



## BRIGHT HORIZONS AT Columbus Circe

### From the Director

Happy February Families!

The New Year is already off to a great start- as a center; we participated in The Great Kindness Challenge, and welcomed new families in every age group!

This month, we will have our Mid-Winter Open House which will be premier each components signature practices. During our open house we will also have a Nutrition Workshop for parents hosted by our own Isabel of Little Green Gourmets. Isabel will talk with parents about nutritional needs of young children, as well as tips for getting parents of picky eaters.

Throughout the year, we will continue to host workshops on a variety of topics. Please let us know of any ideas/suggestions as we want to ensure we are providing information on topics important to you!

Thank you, as always, for being a part of our Bright Horizons family.

Best Regards

Karyn

### Important Dates

#### Lunar New Year

February 5th

Come dressed in **Red**

#### Valentine's Day

Thursday February 14<sup>th</sup>

Classrooms will make their announcements

#### President's Day

Monday, February 18<sup>th</sup> – SCHOOL CLOSED

#### Mid-Winter Open House/Science Fair (Preschool/Kprep)

Thursday, February 21<sup>st</sup>

#### Parent Teacher Conferences

February 25<sup>th</sup>- March 3<sup>rd</sup>

Sign-ups online (TBD)

### Happy Birthday!



Ms. Tiah. – February 7th

Ms Nikki – February 7<sup>th</sup>

Ms. Rosnery – February 8th

Ms. Kim – February 9<sup>th</sup>

Ms. Tiffany H. -February 14th

Eva L. - February 14<sup>th</sup>

Sabrina R. -February 15<sup>th</sup>

Sophia K. -February 18<sup>th</sup>

Liana G. - February 23<sup>rd</sup>

Giselle L. -February 26<sup>th</sup>

Ilha'am T.-February 27<sup>th</sup>

Benjamin D. - February 28<sup>th</sup>



## Infant

**Language Works** curriculum for infant guides the teacher-child experiences and provides a framework for the use of language, and classroom materials, thereby ensuring that teachers model communication skills through everyday experiences with the baby. Though listening we learn to show interest in stories, rhymes, and songs. We learn it by having books read to us daily.



## Toddler

**Science Rocks** provides a framework for teacher to weave scientific learning into all aspects of a toddler's day. Through intentional experiences, meaningful conversations, and enriched environments and asking children "what if" questions. We learn this by exploring answers to questions such as "What do you think will happen?" Through active exploration we learn to use an object as a tool to complete a task, and exploring materials and activities that engage our sense of touch, taste, smell, sound, and sight.



## Young Preschool

**Math Counts** offers a framework for developing the skills and abilities of young mathematicians, ensuring that children recognize math in everyday life. Through classification, sorting and grouping, children will learn to sort objects by one or more characteristics. They will learn it by sorting items by color or shape.



## Preschool/KPrep

**Art Smart** ensures that children are engaged in comprehensive, authentic, and diverse creative experiences in all areas including visual arts, music, dance/creative movement and drama, thereby nurturing a child's artistic abilities and helping them appreciate art in the boarder world. Through visual art we use art materials and tools purposefully and creatively. We learn this by using varied materials and tools, such as scissors, clay, watercolors, tempera paint, crayons, etching tools, paintbrushes, stencils, glue, and fabric.

## Time Management: A Family Affair

Do you ever wonder why at work you accomplish tasks on time, but at home things often seem to go haywire? Have you discovered that your intentions and your children's agendas frequently differ?

Adults recognize that the family needs to be up, washed, dressed, fed, and into the car with all gear, often including lunches, by 7:30 am. Children might prefer to stay in their cozy beds, hang out at home, dawdle, and play. Parents know that there are essential tasks that need to be accomplished to keep everyone safe, happy, and on schedule. Children want to do things at their own pace—usually slowly with lots of pauses.

Help is on its way! Below are suggestions and resources to assist you in managing your family's time:

### Simplify your life

Explore the concept of minimalist parenting, which involves decluttering your life, family routines, and your mind. Find information on minimalist parenting at [parenting.com/article/minimalist-parenting](https://parenting.com/article/minimalist-parenting).

### Plan together as a family unit

Make time management and efficiency a family affair. Include everyone in planning routines. Discuss the goal, e.g., to be out of the house at a particular time, create a list of what needs to be accomplished, and plan how to achieve this in a family meeting.

### Give age-appropriate chores

When everyone pitches in, tasks get done more quickly. When children contribute, they gain confidence and competence, and understand their value in the family. Most importantly, it shows them, the importance of their role in the family.

### Create visual aids

With the children, create visual charts and lists depicting routines or chores. Regularly refer to the chart to help reduce power struggles and help children understand. When children are resistant refer to the chart that they helped create. Rather than adult cajoling or “bossing,” the chart is the ultimate authority.

Regardless of the strategies that you establish, children's time-clocks often are not in sync with yours. Your goal might be to run on precision time, but factor in time to smell flowers, change diapers, settle sibling disputes, and for extras good-bye hugs.

# Creating a Positive Relationship with Your Child's Teacher

## Tips for Communicating with Your Child's Early Education Teacher

When choosing child care, it is not all about location but rather all about relationships. Parent-child, teacher-child, child-child, and parent-teacher relationships are all key to your child's early learning.

We want a relationship with our child's early education teacher with give and take, where we can both feel free to ask questions and give information. These tips can help you improve communication with your child's child care or preschool teacher.

- **Find out best time and way of contacting your child's teacher.** He/she can often suggest better times or ways to communicate.
- **Attend family events.** Attempt to attend as many parent events as you can and when you can't, no need to feel guilty!
- **Take advantage of parent-teacher conferences.** Even if you feel like you and the teacher have talked enough, still schedule a conference. There is always more to learn and the conference strengthens your relationship with the teacher as well as informing you about your child.

Like any relationship, the parent-teacher relationship takes time and practice to nurture and grow. Consider this as one of the most important relationships in your child's life and give the relationship the attention it deserves!

### About this Podcast



#### The Work-Life Equation

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Listen and subscribe to the Bright Horizons Work-Life Equation for information on parenting, caregiving, and balancing work with everyday life.

## Featured Parenting Podcast Episode

### VP Moms

What does it take for a working mom to reach VP? We assembled a panel of four of our awesome Bright Horizons vice presidents to find out.

Helen, Ilene, Christine, and Jessie talked candidly about their day-to-day strategies, what they're unapologetic about, and why being called "accomplished" sometimes makes them laugh.

#### Ep. 23: VP Moms

[brighthorizons.com/bhpodcastep23](http://brighthorizons.com/bhpodcastep23)

### Bright Horizons at Columbus Circle

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Monday – Friday 7:00 a.m. to 6:30 p.m.

