



**BRIGHT HORIZONS AT  
USAA Tampa CDC**

**From the Director**

**Mud Day 2019**

We're celebrating with a day full of mud and play on Friday, July 12th! Activities will include a mud run with obstacles, mud painting, worm exploration and water play. Please make sure your child is dressed in a swimsuit or old clothes that can get muddy and close-toed shoes. Also, please pack change of clothes and a towel so we can clean up after.

Why mud? Playing in the mud has many benefits for development — from enhancing creativity and fine motor skills to helping children relax. It can even give the immune system a boost.

In the article *Mud, Marvelous Mud!*, Michelle Rupiper brings out that recent research has shown that dirt contains microscopic bacteria called *Mycobacterium Vaccae* which stimulates the immune system and increases the levels of serotonin in our brains, an endorphin that soothes, calms, and helps us to relax. Scientists say regular exposure to the bacteria may help reduce a child's vulnerability to depression. So playing in mud makes you happier!

Playing in mud can make your child healthier too. Science shows that today's sanitized world is actually contributing to increased levels of childhood allergies and asthma. Exposure to dirt and germs works to prime a child's immune system to prevent allergies. Yes, it's actually healthy for children to get muddy!

So let's embrace the mess! Mud play and the wonder and joy that comes with it are the stuff that great childhood memories are made of!



**Important Dates**

July 3	Summer Camp Field Trip- Hillsborough State Park, 9:30 am
July 10	Summer Camp Field Trip- Glazers Children's Museum, 9:30 am
July 12	Mud Day! Outdoor Classroom 9:30 am
July 16	Prechool Camp Visitor- Small Cakes 10:00 am
July 17	Summer Camp Field Trip- Small Cakes 8:45 am
July 24	Summer Camp Field Trip- Koizi Restaurant 11:30 am
July 31	Summer Camp Field Trip- You Do the Dishes 10:00 am

**Reasons to Celebrate**

Luna H.	1 <sup>st</sup>
Prestin E.	7 <sup>th</sup>
Jonathan C.	10 <sup>th</sup>
Ayvah N.	13 <sup>th</sup>
Danielle M.	21 <sup>st</sup>
Kinsly S.	21 <sup>st</sup>
Benjamin H.	22 <sup>nd</sup>
Claire O.	27 <sup>th</sup>
Declan S.	27 <sup>th</sup>
Daniel H.	29 <sup>th</sup>



## Infant

Developing positive and reciprocal relationships with adults, spending the days in a community of peers, and enjoying a diverse and enriched environment are simple yet meaningful experiences that shape an infant's budding perception, values, and concepts of self. As Rossie and Layla sit on the carpet playing next to each other, they learn to purposefully interact with each other.



## Toddler

Teachers weave scientific learning into all aspects of a toddler's day. *Science Rocks* allows teachers to create intentional experiences, which help children become skilled observers, inquisitive investigators, and lifelong researchers. They learn through simple problem solving, active exploration. Lillian learned to use a tool to complete a task. She uses the measuring cup to scoop out the inside of a watermelon.



## Preschool

Literacy and language experiences in our preschool classrooms collectively contribute to the development of a child's emerging speaking, reading, and writing skills by continually nurturing and challenging each child's language development. Through the use of technology, June learns to identify her letters. As she uses the HATCH computer program, June identifies and matches uppercase and lowercase letters.



## Kindergarten Prep

Children in kindergarten prep are fascinated by numerical concepts and mathematical thinking. Through *Math Counts* they learn classification, time and spatial relations, numerical operations, and geometry and measurement. Dominoes are a great learning resource and an excellent manipulative for developing math skills. Domenica and Prestin are playing a round of dominoes. They are counting and matching the number of dots to the dominoes that they have.

## 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](http://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

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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](http://www.brighthorizons.com/bhpodcastEp9)

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Monday – Friday 06:30 a.m. to 06:30 p.m.

