



**BRIGHT HORIZONS AT
USAA Tampa CDC**

From the Director

We will be celebrating Teacher and Staff Appreciation during the month of May. We have fun activities or gifts planned each day for the Teachers and Staff.

Activities include:

- Friday, May 3-Thanks for Helping Me Grow!
(Flowers/Plants)
- Friday, May 10-How Sweet it is to be Taught by You!
(Sweets/Chocolate)
- Friday, May 17-Pampering Day
- Friday, May 24-Teacher Luncheon
(sign up to bring a food item)
- Friday, May 31-Special Thank You Day

Although we plan to provide some goodies for the teachers and staff, we invite the parents and children to participate in any of the activities. Friday is a special thank you day for families to write notes or offer tokens of appreciation in any way you would like. There is no obligation, just a voluntary gesture that expresses how much we appreciate all that the teachers and staff do!



<http://appreciation.brighthouse.com/>

Important Dates

May 10	Muffins with Moms 7:00 am-10:00 am CDC Lobby
May 22	Family Partnership Meeting USAA Café 12:30 p.m.
May 27	Closed for Memorial Day
May 31	Last Day of VPK
June 7	Kindergarten Prep Celebration, 7:00 pm USAA Brolin Team Room

Reasons to Celebrate

Amarie O.	05/11
Ryleigh S.	05/15
Emily F.	05/19
Dominick D.	05/21
Marley S.	05/31



Infant

Language Works curriculum for infants encourages blossoming language skills. Skilled teaching, intentional interactions, and a highly responsive environment encourage language skills such as listening, speaking, and early literacy. Lillian grasped the blue crayon in her right hand as she moved it around to make lines on the paper. She learned to intentionally grasp and manipulate objects while improving her hand/eye coordination.



Toddler

Growing up healthy requires safe and age appropriate opportunities for physical activity in an environment that builds good habits and positive attitude. Well Aware provides such an environment, enabling children to gain an understanding of how their bodies work, what they need, and how to protect them. Aiden, Luna and Bryson learned to strengthen and refine their large muscles and they use their hands and legs to climb up and down the rock wall.



Preschool

Preschool children are ready to make big strides in social and emotional development. *Caring Matters* helps children with these important skills. The curriculum guides the classroom experiences to promote emotional literacy, nurturing relationships, and cooperative interactions. In our young preschool classroom, they learn to take turns and share as they look at a book together on the carpet. Each friend took a turn as they turned the pages of the book.



Kindergarten Prep

The *Math Counts* curriculum ensures that children don't simply learn numbers by routine but instead build mathematical understanding to develop quantitative reasoning, solve problems, and use math in real and meaningful ways. During small group time, Arjen learned create number sets. She used colored chips to represent different ways that he could make the number ten. For example, Arjen used 5 red chips and 5 blues chips in one row. Then he used 7 yellow chips and 3 green chips in another row.

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](https://www.brighthorizons.com/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](https://www.brighthorizons.com/webinarEIEE)

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Bright Horizons at USAA Child Development Center

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Monday – Friday 06:30 a.m. to 06:30 p.m.

