



BRIGHT HORIZONS AT ALLSTATE LITTLE HANDS CDC

Towards a Better World

As part of our Toward A Better World project: Helping Children Make A Difference initiative, we partnered with Maryville Crisis Nursery again this holiday season. We would like to thank all of the families who donated items.



Some of our staff volunteered their time at the Maryville holiday party. We helped set-up and facilitate activities for children to participate in at the holiday party.

Math Counts

The two's program prepares children for preschool and one way is by developing pre-math skills. The children participate in estimation and graphing activities. The children begin to gain an understanding of number concepts, as well as comparing and measuring.



Important Dates

January 2, 3, and 20- School-Age Days

January 6- Deirdre's First Day at Little Hands (Support Teacher)

January 8- Erin's First Day at Little Hands (Support Teacher)

January 22- Kindergarten Round Up

January 29- Preschool Showcase

Reasons to Celebrate

January 2- Naheed's 8 Year Anniversary (Infant Teacher)

January 8- Noelle's Birthday (Leadership Team)

January 11- Giselle's 20 Year Anniversary (Infant Support Teacher)

January 12- Alison D's Birthday (Kindergarten Prep Teacher)

January 16- Marge's Birthday (Toddler Teacher)

January 18- Kathy's Birthday (Leadership Team)

January 18- Sammi's 10 Year Anniversary (Leadership Team)

January 25- Debra's Birthday (Kindergarten Prep Teacher)

January 28- Liz's 7 Year Anniversary (Preschool Teacher)

In December many classrooms hosted parent/child activities. The children and families were celebrating the various holidays and winter season which are upon us!



Learning in the Outdoors and Nature



“Outdoor learning is every bit as important as traditional classroom elements like center time or group time. There’s always something changing in nature – trees, the leaves, mud, sand, an acorn falling -- if we just observe, ask questions, and grab hold of it.”

- Peggy Gerety, group VP, center operations at Bright Horizons

At Bright Horizons, we know how important outside time and nature learning are for young children. Ample time outdoors has been shown to boost both physical and emotional well-being and is even connected to positive school performance. Childhood experiences with nature build deep emotional and sensory connections that carry into adulthood—forging exactly the types of memories and feelings children need if they are to become conservation-minded adults. While there are times when the weather keeps us indoors, we try to make outdoor time a priority. We deeply appreciate your help in sending warm, durable clothing so children can play outside every day.

The three components of outdoor learning include **outdoor classrooms, nature exploration, and outdoor play**. Through outdoor classrooms, learning is extended to the world. Many of the activities and projects your child enjoys indoors, such as science, art, music, and building, can be done outside.

Through nature exploration, children develop deep connections with animals, plants, and the earth. In your child’s classroom, you might see natural materials, such as leaves, pods, seeds, sticks, stones, shells, or feathers, used indoors and out for a variety of purposes. You might notice books and images featuring the natural world or projects devoted to the study of nature. Children learn about plants, composting, and conservation through gardening projects and our Garden Works curriculum element. They begin to understand the scientific method as they observe and question topics like weather, properties of matter, and basic physics principles.

And through outdoor play, children take risks, test their strength, and build healthy minds and bodies. We know that children need time outdoors every day for active play. This might be playing a game of tag or jumping from rocks and stumps. It might be movement or mindfulness activities from our *Well Aware* curriculum element or a walk through the neighborhood.

Find the Latest Growing Readers Online



The Growing Readers program at Bright Horizon is a resource designed to help parents find great literature, share the joy of reading, cultivate an appreciation for books, and foster early literacy skills with your child. In case you missed it, the quarterly Growing Readers Review is now online!

This issue's featured Bright Horizons Book of Excellence Award winner is *Game Changers: The Story of Venus and Serena Williams*, which showcases two influential women athletes. For more about this book and the rest of this issue's book selections, visit brighthorizons.com/growingreaders.

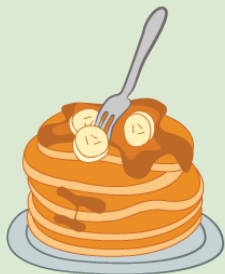
Teach. Play. Love. Featured Podcast Episode Build Healthy Habits Early

Healthy eating is an important part of your child's development. Nutrition impacts energy and brain function, so building healthy habits early on is key. But high cost and low availability of some foods, busy schedules, and picky eaters can throw a wrench in your healthy plans. Hear from Rachel Robertson, education and development vice president, and Ruth Fidino, senior education advisor, as they discuss how to make healthy eating fun, easy, and accessible.

Episode 13: Build Healthy Habits Early - brighthorizons.com/bhpodcastEp13

You can listen to this episode on [Spotify](#), [Apple](#), [Google](#), and [Stitcher](#).

Cooking with School-Age Children



This is the age when children often really enjoy helping parents cook, planning menus and helping in the kitchen. Try activities such as:

- ▶ Pancakes or waffles (from either a mix or from scratch)
- ▶ Tuna or pasta salad
- ▶ Macaroni and cheese
- ▶ Cookies: allow your child to roll out the dough, use cookie cutters, make free-form shapes, and decorate before or after baking
- ▶ Sandwiches with lettuce, tomato, or another vegetable



Bright Horizons at Little Hands

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

