



BRIGHT HORIZONS AT WEST VILLAGE

From the Director

Dear Families,

Can you believe it is already May?

We are having a hard time believing that Spring is almost halfway over and we are well on our way to summer!

During the month of April we celebrated NAEYC's Week of the Young Child with some great in-class activities, lots of planting took place and our classrooms are greener than ever. In the upcoming month of May, we look forward to more spring celebration, as well as a week of celebrating our wonderful teachers, and some great Mother's Day activities.

As the summer nears we are hoping to fill our classrooms with lots of smiling faces. Many families from the neighborhood are visiting us and relaying all the wonderful things you've been telling them about Bright Horizons. We want to remind everyone of our parent referral program. If you refer a family to Bright Horizons they get \$50 off the registration fee and you receive \$200 off your tuition when they enroll. Let Allison or Michelle know if you have questions.

Thank you all for being a part of our West Village family!

Allison Whitney
Center Director

Important Dates

**May 6th-10th – Teacher
Appreciation Week**

**May 13th – Mother's Day
Celebration**

**May 27th – Memorial Day –
CENTER CLOSED**

Reasons to Celebrate



May 10th - Ms. Melissa

**May 25th - Ms. Angely and
Ms. Samantha**



Infant

For Earth week, our infant friends explored painting with recycled toilet paper rolls. They felt the texture of the paint with their hands, and practiced fine motor skills to grab the recycled rolls and rub them on the paper, mixing colors. You can make art with almost any kind of material. Recycled materials are great to use in any art activity because it teaches our friends ways to reuse items we would normally throw away, and it encourages their imagination.



Toddler

Our toddler friends have been exploring with blocks throughout the month of April. They have painted with blocks, and they have explored sensory experiences using blocks with various textured materials like sand and rice. This encourages exploration and creativity, and also encourages building. Emerging science, math, and cause-and-effect skills can come from these activities.



Twos/Preschool

In the beginning of the month, the Twos class and the Preschool class participated in an activity called Nailed It! This activity was inspired from the Netflix series Nailed It. Each day the students had to replicate the food that was assigned for the day. We had a silly face cookie, little sheep, Teddy Bear house, silly face pizza, and a Jet plane snack. At the end of the week, parents and students came together to reveal each nailed it activity. The parents were the judges and they had to see if everyone nailed it! This activity helped develop the student's recognition skills, creativity skills, and cooking skill s throughout the week.

Happy Spring to BHWV families and friends!



Simplicity Parenting

Wondering how to make the most of home and family life? The secret might just be doing less.

Let's face it – parenting isn't always easy. But if you secretly wonder if we're making it harder than it really is, you're not alone. The recent trend of “minimalist parenting” or “simplicity parenting” encourages parents to reclaim their homes and families by creating simpler, more satisfying lives.

- ▶ **Trust Yourself.** A generation or two ago, parents learned the ropes from their own families. Today's parents have access to advice from a wide range of experts (and non-experts). A search on Amazon for “parenting” books yields over 70,000 titles. That's a lot of advice, and while some of it's certainly helpful, it can also lead to information overload. Have you ever felt like you're spending more time reading about parenting than actually doing it? Read a few books, talk to friends and family members you trust, and then trust yourself. Every parent makes mistakes, but no expert can replace the love of a devoted parent. Relax. You've got this.
- ▶ **Get real.** Life isn't a glossy magazine ad or a Pinterest pin. Life with kids is raucous, joyful, exhausting, and messy. One of the quickest ways to zap your parenting zest is to compare your experiences with someone else's seemingly perfect life. Children dawdle, have meltdowns, spill juice cups, and on and on. Understanding and accepting these realities can minimize the energy you spend feeling frustrated, and allow for more time to enjoy all the wonderful aspects of childhood and family life.
- ▶ **Guard your time.** When it comes to money, health, and talents, we're all different, but there's one thing that is equitable across the board: time. We each get 24 hours in a day, no more, no less. Those 24 hours add up to weeks, months, and years. The cliché that time flies by when you're raising children is true. Before you know it, your rambunctious toddler will be headed off to college. How do you want to spend that time? Shuttling your kids to multiple activities? There's nothing wrong with extracurricular activities, but too many can cause stress and rob you off that most precious commodity – time with family. Avoid feeling pressured by friends whose preschoolers speak Mandarin, play the violin, and swim on a competitive swim team. Instead, carve out rhythms and routines that speak to your family.
- ▶ **Create a village.** Some of us are lucky enough to have nurturing extended family members nearby. Many parents today are going it alone – parenting without a close family network. Be intentional about building friendships and support. Find community in your neighborhood, at the park, or through a rec center, church, or your child's school. Social media is also a great way to connect with other families. Try to build relationships with people of all ages and walks of life.

Spread the Love During Teacher & Staff Appreciation Month

Teacher Appreciation Day is May 7, but at Bright Horizons, we're celebrating all month long!

Our teachers, support staff, and leadership team work hard year-round to make your family's experience the best it can be. Please take a moment to share any stories, comments, and well wishes for those who touch your family's life each day.

Visit our Teacher & Staff Appreciation website throughout the month of May to spread the love for your child's teacher or an exceptional staff member. Your thoughts make a difference and mean a lot to all of us.

appreciation.brighthorizons.com

Share the Love on Social: #LoveMyBHTeacher

What better way to celebrate Teacher Appreciation Month than by asking children why they love their Bright Horizons teachers? Throughout the month of May, you're invited to share a short video (30-60 secs) from your child's perspective.

Across Facebook, Instagram, and Twitter, **be sure to tag Bright Horizons and use the hashtag #LoveMyBHTeacher** — we might even feature your child's video on Bright Horizons' social media channels.* We can't wait to see the fun, creative way your child says "THANKS!"

Featured Family Webinar

Engineering in Early Education

You've heard of STEM — science, technology, engineering, and math — but you might be intimidated by the idea of introducing these concepts to your child, especially engineering. Watch this webinar to learn how to make engineering kid-friendly and get tips on exploring this future-forward topic with infants through school-agers.

Family Webinar Recording – Engineering in Early Education | brighthorizons.com/webinarEIEE

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Bright Horizons at West Village

644 Greenwich Street, New York, NY, 10014
646-348-9012 | westvillage@brighthorizons.com
Monday – Friday 7:00 a.m. to 6:30 p.m.

