



## From the Desk of Director

Greetings and happy Tuesday Evening!

This time of year, I am always reflecting on where the time went. It is hard to believe that we only have 92 days left in the year! The days and months are just flying by, and I am still mourning over the fact that summer is over.

Thank you to all who joined us on the 9<sup>th</sup> floor terrace for our Curriculum Luncheon! This was a great opportunity to learn more about our curriculum, The World at Their Fingertips, and our key Signature Practices that we embrace in all of our centers across the nation. The Team Leads put a great deal of work into preparing for the Luncheon and were excited to connect with the families about our emergent curriculum and how it uses your child's own interests to inspire learning. Parent participation means a great deal to us and we are grateful for the interest our parents continue to show at our family events. Thank you for the great participation at the Curriculum Luncheon this year!

Speaking of events, eight years ago, while at Bright Horizons at Georgia Tech, my team and I came up with a Chili Cook-Off event and it was a huge hit. My team in Georgia are still having this event and it continues to be the best event of the year. I am thrilled that we are able to continue the tradition here at the Harbor as part of our Fall Festival!

A lot of time and effort goes into planning the Fall Festival and Chili Cook-Off by the leadership team and teachers. It is my favorite time of year and we are looking forward to having everyone join us at the event on October 24<sup>th</sup>. We had a wonderful time last year at the Fall Festival and I am so excited for this year's event.

We are looking for some contenders to enter their famous chili for us to taste and enjoy! If you are interested, please email Ms. Samantha at [theharbor@brighthouse.com](mailto:theharbor@brighthouse.com), or swing by the front desk and get signed up to compete.

Have a wonderful month of October! We look forward to seeing you on October 24<sup>th</sup> at the Fall festival.

*Jacqueline*

## Important Dates



10/8: Picture Day!

10/9: Candids Day!

10/15, 10/16, & 10/18: Spirit Week!

10/18: DC Librarian Visits!

10/24: Fall Festival!

10/25: National Art Day!

10/25: November Tuition Due!

10/31: Costume Parade!

## Reasons to Celebrate



Sophia

Madeleine

Logan

Ms. Chiquita

Ms. Taylor

Ms. Courtney

## Social-Emotional Learning: The Foundation for All Other Learning

At **Bright Horizons®**, we know that social-emotional development is the foundation for all other learning. When children are valued, protected, and nurtured, they feel safe to learn and grow. That's why we place such an emphasis on building trust, creating strong relationships, and teaching social-emotional skills.

### Our Approach to Social-Emotional Development

From the beginning, Bright Horizons has prioritized social-emotional well-being. Jim Greenman, former SVP of Education and Development and nationally recognized education expert, coined the phrase prime times, to refer to the simple, everyday moments in a home or classroom that build trusting relationships, e.g., talking to children over a meal or reading together at the end of the day. Prime times are a foundational part of the Bright Horizons approach.

Teachers also receive ongoing training on a variety of topics related to social-emotional development, such as how to:

- ▶ Create a peaceful, yet engaging, classroom environment that encourages children's curiosity and independence
- ▶ Observe, understand, and support children's social-emotional development. Children gain social skills in a predictable sequence, just as they learn other skills like walking or talking
- ▶ Understand child development and have appropriate expectations for young children, patiently helping them to the next step. Teachers, for example, can help preschoolers learn to ask for a turn or identify their feelings
- ▶ Offer positive guidance when children are struggling with big emotions. Children need a calm, empathetic response and clear, consistent limits

In other words, we believe that social-emotional growth is as important as every other area of a child's development. We work with a variety of organizations, including the National Association for the Education of Children (NAEYC), the Center on the Social-Emotional Foundations for Early Learning at Vanderbilt University, and the Devereaux Institute to continually fine tune and improve our understanding of social-emotional development.

It matters to us that children are happy, that they feel valued, and that they're learning the skills they need to develop strong, trusting relationships with friends and adults. This is one way we keep our promise to nurture and care for the whole child and create joyful places for childhood.

## Growing Readers Review Now 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. Starting with the latest issue, the quarterly Growing Readers Review is now online!

This issue features Bright Horizons Book of Excellence Award winner, *Julián is a Mermaid*. This book shares a beautiful message of individuality and inclusion. For more about this book and the rest of this issue's book selections, visit [brighthorizons.com/growingreaders](http://brighthorizons.com/growingreaders).

## Featured Family Webinar

### The New School Readiness

[brighthorizons.com/bhwebinaroct2019](http://brighthorizons.com/bhwebinaroct2019)

It's back-to-school season! Are you thinking about your child's educational success and looking for ways to support the journey? Watch our webinar on-demand to go beyond the traditional concept of school readiness and learn about the "6Cs" — essential skills for learning that will stay with your child through adulthood.

Rachel Robertson, education and development vice president at Bright Horizons, and author and early childhood researcher Kathy Hirsh-Pasek, Ph.D. take you through interactive exercises to explore each of the "6Cs" and reflect on how to work with your child to boost development.



### Cooking with Children – Two Year Olds

The cooking activities your child will be able to help with will depend on their age. Two-year-olds are learning to use the large muscles in their arms. Try activities such as:

- ▶ Scrubbing vegetables and fruits
- ▶ Carrying unbreakable items to the table
- ▶ Dipping foods
- ▶ Washing and tearing lettuce and salad greens
- ▶ Breaking bread into pieces
- ▶ Pouring and stirring ingredients



### Bright Horizons at the Harbor

100 F Street NE, Washington, DC 20549  
202-408-9271 | [theharbor@brighthorizons.com](mailto:theharbor@brighthorizons.com)  
Monday – Friday 7:00 a.m. to 6:30 p.m.

