



From the Director

Teacher Updates: Welcome!

We would like to welcome the newest members of our Bright Horizons family. Ms. Taneal has joined Ms. Vanessa in Toddler A, Ms. Megan will soon join Ms. Kelly in KP 1, and Ms. Kenedy is our newest resource teacher, and will be a support in most of the classrooms. These amazing teachers are quickly proving to be an asset to our team here at the CDC. Please welcome them if you see them in the halls or take a minute to say hello and get to know them.

Water Play:

We will continue to do water play in the mornings through the month of July.

However, please remember that we follow the AQI guidelines to determine the length of time children are allowed outdoors, if at all. The AQI stands for Air Quality Index; at times it can be “good,” “moderate,” or “unhealthy” depending on daily levels of pollution, pollen, and UV. On days of “moderate” AQI, outdoor time will be shortened. On days when the AQI is “unhealthy,” children will have very limited time outside, if at all. On days when the AQI is unhealthy or above, water play will be canceled or may take place indoors.

WATER PLAY DAYS

- **Infant A:** Tues & Fri @ 9:30
- **Infant B:** Wed & Fri @ 9:00
- **Toddler A:** Tues & Thurs @ 9:00
- **Toddler B:** Wed & Fri @ 9:30
- **Twos A:** Wed & Fri @ 9:30
- **Twos B:** Tues & Wed @ 9:00
- **KP 1:** Tues & Thurs @ 9:00
- **Preschool B:** Mon & Fri @ 9:00
- **KP 2 / Preschool C:** Tues & Thurs @ 9:30



BRIGHT HORIZONS AT USAA Phoenix CDC

Important Dates

- July 4:** Center Closed for Holiday
- July 10:** Ventriloquist, Chuck Fields 9:30am
- July 12:** Baseball Jersey Day
- July 16:** Sunglasses Day
- July 24:** KP Open House 5:00-6:00pm
- July 26:** Lunch Box Day

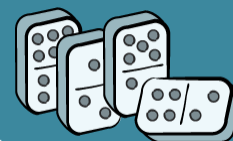
Camp Explorations

Our summer camp curriculum: STEM Works Summer Adventure for the month of July is **Construction**.

The children in Preschool and KP will be getting hands-on with a wide variety of materials and learning how things work together. Build it large, build it small...functional or just beautiful – it's all good fun that teaches how things work together!

You can expect your child to use the following skills and concepts while exploring the world of architecture, engineering, construction, and physics:

- Creativity
- Collaboration
- Design
- Mathematical skills
- Executing ideas
- Problem solving
- Balance and stability
- Geometry
- Planning



Water Play Pictures!

Infants



Toddlers



Twos



Preschool



Summer Safety: How We Manage Healthy Risk

Summer's here and with it come the inevitable skinned knees and Band-Aids. It's the time of year when children spend more time outdoors, and parents and teachers spend more time thinking about safety. But is it possible to keep children *too* safe? This is a question that the Education and Development team thinks about all the time.

In a recent issue of *Spark*, an education magazine published by our team exclusively for Bright Horizons' teachers, we spoke with Ben Mardell of Harvard University's Project Zero and the Pedagogy of Play. He and his colleagues observe that "rules are predominantly made by well-meaning adults with children's safety in mind. Yet, these rules sometimes interfere with children's ability to experience choice, wonder, and delight."

Mardell suggests teachers ask the question, "What would happen if there were fewer rules?" He has observed that when teachers negotiate limits as needed, rather than insisting on fixed rules, children tend to make their own safety rules, need less supervision, feel trusted and confident, and interact more with each other.

At Bright Horizons, we take children's safety seriously, yet we also know that children need opportunities to take healthy risks, such as climbing a structure or riding a bike. Teachers and center staff are constantly having dialogues on how to achieve this tricky balance. We observe children carefully to understand their developmental abilities and strengths. We provide guidance on things like using scissors, washing hands, and using playground equipment.

Teachers create environments that allow a maximum of freedom and independence within a structure of safety. And finally, teachers encourage children to help make rules and offer more independence as children are ready for it.

Baker, Megina and Benavente Barbon, Marina. 2017. "Too Many Rules on the Playground: Working the Paradox Between Safety and Freedom." www.pz.harvard.edu/resources/working-the-paradox-between-safety-and-freedom.



#BHFirstDay

Is your child starting at Bright Horizons?

Share their first day with us!

Follow Bright Horizons on Instagram, post your photo, and use the hashtag #BHFirstDay so we can see — and celebrate — this exciting milestone with your family.

Well Aware: Teaching Kids to Garden

Gardening is a fun, healthy outdoor activity you can share with your child. Check out our tips to help your child learn about gardening.

Start small. You don't need a large yard to teach your child about gardening. Small and simple is generally better because children are more likely to maintain interest. Plant beans or sunflowers in cups placed in a sunny window. Use a simple project like these to teach your child about gardening basics, such as healthy soil, sunlight, and water.

Choose high interest plants. To encourage your child to learn about gardening, let your child help decide which plants to grow, based on his or her interests. If your child has a yen for flowers, consider quick-blooming annuals, such as snapdragons, marigolds, or petunias.

Use the right tools. Every gardener needs a set of high-quality tools and gardening gloves, and children are no exception. Give your budding green thumb a child-size shovel and hoe, along with a durable pair of gloves.

Eat the fruits of your labors. Children get firsthand experience of the food cycle when the plants they grew appear on your dinner table. Cook a tasty meal and let your child help prepare it. Scrub carrots for a quick snack or slice strawberries for your breakfast cereal.



Teach. Play. Love.
Parenting Advice for the
Early Years

Subscribe to get new episodes!



Listen as parents and early childhood educators come together to cull the competing advice, separate fact from fiction, and focus on what does – and doesn't – matter during these early years. Be more confident, have less worry...and let Bright Horizons help make parenting the joy it was meant to be.

Featured Parenting Podcast Episode

Teach. Play. Love. Parenting Advice for the Early Years

Summer's here and your child wants to get outside, but if you have a child getting ready for kindergarten, you probably have academics on the mind. Good news: outdoor play and learning go hand-in-hand! Learn how, from Rachel Robertson, education and development vice president, and Ruth Fidino, learning and development director. They'll discuss how to boost traditional math, science, and language skills with outdoor activities and build a foundation for lifelong learning.

Episode 9: Summer Learning Starts Outside

www.brighthorizons.com/bhpodcastEp9

Bright Horizons at USAA

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