



Laughter is the Best Medicine: How to Be Happy and Healthy as a Family

Laughter is the best medicine and a great way to build a happy and healthy family. Find out how to laugh more with tips from Bright Horizons!

We have all experienced the benefits of good, hearty laughter. Among other health advantages, laughter can lower blood pressure, reduce stress, boost your immune system, and increase memory, alertness and creativity. If laughter is good for individuals, it must be good for building a healthy family. Families that laugh together also tend to be happy, healthy families that enjoy being together and support each other in fun times and hard times

With the many demands of daily life—preparing healthy lunches and snacks, going to school and work, washing clothes, driving to extracurricular activities—who has time for fun? Busy as we are, it is worth figuring out how to build some fun into your family's life on a regular basis. Whether it's singing silly songs in the car or telling jokes while you wait for your food at a restaurant, it's important to find time to laugh together.

[Click here for a few ideas and tips to laugh more and build a happy & healthy family.](#)



FROM THE NURSE

[Choosing Healthy Snacks for Kids](#)

[Beyond Chicken Nuggets: Protein Rich Alternatives for Picky Eaters](#)

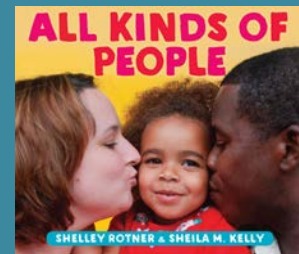
PRODUCT RECALLS FROM CPSC

Information regarding recalls issued by the Consumer Product Safety Commission
[Please review your home for these items.](#)



[VIDEO CLASSES & WEBINARS
ON PARENTING TOPICS](#)

Growing Readers



Written by Shelley Rotner and Sheila Kelly

This board book celebrates the diversity of everyday life. The exploration of the different shades of people's skin color paired with simple text and bright photographs will capture even the youngest reader's attention. Pink, rose, gold and almond...we find lots of shades, even in the same family.

[Check out the current issue of the Bright Horizons Growing Readers Review.](#)



Infants

Art Smart/Well Aware: Some of the older infants explored coloring at the easel. The children made their decision as to which chunky crayon they wanted to use and then tapped, dragged, and scribbled them along the paper to make marks.



Toddlers

Science Rocks: The toddlers explored the snow in the sensory table. As the toddlers manipulated the snow with their hands they investigated the various properties of the snow – temperature, texture, density, etc.



Twos

Art Smart: On Wednesdays, the two-year olds visit the Art Studio. While there the children get to explore a variety of materials in different ways. Together with the teachers, they talk about the properties of the materials – colors, shapes, sizes, and textures as well as working on fine motor development and decision-making abilities.



Preschool

Science Rocks: The preschool class has been talking about various animals – those that hibernate in the winter and those that like the cold weather. Discussion turned to penguins. To help understand the different kinds of penguins and the different sizes, the preschool class posted two true to size penguins – the Emperor penguin and the Little Blue. They compared the children's heights to that of the penguins.

Kindergarten Prep

Towards A Better World: In celebration of Chinese New Year, the children in Kindergarten Prep prepared a “Good Luck Fruit Salad.” After reviewing the recipe, the children peeled and cut the fruit, measured the ingredients, and stirred everything together.



Black History Month: A Celebration of Unity and Peace

In 1976, President Gerald R. Ford asked Americans to “seize the opportunity to honor the too-often neglected accomplishments of black Americans” with an official holiday each February. The annual tradition has continued ever since.

Today Black History Month is a time to celebrate the accomplishments of African Americans and remember the important role blacks have played in American history. At Bright Horizons, we also see this time as one opportunity to promote peace, unity, and inclusion. We are committed to building classroom cultures where every family feels safe, and valued, and every family has a voice. We know that treating others with kindness, respect, and dignity is the right thing to do, and we believe it’s a way of living that creates a broader, richer, more meaningful life. In our classrooms, we approach diversity and inclusion through:

- ▶ Adult modeling and example.
- ▶ Conversations and teaching via our Empathy Guide, Caring Matters, and Toward a Better World curricula.
- ▶ Meaningful traditions, holidays, and celebrations that offer all families a sense of belonging.
- ▶ Environments that reflect the diverse interests and cultures of our center community.
- ▶ Thoughtful discussion of high-quality picture books.

Diversity and inclusion is a foundational part of our approach, but we can’t do it alone. We need committed parents and families to help us create this culture. There’s always more to learn and we know that one person’s experience is just that – one person’s experience. We value your input and help. Would you like to know more or get involved? We welcome your input as we strive to build a culture of caring here at Bright Horizons.

Black History *Month*

Ask About Our Summer Camp Program!

Join us for a Summer of Fun, Friendships, and Exploration

Through Camp Explorations, our summer camp program at **Bright Horizons®**, your child will have the opportunity to enjoy everything summer has to offer. During action-packed days, your child will experiment with science and technology, engage in the creative arts, discover nature, and explore the world. With experienced teachers, a curriculum based on each child's interests, engaging projects and activities, special visitors, and more, summer will be fun and educational at the same time.

Camp Explorations Highlights

- ▶ Programs for two different age groups:
 - Preschool Adventures (ages 3 – 5)
 - School-Age Adventures (ages 6 –12)
- ▶ Age-appropriate, engaging themes that incorporate children's interests
- ▶ Field trips, special guests, and daily fitness activities
- ▶ Flexible weekly schedules with full- and part-time options
- ▶ Health, safety, and security policies that meet or exceed local, state, and national standards

New Family Webinar!

Parenting into the Next Decade
February 6th at 3:00 p.m. ET

Work and family responsibilities weighing on your mind...and zapping your time? You're not alone. Join us for an interactive session on the latest Bright Horizons Modern Family Index research — and find out what issues matter most to today's working parents.

Register to watch this webinar live, or tune in afterwards to watch on-demand.

brighthouse.com/webinarPITND



Bright Horizons at Argonne Child Development Center

9700 S. Cass Ave., Building 952, Lemont, IL 60439

630-252-9601 | argonne@brighthouse.com

Monday – Friday 7:00 a.m. to 6:00 p.m.

