



### Hello Parents!

Can you believe it is already March? We had a fun winter and are now gearing up for a wonderful Spring with lots of fun planned!

### Books we love this month:

**You Can Be Anything** By Charles M. Schulz

**The Cat in The Hat** By Dr. Seuss

**Just Going to The Dentist** By Mercer Mayer

**Fire Drill** By Janet Craig

**Purim is Coming!** By Tracy Newman

Don't Forget Daylight Savings is March 10th!

### Important Dates

March 7<sup>th</sup> – Healthy Snack To-Go  
March 20<sup>th</sup> – First Day of Spring

#### Spring Fling Week

*March 18<sup>th</sup> – 22<sup>nd</sup>*

- Monday – Green Day (wear green)
- Tuesday – Teddy Bear Picnic/PJ Day
- Wednesday – Spring Fling (3:30-6:30) in the Gym (crafts, digging for worms and pastel art)
- Thursday – Planting with parents (3:30 – 6:00) in the Gym and take it home to watch it grow and change.
- Friday – Classroom Spring Craft (10-4) Check with classroom teachers for details.

### You are invited to a Live Webinar:

Presented by Bright Horizons  
Education and College Advising™

### Saving for College

**March 6, 2019**

**11:30 a.m. – 12:30 p.m. CT**

**(Parents/Guardians of newborns – 8<sup>th</sup> graders)**

#### The Right Way to Save Starts with a Strategy.

- Optimize your financial resources
- Minimize tax risk
  - Create a plan that matches your needs

You can also schedule a one-hour  
personalized advising session.

#### Reserve Your Spot:

Visit <https://passport.getintocollege.com>

Password: usaacoach

Questions? 866.468.3129 or [usaagetintocollege.com](http://usaagetintocollege.com)

### Reasons to Celebrate

|      |                  |
|------|------------------|
| 3/1  | Lucas turns 2!   |
| 3/4  | Xavier turns 4!  |
| 3/5  | Kinlsey turns 5! |
| 3/6  | Rylen turns 3!   |
| 3/7  | Isaac turns 1!   |
| 3/20 | Josiah turns 2!  |
| 3/26 | Cooper turns 4!  |
| 3/29 | Lennon turns 1!  |



## Infant

Through the curriculum *Toward a Better World*, teachers encourage a baby's natural sense of curiosity by guiding her exploration of the world around her. While working on tummy time, Presley pushes the keys to make the balls pop from the tubes. When the infants begin to understand cause and effect, **they learn to** repeat an action to make something happen again. **They learn it by** engaging in repetitive activities, like pressing the keys to make the balls pop up or filling up a bucket and dumping it out.



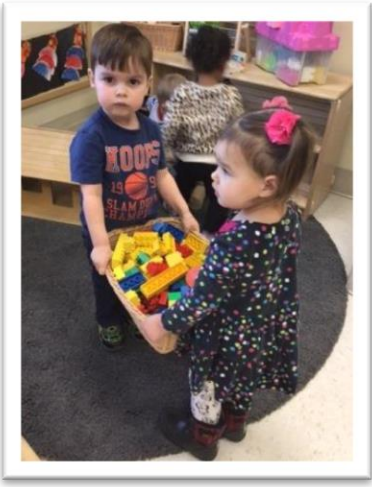
## Toddler

*Well Aware* provides such an environment, enabling children to gain an understanding of how their bodies work, what they need, and how to protect them. During outdoor play, the toddlers took turns rocking in the red teeter-totters. Olivia could be heard singing, "Row, row, row." (Row, row, row your boat.") When the toddlers participate in movement activities, **they learn to** strengthen and refine their large muscles. **They learn it by** developing walking, running, and jumping skills. **They learn it by** spending time in the natural world.



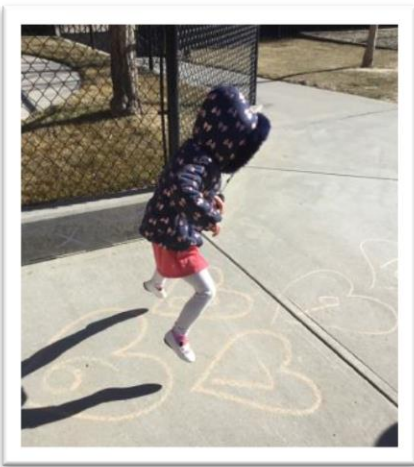
## Transition

The *ArtSmart* curriculum encourages important skills such as flexible thinking, adaptation, problem-solving, innovation, and follow through. During open center play, Ellie took on the role of the mother; setting her baby up at the table with a bottle and hamburger. When the two year olds explore the materials in the dramatic play area, **they learn to** engage in simple roles. **They learn it by** playing a game of "house" alongside their peers in the dramatic play area.



## Preschool A

*Toward a Better World* presents unique experiences to help children understand the diverse and global world they inhabit, enhancing their senses of responsibility and compassion for people here and abroad. After center play, Michael helped Kadence clean up the Legos and helped her carry them to the shelf. When the preschoolers begin to understand how to care for their environment, **they learn to** understand their own impact on the environment. **They learn it by** cleaning up after themselves throughout each day.



## Preschool B

*Well Aware* provides preschoolers with varied opportunities and materials to develop concepts of well ness, as well as the knowledge and skills to practice healthy lifelong habits. Ms. Caitlyn created a hopscotch path on the playground. As Autumn hopped, she counted, “Six, seven, eight...” When the preschoolers participate in motor and fitness activities, **they learn to** strengthen and refine their large muscles. **They learn it by** engaging in physical activities such as hopping, skipping, climbing, and simple obstacle courses.



## Kindergarten Prep

Our Caring Matters social-emotional curriculum supports our children as they continue to build their social skills; by receiving positive guidance that leads to caring relationships with peers and adults, and mastery of emotions and self-control. During open center time, Nolan and Amelia worked to put the tiger puzzle together. When the Kindergarten Prep children build friendships, **they learn to** take turns. **They learn it by** waiting, using a timer, the clock, and teacher’s help to complete a task.

## Embarrassing Moments: Opportunities to Learn

There are times when our bright, curious children cause us to cringe by their comments or questions. “Is there a baby in that man’s tummy?” “Why is her skin dark?” “Where are his legs?”

In these moments, we often feel embarrassed and helpless. Our sweet young children, who we raise in an atmosphere of respect, acceptance, and kindness, might innocently offend someone ...and we’re speechless.

Young children are curious and still learning about the world; they don’t mean to be hurtful or malicious. Many adults are inclined to explain and have children apologize, but this can embarrass both the children and the recipient. In this situation, it’s best to validate what a child is observing and turn it into a learning opportunity.

**Below are a few examples of common questions and helpful responses.**

### “That man has no legs!”

- ▶ Calmly and matter-of-factly explain that we all have different bodies and abilities. Then when your child asks, “Why doesn’t he have legs?” You might say, “I’m not sure, perhaps he was born that way.” Then you might ask, “How do you think someone would get around if they didn’t have legs?”

### “Why is her skin dark?”

- ▶ This is an opportunity to explain that everyone is unique and to talk about different types and colors of hair skin and eyes. When you get home, you might show your children an array of colored apples and cut them open to see that they’re all the same color inside.

### “Is there a baby in that man’s tummy?”

- ▶ A simple, honest response is, “Men can’t have babies in their tummies. Only women can.” A child further inquiring, “then why is he so fat?” opens the door for adults to let children know that people come in all sizes and shapes; we all have different body types.

How adults handle situations in the moment matters, but equally important is turning these moments into learning opportunities. After the event, explain to your child that sometimes things we say can unintentionally hurt people’s feelings.

Use your child’s comment as a springboard to discuss diversity, emotions, and the impact of words. Explain that all questions are welcome, but it’s a good idea to check with the adults before commenting to strangers.



## You're invited to Our Open House!

April 8 – 12, 2019 | 6:30 a.m. – 6:30 p.m.



Next month, we will be hosting an Open House Week where new families will be able to discover why Bright Horizons is the perfect place for children to learn, explore, and grow!

Each year, Bright Horizons welcomes new families to our community. And, year after year, we've found that the best way to meet these families is through you.

If you have a friend or family member that might be interested in joining, we would be happy to provide information for you to share with them. Please see your Center Director for details. We hope to see everyone at Open House Week!

### 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

### Teach. Play. Love. Parenting Advice for the Early Years

Technology is everywhere. As adults, we rely on it constantly. And for kids, it provides great value, as long as it's used in the "right" way. But what does that mean, exactly?

Debbie Hoppy, curriculum director at Bright Horizons, and Rachel Robertson, VP of education and development, share what really matters: interactive experiences and co-exploration, questions that encourage deeper thinking, and opportunities for integrating technology into the real world.

#### Ep. 1: The Digital Dilemma

[brighthorizons.com/bhpodcastep1](http://brighthorizons.com/bhpodcastep1)

## Bright Horizons at USAA Child Development Center

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

