

Bright Horizons at UPMC Passavant News

From the Admin Team

Hi everyone,

We hope you are all having a great start to your summer!

We are excited to have the new upgrade for My Bright Day. The teachers are able to share more documentation about your child with you straight from the iPad, and you no longer need to log in to a separate website to receive documentation – what a time saver!

We continue to search for a lead infant teacher, lead preschool teacher, and infant teacher position for the center. If you know of anyone who is interested please have them give us a call! Ms. Virginia will be returning on a part time basis in August and will sub in the classrooms 1-2 days per week.

In July, we are helping to open a new Bright Space in Pittsburgh area. This will be a space for children who are in a shelter to go and have fun and relax. We are collecting donations of gently used books, puzzles, and games for children of all ages. If you would like to donate, please bring donations to the office and we will be happy to pass them along!

Thank you!

Heather and Melissa

Important Dates

- July 19 – Outdoor Science Fair, 4:30 - 5:45 pm
- August 7 – Outdoor Penny Fair 3:30- 5:15 pm
- August 9 – Rain Date Penny Fair 3:30 – 5:15 pm
- August 17 – Last day of School age camp
- August 27 – First day of Kindergarten and Kindergarten Prep school year.

Reasons to Celebrate

Join us for our outdoor Science Fair on the playground.

There will be classroom displays showing documentation of our **Science Rocks** curriculum as well as fun science experiments to participate in with your child.

We will have a raffle and a fun snack to share.

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Monday – Friday 6:30 am – 6:00 pm



CLASSROOM HIGHLIGHTS

Infant

The infants explore ArtSmart in various activities throughout the classroom. The teachers guide the infants in artistic experiences of many kinds. The infants have enjoyed cooking, 'eating' food, and dressing up. The infants learn to imitate actions. They learn this by playing with various dramatic play toys such as food, hats, and clothes.



Toddler

During Science Rocks activities, the Toddlers learn to experiment with volume. They learned this by filling, dumping and comparing containers with varied materials including water, sand, and rice. They talked about which container is heavier, count scoops, and explore the texture of various materials. How does it feel, smell, what does it sound like? They also learn how to take turns with materials and work as a team to fill containers.



Preschool

Preschool used their fine motor skills and creativity to do sidewalk chalk. This is a great activity for pencil grip as it forces the correct pencil grip when you write on a vertical surface. The children learned to work together to create a piece of art all while strengthening those finger muscles. They can't wait to see what happens when the rain comes later today to wash it all away – will the colors mix, will the chalk stay or disappear?



School Age Camp

Summer Camp has kicked off, and the children are enjoying a splash in the pool! They are learning new tricks in the pool such as diving, flips, twists, handstands, and playing new and creative pool games! They love to all jump in the pool when we arrive and are given the "ok" to do so! They have also been busy on trips to Randyland, the roving art cart in the park to shear sheep, and to PNC Park for a tour of the baseball field.



READY FOR SCHOOL NEWS

Family Traditions Celebrate Life!

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

brighthouse.com/lemonstolemonade



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