



**BRIGHT HORIZONS AT
USAA Child Development
Center Colorado Springs**

From the Director

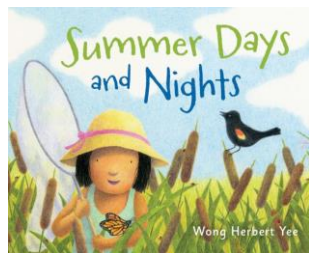
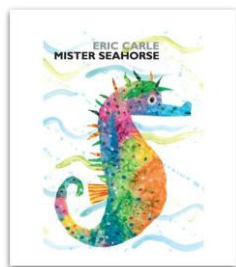
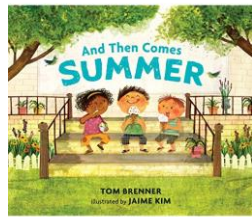
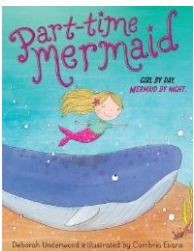
Thank you to all our dad's for all you do and for coming to our Donuts for Dad's!

Happy July – we are having a fun summer so far with Splash days and fun Guest Speakers. We also enjoyed Kona Ice, Mad Science, Pasta Kitchen and a Fireman visitor in Summer Camp!

We will continue our Splash Days and some fun new activities. Remember your child's swim clothes as well as an extra set of summer clothes for their cubby.

This month we are going to start a Family Partnership Group – if you are interested in helping to support the school and offer ideas. We are going to meet on July 31st from 12:00-12:30 p.m. to brainstorm the upcoming school year.

Book recommendations for July:



If you and your family will be going on vacation, please let us know the dates of your vacation.

Please mark your calendars for the Family Craft Night, Parent Teacher Conferences and talk to your child's teacher if you want to be a guest reader!

Important Dates

7/3: Red, White, & Blue Day

7/4: Center is closed for Independence Day

7/9: Family Craft Night 4-6 in the Lobby

7/15-7/19: Read to your child's class as a guest reader

7/23: Grab & Go Breakfast 7-9 am in the Lobby

7/25: Parent Teacher Conferences 6:00-8:30 p.m. in each classroom

7/31: Family Partnership Group Meeting (12:00-12:30) in the Gym

Reasons to Celebrate

7/2: Brooklyn turns 4!

7/3: Grace turns 4!

7/15: Jordan turns 2!

7/16: Ledger turns 4!

7/21: Michael turns 4!

7/24: Lukela turns 2!

7/29: Flynn turns 3!

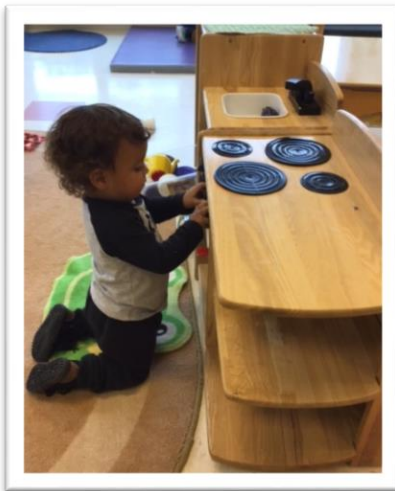
Infant

Our *Well Aware* curriculum ensures that an infant's health and safety are primary considerations and a focus of the classroom. Once an infant has developed their core and back strength, they sit at the table to eat their food. We find that sitting together at the table to share meals together encourages social development and positive peer pressure; as they watch each other eat and drink. Isaiah sits with his peers at lunch time, exploring table foods. When the infants participate in nutritional activities, **they learn to** enjoy mealtimes and become receptive to a variety of flavors and textures when they are ready for solid foods. **They learn it by** receiving personal attention during mealtimes and by trying diverse and safe foods provided by home or the center.



Toddler

Well Aware provides such an environment, enabling children to gain an understanding of how their bodies work, what they need, and how to protect them. During open center time, Benton explored the dramatic play area. The knobs on the oven grabbed his attention. He quickly became aware that as he turned each knob, he would hear a “click, click.” When the toddlers participate in movement activities, **they learn to** strengthen and refine small muscles. **They learn it by** practicing small muscle skills like turning knobs on the pretend oven.



Transition

Language Works guides the road to literacy, fostering a love of books through stories read aloud, expanding speaking and understanding through daily conversations, assisting growth in all skills. During circle time, the two year olds participate in “The Penguin Song.” With each direction, the children followed it – flapping their arms, moving their legs, bopping their heads, sticking their tongues out, and turning in a circle. What fun! When the two year olds participate in listening activities, **they learn to** listen and move to music. **They learn it by** participating in group songs, rhymes, and games.





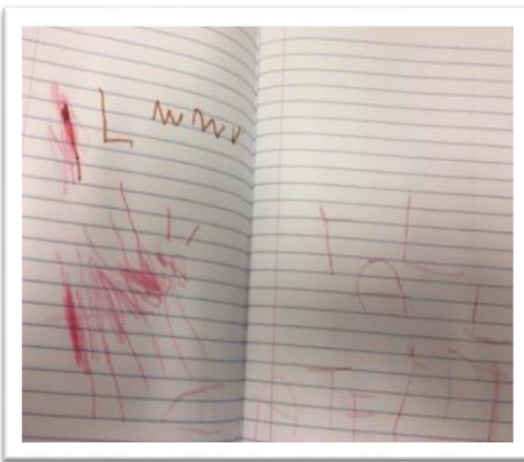
Preschool A

Science Rocks is a part of everything children do each day. Preschool children are constantly engaged in research and experimentation, testing hypothesis, exploring properties, making important discoveries, and learning how things work. While playing outside, a small group of preschoolers found a worm. They placed it on top of a blue lego. They watched as it wiggled around and off the block. Before going back inside, the group placed it back in the grass. When the preschoolers participate in learning about living things, **they learn to** become familiar with the properties of living things. **They learn it by** exploring worms; reading about them in books and interacting with them on the playground.



Preschool B

Language Works provides children with opportunities to integrate listening, speaking, reading, and writing into daily activities within the classroom. During open center time, Xavier used tape and scissors to create a piece of artwork. He pulled the desired color with one hand, used the scissors to cut to tape in different lengths, finally sticking them onto a sheet of paper. When preschoolers participate in pre-writing activities, **they learn to** strengthen and refine small muscles. **They learn it by** using their small muscles in activities such as using scissors, pulling tape, lacing cards, or stringing beads.



Kindergarten Prep

Language Works provides a framework for meaningful classroom experiences to ensure children aren't merely memorizing letters and imitating works but instead gaining a deep understanding of language and communication. During their bug study, the Kindergarten Prep children were asked to create their own bugs. One child created a caterpillar, another created a "Butt Spider Fire," and another child created an "OHINS." The "Ohins Bug" has spikes on its back, long legs, and a fish head. When the Kindergarten Prep children participate in writing activities, **they learn to** attempt spelling using letter sounds and phonemes and to communicate through increasingly detailed writing. **They learn it by** writing simple letters to teachers, peers, and their parents. **They learn it by** engaging in meaningful writing projects, such as creating their own bugs, in their journals.

Summer Safety: How We Manage Healthy Risk

Summer's here and with it come the inevitable skinned knees and Band-Aids. It's the time of year when children spend more time outdoors, and parents and teachers spend more time thinking about safety. But is it possible to keep children *too* safe? This is a question that the Education and Development team thinks about all the time.

In a recent issue of *Spark*, an education magazine published by our team exclusively for Bright Horizons' teachers, we spoke with Ben Mardell of Harvard University's Project Zero and the Pedagogy of Play. He and his colleagues observe that "rules are predominantly made by well-meaning adults with children's safety in mind. Yet, these rules sometimes interfere with children's ability to experience choice, wonder, and delight."

Mardell suggests teachers ask the question, "What would happen if there were fewer rules?" He has observed that when teachers negotiate limits as needed, rather than insisting on fixed rules, children tend to make their own safety rules, need less supervision, feel trusted and confident, and interact more with each other.

At Bright Horizons, we take children's safety seriously, yet we also know that children need opportunities to take healthy risks, such as climbing a structure or riding a bike. Teachers and center staff are constantly having dialogues on how to achieve this tricky balance. We observe children carefully to understand their developmental abilities and strengths. We provide guidance on things like using scissors, washing hands, and using playground equipment.

Teachers create environments that allow a maximum of freedom and independence within a structure of safety. And finally, teachers encourage children to help make rules and offer more independence as children are ready for it.

Baker, Megina and Benavente Barbon, Marina. 2017. "Too Many Rules on the Playground: Working the Paradox Between Safety and Freedom." www.pz.harvard.edu/resources/working-the-paradox-between-safety-and-freedom.



#BHFirstDay

Is your child starting at Bright Horizons?

Share their first day with us!

Follow Bright Horizons on Instagram, post your photo, and use the hashtag #BHFirstDay so we can see — and celebrate — this exciting milestone with your family.

Well Aware: Teaching Kids to Garden

Gardening is a fun, healthy outdoor activity you can share with your child. Check out our tips to help your child learn about gardening.

Start small. You don't need a large yard to teach your child about gardening. Small and simple is generally better because children are more likely to maintain interest. Plant beans or sunflowers in cups placed in a sunny window. Use a simple project like these to teach your child about gardening basics, such as healthy soil, sunlight, and water.

Choose high interest plants. To encourage your child to learn about gardening, let your child help decide which plants to grow, based on his or her interests. If your child has a yen for flowers, consider quick-blooming annuals, such as snapdragons, marigolds, or petunias.

Use the right tools. Every gardener needs a set of high-quality tools and gardening gloves, and children are no exception. Give your budding green thumb a child-size shovel and hoe, along with a durable pair of gloves.

Eat the fruits of your labors. Children get firsthand experience of the food cycle when the plants they grew appear on your dinner table. Cook a tasty meal and let your child help prepare it. Scrub carrots for a quick snack or slice strawberries for your breakfast cereal.



Teach. Play. Love.
Parenting Advice for the
Early Years

Subscribe to get new episodes!



Listen as parents and early childhood educators come together to cull the competing advice, separate fact from fiction, and focus on what does – and doesn't – matter during these early years. Be more confident, have less worry...and let Bright Horizons help make parenting the joy it was meant to be.

Featured Parenting Podcast Episode

Teach. Play. Love. Parenting Advice for the Early Years

Summer's here and your child wants to get outside, but if you have a child getting ready for kindergarten, you probably have academics on the mind. Good news: outdoor play and learning go hand-in-hand! Learn how, from Rachel Robertson, education and development vice president, and Ruth Fidino, learning and development director. They'll discuss how to boost traditional math, science, and language skills with outdoor activities and build a foundation for lifelong learning.

Episode 9: Summer Learning Starts Outside

www.brighthorizons.com/bhpodcastEp9

Bright Horizons at USAA Child Development Center

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Monday – Friday 6:30 a.m. to 6:30 p.m.

