



## Spotlight Family

Hello fellow Bright Horizons friends. We are the Caliente family, and we are excited to be picked for the Spotlight Family for March! Almost exactly a year ago, our daughter, Francesca, started here at Bright Horizons. The initial nerves of being away from our six-month-old daughter and in the care of others were overwhelming. Yes, Francesca is our first! Our anxiety gradually transformed into excitement each time we picked her up from the infant room. Ms. Kim always had something positive to say about Francesca and was patient in providing the details we yearned for each day. We do not know what we would have done without Ms. Kim.

As the weeks past, we realized how special the teachers and directors at Bright Horizons at Spotswood were; from the sound advice given to us, first time parents to the countless amount of times Francesca would run into the infant room with a smile on her face, ready for "school".

Now, Francesca is in the toddler room with Ms. Pooja where she is learning all about the world around her. Francesca's exponential growth in speech, independence, animal sounds, letters, shapes in just a couple of weeks speaks volumes to what a wonderful teacher Ms. Pooja is. Sometimes Francesca is having so much fun, that she doesn't want to leave! We are truly lucky to have found Bright Horizons at Spotswood. If we were to make a list of all of the staff members who we truly appreciate, we would list them all!



## Important Dates

- 3/1: Making Oobleck in S.T.E.M. lab for Dr. Seuss' birthday
- 3/5: Rainbow Day: Children can come dressed in all the colors of the rainbow!
- 3/6: Math Counts: Can you guess how many Lucky Charms are in the jar?
- 3/15: **Green Day!** Children can come to school dressed in their favorite green clothing and accessories.
- 3/15: Grab a Green Bagel To-Go!
- 3/19: Preschool Paint Party 4:00 – 5:00pm  
Students in Ms. Melisa and Ms. Anastasia's preschool classrooms can visit the Art Studio to paint their own flower pot.
- 3/21: Purim
- 3/28: Summer Camp Open House  
4:00 – 6:00pm

## Reasons to Celebrate

This month we welcome...

Samay to Infants!

This month we say 'Happy Birthday' to...

- 3/14: Emily R
- 3/23: Ethan Y.
- 3/15: Emelie C.
- 3/21: Ms. Anastasia



## Infant

With *ArtSmart*, teachers guide infants through artistic experience that allow them to explore and engage in a variety of activities, from music, to finger painting to puppetry. This month our infant class explored green paint with both their fingers and toes! They learned to explore their senses to investigate the world. They learned this by exploring with paint.



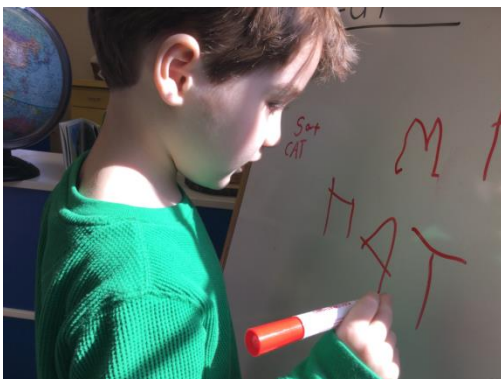
## Toddler

In the winter months if we cannot get outside, we bring the outside to the classroom! *Science Rocks* provides a framework for teachers to weave specific learning into all aspects of a toddler day. Our toddler class learned to question when exploring materials. They learned this by describing and discussing their observations on the snow with their peers and teachers.



## Preschool

Handwriting Without Tears is an enrichment to our Language Works curriculum. This program takes a sensory and hand-on approach to handwriting. This month our preschool class has been exploring with our magnet boards to re-create and create letters in their name. They are able to write and erase



## School-Age

*Language Works* provide a framework for meaningful classroom experiences to ensure children aren't merely memorizing letters and imitating words but instead gaining a deeper understanding of language and communication. This month our Kindergarten Prep and Kindergarten students have been working on writing sight words on their white board.

## Embarrassing Moments: Opportunities to Learn

There are times when our bright, curious children cause us to cringe by their comments or questions. “Is there a baby in that man’s tummy?” “Why is her skin dark?” “Where are his legs?”

In these moments, we often feel embarrassed and helpless. Our sweet young children, who we raise in an atmosphere of respect, acceptance, and kindness, might innocently offend someone ...and we’re speechless.

Young children are curious and still learning about the world; they don’t mean to be hurtful or malicious. Many adults are inclined to explain and have children apologize, but this can embarrass both the children and the recipient. In this situation, it’s best to validate what a child is observing and turn it into a learning opportunity.

**Below are a few examples of common questions and helpful responses.**

### **“That man has no legs!”**

- ▶ Calmly and matter-of-factly explain that we all have different bodies and abilities. Then when your child asks, “Why doesn’t he have legs?” You might say, “I’m not sure, perhaps he was born that way.” Then you might ask, “How do you think someone would get around if they didn’t have legs?”

### **“Why is her skin dark?”**

- ▶ This is an opportunity to explain that everyone is unique and to talk about different types and colors of hair skin and eyes. When you get home, you might show your children an array of colored apples and cut them open to see that they’re all the same color inside.

### **“Is there a baby in that man’s tummy?”**

- ▶ A simple, honest response is, “Men can’t have babies in their tummies. Only women can.” A child further inquiring, “then why is he so fat?” opens the door for adults to let children know that people come in all sizes and shapes; we all have different body types.

How adults handle situations in the moment matters, but equally important is turning these moments into learning opportunities. After the event, explain to your child that sometimes things we say can unintentionally hurt people’s feelings.

Use your child’s comment as a springboard to discuss diversity, emotions, and the impact of words. Explain that all questions are welcome, but it’s a good idea to check with the adults before commenting to strangers.

## You're invited to Our Open House!

April 8<sup>th</sup>- 12<sup>th</sup> | 9:30 a.m. – 4:30 p.m.



Next month, we will be hosting an Open House Week where new families will be able to discover why Bright Horizons is the perfect place for children to learn, explore, and grow!

Each year, Bright Horizons welcomes new families to our community. And, year after year, we've found that the best way to meet these families is through you.

If you have a friend or family member that might be interested in joining, we would be happy to provide information for you to share with them. Please see your Center Director for details. We hope to see everyone at Open House Week!

### About this Podcast



#### The Work-Life Equation

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Listen and subscribe to the Bright Horizons Work-Life Equation for information on parenting, caregiving, and balancing work with everyday life.

## Featured Parenting Podcast Episode

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

Technology is everywhere. As adults, we rely on it constantly. And for kids, it provides great value, as long as it's used in the "right" way. But what does that mean, exactly?

Debbie Hoppy, curriculum director at Bright Horizons, and Rachel Robertson, VP of education and development, share what really matters: interactive experiences and co-exploration, questions that encourage deeper thinking, and opportunities for integrating technology into the real world.

#### Ep. 1: The Digital Dilemma

[brighthorizons.com/bhpodcastep1](http://brighthorizons.com/bhpodcastep1)

### Bright Horizons at Spotswood

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Monday – Friday 7:00 a.m. to 6:30 p.m.

