



BRIGHT HORIZONS AT Argonne Child Development Center

A New BrightHorizons.com!

Bright Horizons has redesigned their website – offering more resources for families. You can find articles, podcasts, webinars and more on the [Bright Horizons Resources for Families](#) page.

Bright Horizons has expanded their resources to include topics from their other lines of business including college prep and elder care. Families can search and filter based upon their needs and preferred content.

Ages & Stages include:

- Elder Care
- High School
- Infants
- Pre-K, Kindergarten
- Preschooler
- School Aged
- Toddlers, Twos
- Working Adults

Or search by a Resource Topic

- Life as a Parent
- Early Childhood Development
- School Success
- Social Awareness
- Planning for College

Check it out today!

FROM THE NURSE

[Cold Weather Car Seat Safety](#)

[Medication Safety Tips](#)

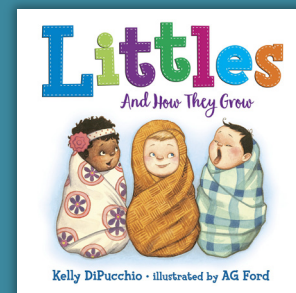
PRODUCT RECALLS FROM CPSC

Information regarding recalls issued by the Consumer Product Safety Commission
[Please review your home for these items.](#)

BRIGHT HORIZONS
FamilyMatters
WEBINAR SERIES

**VIDEO CLASSES & WEBINARS ON
PARENTING TOPICS**

Growing Readers



Title: Littles and How They Grow

By: Kelly DiPucchio

A book that celebrates “littles” and the joys of early childhood.

[Check out more Books of Excellence from the Bright Horizons Growing Readers Library.](#)

Infants



Science Rocks: Children in the infant classrooms have been exploring small wooden blocks. They reach and grab individual blocks and explore the smooth sides and hard corners. The teachers would build up small towers and the infants would knock them down – over and over again. Older infants attempted to help build up the towers. When children engage in repetitive actions (building and knocking down) they begin to develop an understanding of cause and effect.

Toddlers



Science Rocks: As the toddlers walked down the hall on the way back from the Movement Zone, they saw a squirrel outside of the window. The toddlers stopped and watched the squirrel for a while. The teachers pointed out that the squirrel was chewing on an acorn. The children stood at the window and watched until the squirrel scurried away. Children learn to question and to make observations when they engage in meaningful conversations with their teachers about what they see.

Twos



Science Rocks: After working to get on their snow gear, the Two year old class ventured outside to explore the snow covered playground. Familiar structures and equipment looked different covered in a blanket of snow. Children found new ways to use the toys since the sidewalks and grass were covered. Children develop problem solving skills when they encounter new parameters for everyday activities.

Preschool



Science Rocks: The Preschool class has been investigating various arctic animals – including penguins, seals, polar bears and more. During their research, the discovered that the female polar bear can be eight feet tall with paws as big as our lunch plates! To try to understand how big a polar bear can be, the class compared their own height to an eight foot tall drawing of a polar bear. The drawing was even bigger than their moms and dads!

Kindergarten Prep



Science Rocks: Kindergarten Prep experimented with gravity and force. Children dropped or tossed a glove weighted with flour into a bin with paint. They noticed the different ways the paint splattered depending upon the height they dropped the glove from or the force with which they threw the glove. When children conduct simple experiments they make observations and draw conclusions based upon what they see and experience.

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.

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

Subscribe on Apple Podcasts and more!



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

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

