

# Bright Horizons at Argonne Child Development Center

## Alternatives to Time Out: Positive Guidance Tips for Better Discipline

We've all had it happen with our children: a temper tantrum in the grocery store, a disagreement with a sibling that becomes physical, or a typically cooperative child turning uncooperative. As parents, these can be the times we feel most alone. We may feel stuck, unsure if a time out is our best option, angry or all of the above. We may resort to discipline methods that we had decided to never use again. We may be completely competent at everything else we do, but when it comes to our children and discipline, we often feel at a loss and unsure how to get out of a cycle we know isn't working.

When considering alternatives to time outs, here are some basic things to remember:

- While you may occasionally feel at a loss, you have your child's best interests at heart. Congratulate yourself for taking the time to figure out a more effective solution.
- Consider the difference between child discipline and guidance. Discipline is often defined as training that builds self-control and character but that also typically involves submission to authority. Guidance, on the other hand, is defined by the root word: guide. A philosophy of guidance helps children develop their own internal controls, a positive sense of self, and problem-solving skills. With discipline, the control is exerted by the adult; with guidance, the child learns internal controls.

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## Argonne Child Development Center

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### FROM THE NURSE

[Making Baby Drop off at Child Care Easier](#)

[10 No Cost, Screen-Free Activities to Play with Your Preschooler](#)



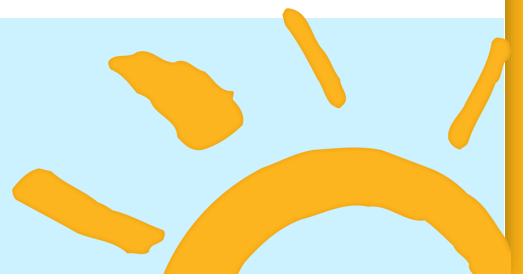
### VIDEO CLASSES & WEBINARS ON PARENTING TOPICS

### PRODUCT RECALLS FROM CPSC

Information regarding recalls issued by the Consumer Product Safety Commission  
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## CONNECT WITH BRIGHT HORIZONS



# CLASSROOM HIGHLIGHTS

## Infants

**Art Smart/Science Rocks:** During Messy Art days, infants are able to explore and experiment with a variety of different colors and types of paint. They can feel the smooth, cold texture of the paint as they watch it spread across the paper experiencing the concept of cause and effect. Children learn how to experiment with and explore with color by having a variety of colors to mix with, to make new ones



## Toddlers

**Garden Works:** The toddler classroom kept an eye on the tomatoes in the garden box. After examining them. They noticed that the tomatoes were wet from the rain and didn't need to be watered. They also discovered some new tomatoes and other ones growing bigger. They are all still green. Ms. Kristin explained that they will change color and when they are red, we will be able to eat them. Children learn to understand and identify healthy foods by growing vegetables in the garden.



## Twos

**Well Aware:** In the Movement zone, the Twos worked together to manipulate the parachute. Each child held onto their handle and followed the instructions given by Ms. Janet. They worked to shake the parachute fast/slow and high/low with a rubber ball on it. We learn to understand concepts such as fast/ slow, high / low by shaking the parachute. Children learn to strengthen and refine our large muscles skills by developing shaking, holding and balancing skills.



## Preschool

**Language Works/Art Smart:** The Preschool children explored using props to reenact the story of Three Little Pigs. They constructed houses of straw (paper), sticks (craft sticks) and of brick (Legos). Then they used 3 plastic pigs and a dog to retell the story from memory. Children develop literacy skills by re-telling favorite simple stories with a beginning, middle, and ending.



## Kindergarten Prep

**Language Works/Caring Matters:** During a morning meeting, Kindergarten Prep children took turns telling their classmates about their favorite book. They shared their books outside. We learn to verbally convey our thoughts and feelings by sharing stories with others. We learn to regulate own emotions and behaviors by following limits and expectations regarding the possessions of our peers.



# BRIGHT HORIZONS NEWS

## Learn about the year ahead at Curriculum Night



**Tuesday, September 25 ~ 4:45 PM – 5:45 PM**

During Curriculum Night, you will learn what we have planned for the year ahead for our center's curriculum as well as community center events. Spend time in your child's classroom, ask about the curriculum for their age group, and ask their teacher about future project plans. This event can also be a great time to connect with fellow Bright Horizons families!

Learn about our Bright Horizons educator promises. As Bright Horizons Educators, we promise to...

*Nurture* and care for the whole child

*Craft* curriculum based on expert research

*Support* and develop teachers

*Implement* an emergent and integrated approach to learning

*Cultivate* curiosity through projects, exploration, and play

*Encourage* children to be confident experimenters and problem solvers

*Build* an inclusive and respectful community

*Create* joyful places for childhood



### Book of the Month

**Title:** One Red Button

**Written & illustrated by:** Marthe Jocelyn

A wordless adventure that uses familiar objects to introduce infants and toddlers to colors, shapes, and patterns.



[Check out more Books of Excellence from the Bright Horizons Growing Readers Library.](#)

# READY FOR SCHOOL NEWS

## Cooking - A Family Affair

Gathering in kitchens nourishes our bodies, minds, and souls. Preparing meals together as a family enhances relationships, invites contribution, and helps children understand basic cooking principles. Also, children develop patience as they discover that delicious food doesn't just magically appear. Although cooking as a family affair is probably not as easy as adults whipping up a quick dinner, with a bit of forethought, more cooks stirring a pot can be fun and has tremendous benefits for everyone involved.

Cooking with children helps them learn about nutrition and hone basic reading, math, and science concepts. Reading recipes and learning kitchen vocabulary expands literacy skills, while counting, measuring, and fractions, foster mathematical thinking. Young chefs learn about chemistry and the physical properties of matter as they mix ingredients and watch them combine, separate, expand, change color, develop scents, and change form.

Research shows that children who help in the kitchen develop healthy eating habits because they tend to eat what they prepare. Below are a few suggestions for toddlers and preschoolers.

### Toddlers

Choose simple cooking tasks that match your toddler's skills and attention span.

- Wash fruit and vegetables.
- Measure, pour, mix, and stir ingredients.
- Put ingredients in a crockpot or blender.
- Mash potatoes.



### Preschoolers

Discuss nutrition and why our bodies and minds need the right kind of fuel to work correctly.

- Help plan meals.
- Chop, grate, peel, and cut ingredients.
- Shuck corn.
- Crack eggs.
- Count and categorize ingredients (wet and dry items).

