so attached to our phones that we detach from the people right in front of us?



I think you'll agree that too much "face time" is being spent with our smart phones and less "face time" with those we love. It's been proven that "old-fashioned" face-to-face time, especially with our little ones, creates essential pathways in a baby's brain.

I've thought about the happiness connections illustrated in our *BABY'S BUCKET Book* and have wondered how many parents understand that playing and smiling back and forth with their baby is not just a friendly exchange. It's a necessary part of brain development. Are smart phones so distracting that young parents are no longer noticing, smiling, or looking adoringly into their baby's eyes?

Our book, *Will You Fill My Bucket?* was written for adults and children. Little ones ask this question even before they have the words. "Will you read to me? Play with me? Snuggle me? Laugh with me? Will you pay attention to me?" In our book, the response is always affirmative. "Yes, I will read to you, play with you, snuggle you, laugh with you ..."

When we are tempted to reply: "Not right now, maybe later" or "I'm too busy; you'll have to wait," try to remember that there are few things more important than giving our children our undivided, loving presence. Bucket fillers understand and make or take the time to fill those little buckets.

As for the woman and her baby, I gave her both books, hoping that together she and her baby will enjoy them many times in the days and years to come.

Happy Bucket Filling!

Carol McCloud

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## Our Bucket Filler of the Week\*

Ed Fanning from Oklahoma City, Oklahoma

\*E-newsletter winners are randomly selected to win a free book!

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## Bucketfilling Showcase



This week's picture was submitted to us by Beth Lawless, a counselor at **Warren Elementary** in Cottleville, MO. She and her co-counselor dressed up as bucket fillers for their school Halloween celebration!

We invite you to share! Email a picture of your bucketfilling person, bulletin board, mural or other artwork to [info@bucketfillers101.com](mailto:info@bucketfillers101.com).

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Most of our subscribers are educators looking for classroom ideas. We have many ideas on our [Free Resources](#) page. Our books and other items are available for [purchase online](#). If there is something you are particularly interested in, please [contact us](#). At the request of many readers, past e-newsletters are available on our [website](#).

Sincerely,

*The Bucket Fillers Team*

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