

# Bright Horizons at USAA News

## From the Director

### Changes Happening at the CDC:

As of June 29<sup>th</sup> our Office Manager Ms. Buffy will be moving on to other opportunities. We wish her the best of luck.

Ms. Angie and Ms. Alex will also be moving mid-month to Ohio to be with their family. We wish them the best of luck in their future endeavors and they will be missed.

You may have noticed some new faces lately at the CDC as well. We would like to welcome Mr. Peco to the Preschool Unit, Ms. Koral to Infant B, Ms. Briana to Toddler B and Ms. Troi to the Preschool Unit. We are thrilled they are with us and look forward to getting to know them better as their time with us continues.

We are also happy to announce Ms. Karine has had a beautiful baby girl, Vivien Everly, on 6/14/18!

### \*Reminder\*

Please don't forget that we monitor the temperature and air quality daily for the center, and do not permit the children outside on heat advisory and bad air quality days for their health and safety. Remember to apply that sunscreen every morning to your little ones to protect from harmful UV rays. Water is a necessary part of life and we urge you to keep a water bottle available for yourself and your child at all times. and keep your child healthy inside and out.

## Important Dates

- 7/2- Patriotic Concert KP/Preschool  
@ CDC 10am
- 7/4- Independence Day- Center Closed
- 7/13- Pajama Day
- 7/16- Sewing with Ms. Katey
- 7/19- Quilters Club Presentation 10am
- 7/25- Kindergarten Prep Open House  
5pm – 6pm
- 7/26- Crocheting with Ms. Petra
- 7/27- Lunch Box Day

## Lunch Box Day

With Mom and Dad

Join us on Friday, July 27<sup>th</sup> for Lunch Box Day with your child @ 11:30 am.

Bring you lunch and your child's lunch to enjoy in the classroom. We are excited for you to join us and spend some extra time with us this day.



## Bright Horizons at USAA

1 N Norterra Parkway, Phoenix, AZ 85085  
623-715-7272 | [usaa.az@brighthorizons.com](mailto:usaa.az@brighthorizons.com)  
Monday thru Friday 6:30am-6:30pm

# CLASSROOM HIGHLIGHTS

## Toddler A

This month Toddler A created Jell-O Slime with Ms. Vanessa. They helped pour and scoop the ingredients into the bucket, measuring and learning about volume because even as a toddlers Math Counts! Science Rocks when they get to smell the sweet raspberry scent and feel the slimy texture between their fingers. Sensory development happens on a lot of levels in Toddler A.



## Twos B

The splash pad on the twos playground is the place to be this month. Ms. Tori and Ms. Marilyn are enjoying hosting this event for their classroom. Exploring with buckets and watering cans makes any water play day a fun filled Math Counts experiment. Filling and dumping helps the children learn all about volume, weight and measurement as well as shows them how Science Rocks on a daily basis.



## Preschool C

Tie Dye Day was a big hit during Camp Explorations this month. The children used rubber bands with the help of Ms. Logan to tie their plain white shirts up to create patterns. The children dripped dye onto the damp white shirts and were able to watch the colors spread, swirl and mix together to form patterns of color that just prove Science Rocks every day in Preschool C.



## Kindergarten Prep

Exploring sudsy soap bubbles during water play always makes a splash in KPrep 2. Discovering how the bubbles pop and mingle to form shapes and textures in the water lends a new meaning to “good clean fun” in the Science Rocks world. Being able to learn more about science in their own world helps our KPrep students become detectives and scientists and creates a love of learning for the future.



# READY FOR SCHOOL NEWS

## Family Traditions Celebrate Life!

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Regardless of the size of your family, traditions are a meaningful way to create cohesiveness, forge fond memories, and celebrate life. Meg Cox, the author of *The Book of New Family Traditions*, defines family traditions as “any activity you purposefully repeat together as a family that includes heightened attentiveness and something extra that lifts it above the ordinary ruts.”

Many of us smile when we think about our childhood traditions. We might remember Sunday afternoon walks, game or movie nights, holiday preparations, special family hugs, or a secret family handshake. Often the activity is secondary; it's the being together and sharing a custom that lives in our hearts.

Below are a few ideas for fun family traditions that you can start this year.

### **Commemorate a special day by planting a tree.**

Be it Thanksgiving, Earth Day, or to celebrate a holiday, planting a tree together connects us to nature, and produces an everlasting keepsake. Think of the library you can create by videoing and discussing the experience.

### **Designate a game night.**

A weekly game night brings everyone together for relaxed fun. Game suggestions include Apples to Apples Junior; Don't Wake Daddy; Bingo; Dr. Seuss Cat in the Hat; and Guess Who? You might play action games, such as Charades, Twister, Hide and Seek, and Freeze Tag.

### **Compose family newsletters.**

Rather than adults writing an annual letter, all family members can participate by talking about their year. Young children might depict their news by drawing, painting, and taking photographs.

### **Connect with residents in a nursing home.**

Developing a relationship with people in a nursing home enriches the lives of the residents, makes your family feel good, and helps raise children with grateful hearts. Perhaps plan monthly visits and share stories, make cards, bake treats, or simply sit and hold someone's hand.

As you plan the tradition, eliminate distractions, and reserve the time as you would any meaningful activity. Remember that family traditions are about enjoying time together. As Michael J. Fox says, “Family is not an important thing. It's everything.”

# BRIGHT HORIZONS NEWS

## Lemons to Lemonade with Four Ingredients

Need help taming your child's tantrums? Turn those parenting lemons into lemonade!

It might not seem like it, but your child is more predictable than you think—and each stage of your child's development, along with every meltdown, is a gateway to skill-building for your little one.

Hear from early childhood experts Ellen Galinsky, the Chief Science Officer at the Bezos Family Foundation and Executive Director at Mind in the Making, and Rachel Robertson, the Education and Development Vice President at Bright Horizons, as they discuss common parenting challenges and the science behind parenting that can turn frustration into great skills for life.

You can subscribe to the Bright Horizons Family Matters Podcast through iTunes, Google Play Music, SoundCloud, Stitcher Radio, and RSS. Learn more by visiting the link below.



### Podcast: Lemons to Lemonade with Four Ingredients

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