



## Alternatives to Time Out: Positive Guidance Tips for Better Discipline

We've all had it happen with our children: a temper tantrum in the grocery store, a disagreement with a sibling that becomes physical, or a typically cooperative child turning uncooperative. As parents, these can be the times we feel most alone. We may feel stuck, unsure if a time out is our best option, angry or all of the above. We may resort to discipline methods that we had decided to never use again. We may be completely competent at everything else we do, but when it comes to our children and discipline, we often feel at a loss and unsure how to get out of a cycle we know isn't working.

When considering alternatives to time outs, here are some basic things to remember:

- While you may occasionally feel at a loss, you have your child's best interests at heart. Congratulate yourself for taking the time to figure out a more effective solution.
- Consider the difference between child discipline and guidance. Discipline is often defined as training that builds self-control and character but that also typically involves submission to authority. Guidance, on the other hand, is defined by the root word: guide. A philosophy of guidance helps children develop their own internal controls, a positive sense of self, and problem-solving skills. With discipline, the control is exerted by the adult; with guidance, the child learns internal controls.
- Most early childhood educators have a set of positive techniques at their fingertips which help them guide children's behavior. The goal is for children to feel confident and competent in their interactions with others. Here are a few "tried and true" positive guidance techniques which can work for parents at home as well as they do for teachers.

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## FROM THE NURSE

[Toddler Bedtime Trouble: Tips for Parents](#)

[Top Tips for Surviving Tantrums](#)

### PRODUCT RECALLS FROM CPSC

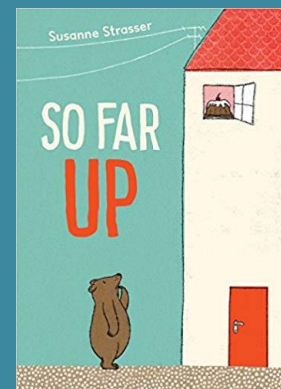
Information regarding recalls issued by the Consumer Product Safety Commission  
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## Growing Readers



Title: So Far Up  
Author & Illustrator: Susanne Strasser

Will Bear and friends ever reach  
that treat?



## Infants

**Art Smart:** The infant classrooms participated in messy art day this past month. Large pieces of paper were placed on the ground, on easels and on a bench; children could choose to explore any of the stations. Children were offered paint and were able to explore painting “en plein air”.



## Toddlers

**Science Rocks:** The toddlers made playdough together. With the teachers help, the children scooped and measured out the ingredients, taking turns to dump them into the bowl. They also took turns stirring up the mixture. At the end, children used their hand to mix in difference colors of paint to color the white dough. They worked to squish and squeeze the dough, manipulating it with different tools.



## Twos

**Art Smart/Science Rocks:** During a recent messy art day, the Two-year olds took advantage of a large water puddle on their playground. They added primary colors of paint into the water, watching as the water changed colors. As the children walked and stomped on the colored water, the colors began to mix to make new colors.



## Preschool

**Science Rocks:** Recently the Preschool room became interested in rainbows. During a group time, the children were shown how it is possible to make a rainbow with a crystal prism. Later children gathered by the window, turning and twisting the prisms to create swatches of rainbow on the floor.



## Kindergarten Prep

**Art Smart/Toward a Better World:** In the Kindergarten Prep classroom, children were asked if they could draw a map that shows how they get to school in the morning. Children drew the different features they recalled from their time spent commuting in the morning and afternoon.

## School Readiness: What Is It?

Teachers and families worry about school readiness and rightfully so. We want to give children every opportunity for success and happiness. This desire comes from a place of concern and caring. The challenge is in supporting children's growth in a way that is truly helpful and reflective of their needs. At **Bright Horizons®**, we believe school readiness is not about preparing for one moment, but rather, a lifetime of learning. Yet our national obsession with getting a child ready for school seems primarily focused on preparing them to excel in academics right out of the gate, rather than building a foundation for school and beyond that is inclusive of all aspects of development (whole-child development).

We know more than we ever have about early development. We know how much children are capable of, what helps a child thrive, and what hinders their growth. We understand that academics are an important part of learning, but not superior to social-emotional learning, physical development, or executive function. We know the pushdown of school expectations is hurting young children and we are confident it is important that we, as early education experts and advocates, push back up. It's not wrong to build skills to prepare for school, but it is wrong to isolate them and teach them too soon or inappropriately. In the words of Magda Gerber, "Earlier is not better."

Since the beginning, the Bright Horizons approach has been centered on how children learn best, prioritizing relationships and social-emotional learning, making academic learning meaningful and embedded within play, building brains and bodies in a joyful and wonderful environment, and ensuring plenty of opportunity to explore, think, and discover. This is what readies a child, what builds a strong foundation for all that is next.



### Cooking with Children

Children love being involved with cooking and preparing food. Cooking is also a great way to engage children in learning and to create teachable moments all while having some messy fun.

#### When cooking with one- to two-year-olds –

Make sure they are safely restrained in a high chair and give them samples to taste or smear as you keep up a steady stream of commentary. Look for tasks they might be able to accomplish with your help, such as pouring tiny portions of ingredients (e.g., a quarter cup of milk or water) or simply dropping ingredients into a bowl.

## You're invited to Curriculum Night!

Your child is ready for the next big education steps and at we've got an exciting year in store.

Join us at Curriculum Night to find out what the upcoming year will look like. Find out what your child will learn; meet and talk with his or her teacher; connect with other families; explore the fun, enriching activities we offer; and discover how your child's interest inspire learning.

We look forward to seeing you there!

**Thursday, September 19, 2019 4:45 p.m. – 5:45 p.m.**



## Featured Family Webinar

### Your First Year of Parenthood

Are you a new parent acclimating to life with a new baby? The first 12 months can feel like an emotional roller coaster – exhilarating, joyful, and overwhelming, all at the same time. Don't worry – you're not alone! Most new parents feel that way, too.



Watch this **Bright Horizons**® family webinar, [Your First Year of Parenthood](#). We'll talk to parenting experts and podcast hosts Marti and Erin Erickson about navigating your new normal — from bonding with your baby, to preparing for that big transition of going back to work and starting child care, to finding me time in your busy days.

[www.brighthorizons.com/bhwebinarjuly2019](http://www.brighthorizons.com/bhwebinarjuly2019)

### Bright Horizons at Argonne Child Development Center

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

