



From the Admin Team

Hi everyone,
We want to thank you for the high participation in our Parent Survey. Once we have the results, we will use them to create goals to improve in areas of concern and share what we are doing well with the staff.

This month we are excited to prepare for a family favorite – our ArtSmart Show. This year, we will be exhibiting art that utilizes techniques by famous artists. This is an important part of our ArtSmart Curriculum. This event is also a great time to learn more about the next classroom your child will transition to and see what the curriculum is all about.

This month we are also having a training day for the teachers. The Toddler and Twos teachers are having a full day training with teachers from other centers in the area to focus specifically on their age groups. The rest of the staff will be completing training on how to best utilize our observations of the children in our classroom to build our curriculum. We will also spend some time sprucing up our environments to prepare for spring!

Stay warm!

Heather and Melissa

Important Dates

- February 15 – Pajama Day
- February 18 – Center closed for Teacher Inservice Day
- February 20 – ArtSmart Show

Reasons to Celebrate

We may be only halfway through winter, but it is time to start planning for summer. We will be putting out registration information for our school age summer camp this month! If you are interested, be sure to register early as we are expecting a full camp this summer.





Infant

Infants are showing off their ArtSmart skills this month. They used markers to color on the table! This gives them a nice coloring surface that doesn't move and cause frustration! They learn to make deliberate marking and drawings. They also learn to strengthen and refine their small muscles. They also learn from each other by carefully watching what everyone is up to and how they explore the materials.



Twos

Twos have been focusing their attention on using their imagination while learning. They have a variety of smocks and vests to dress up as different community workers. They have acted like they were at the salon and barbershop, getting their hair cut and nails done. They learn to engage in simple role plays and demonstrate ability to use imagination in play. We learn this by using both open-ended props and representational props to express ourselves.



Kindergarten Prep

The ship "Titanic" has been of much interest to the children in the K-Prep classroom. By looking at a non-fiction book about the "Titanic," the children learn to respond and build on comments from one another. In addition, the children learn to share relevant prior knowledge about what they see in the book and learn to use new vocabulary and phrases.



Kindergarten

Kindergarteners learn to identify letter sounds and blend the sounds together to form simple three letter words by playing a puzzle game to put the letters together to spell words like bee, pie, hen, and fox. They learn to use an extended arm to tap out the letters to three letter words by tapping their shoulder, elbow and hand as they say the word and identify the letters used to spell the word.

Time Management: A Family Affair

Do you ever wonder why at work you accomplish tasks on time, but at home things often seem to go haywire? Have you discovered that your intentions and your children's agendas frequently differ?

Adults recognize that the family needs to be up, washed, dressed, fed, and into the car with all gear, often including lunches, by 7:30 am. Children might prefer to stay in their cozy beds, hang out at home, dawdle, and play. Parents know that there are essential tasks that need to be accomplished to keep everyone safe, happy, and on schedule. Children want to do things at their own pace—usually slowly with lots of pauses.

Help is on its way! Below are suggestions and resources to assist you in managing your family's time:

Simplify your life

Explore the concept of minimalist parenting, which involves decluttering your life, family routines, and your mind. Find information on minimalist parenting at parenting.com/article/minimalist-parenting.

Plan together as a family unit

Make time management and efficiency a family affair. Include everyone in planning routines. Discuss the goal, e.g., to be out of the house at a particular time, create a list of what needs to be accomplished, and plan how to achieve this in a family meeting.

Give age-appropriate chores

When everyone pitches in, tasks get done more quickly. When children contribute, they gain confidence and competence, and understand their value in the family. Most importantly, it shows them, the importance of their role in the family.

Create visual aids

With the children, create visual charts and lists depicting routines or chores. Regularly refer to the chart to help reduce power struggles and help children understand. When children are resistant refer to the chart that they helped create. Rather than adult cajoling or “bossing,” the chart is the ultimate authority.

Regardless of the strategies that you establish, children's time-clocks often are not in sync with yours. Your goal might be to run on precision time, but factor in time to smell flowers, change diapers, settle sibling disputes, and for extras good-bye hugs.

Creating a Positive Relationship with Your Child's Teacher

Tips for Communicating with Your Child's Early Education Teacher

When choosing child care, it is not all about location but rather all about relationships. Parent-child, teacher-child, child-child, and parent-teacher relationships are all key to your child's early learning.

We want a relationship with our child's early education teacher with give and take, where we can both feel free to ask questions and give information. These tips can help you improve communication with your child's child care or preschool teacher.

- **Find out best time and way of contacting your child's teacher.** He/she can often suggest better times or ways to communicate.
- **Attend family events.** Attempt to attend as many parent events as you can and when you can't, no need to feel guilty!
- **Take advantage of parent-teacher conferences.** Even if you feel like you and the teacher have talked enough, still schedule a conference. There is always more to learn and the conference strengthens your relationship with the teacher as well as informing you about your child.

Like any relationship, the parent-teacher relationship takes time and practice to nurture and grow. Consider this as one of the most important relationships in your child's life and give the relationship the attention it deserves!

About this Podcast



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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

VP Moms

What does it take for a working mom to reach VP? We assembled a panel of four of our awesome Bright Horizons vice presidents to find out.

Helen, Ilene, Christine, and Jessie talked candidly about their day-to-day strategies, what they're unapologetic about, and why being called "accomplished" sometimes makes them laugh.

Ep. 23: VP Moms

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