



From the Director

Vision and Hearing Screenings

On May 1st and 2nd we have scheduled vision and hearing screenings at no cost to you. Consent forms are located on the sign in desk near the computer and can be turned into the front desk at any time between now and May 1st if you'd like your child to participate. If you have any concerns or questions, please let us know.

Teacher Appreciation!

Teacher Appreciation Day is May 7th, but at Bright Horizons, we celebrate all month long! Our teachers, staff, and leadership teams work hard year-round to make your family's experience the best it can be.

You will have the chance to show your appreciation to our teachers during the week of May 6th. Please be on the lookout for specific themed gift ideas for each day that week.

Me and My Gal Muffins and Tea

May 10th in the morning from 7:30-10:30 we invite you and your child to join us for muffins, juice, and tea to celebrate Mother's Day with your child.

Summer Kickoff Event

Please join us on the evening of May 31st from 6-8pm for our summer kickoff event! We will have activities, prizes, fresh popcorn, sno-cones, water activities, a trackless train, and more!

BRIGHT HORIZONS AT Phoenix USAA CDC

Important Dates

May 1st and 2nd

Vision and Hearing Screenings

May 6th – 10th

Family Teacher Appreciation Week

May 7th and 8th

View Spring School Pictures

May 10th

Me and My Gal Muffins and Tea
7:30-10:30

May 17th

KP Graduation 6:00 PM at USAA

May 18th:

KP End of School Year Party

May 27th: Memorial Day – Center Closed

May 29th:

Show and Share

May 31st:

Summer Kickoff Event 6-8pm

May 31st: Lunch Box Day

REASONS TO CELEBRATE!

Kindergarten Prep Graduation! May 17th 6pm at USAA

Please join us to celebrate our Kindergarten Prep classes as they walk towards the future. We are so very excited to host this event and look forward to seeing you there.

INFANTS



Our infants spent a lot of time outside throughout the month of April. Ms. Sharita provided infant-safe finger-paints for the babies to explore. While our older infants practiced walking and exploring in the activity room.

TODDLERS



Our new toddler teacher, Ms. Tammy helped the toddlers in Toddler B stack blocks and listen to stories during learning circle.

TWOS



During NAEYC's Week of the Young Child, our two-year-olds spent Tasty Tuesday making popsicles from juice and fruits. Then they ate them on the playground.

PRESCHOOL



Preschool B spent the month of April learning about the life cycle of butterflies. A mystery reader (Landon's Dad!) visited the classroom to read a story to the class.

KINDERGARTEN PREP



The Kindergarten Prep 2 class went on an adventure walk to look for animals.



The KP 1 girls added their portion to a collaborative friendship trail mix during NAEYC's Week of the Young Child on Tasty Tuesday,

Simplicity Parenting

Wondering how to make the most of home and family life? The secret might just be doing less.

Let's face it – parenting isn't always easy. But if you secretly wonder if we're making it harder than it really is, you're not alone. The recent trend of “minimalist parenting” or “simplicity parenting” encourages parents to reclaim their homes and families by creating simpler, more satisfying lives.

- ▶ **Trust Yourself.** A generation or two ago, parents learned the ropes from their own families. Today's parents have access to advice from a wide range of experts (and non-experts). A search on Amazon for “parenting” books yields over 70,000 titles. That's a lot of advice, and while some of it's certainly helpful, it can also lead to information overload. Have you ever felt like you're spending more time reading about parenting than actually doing it? Read a few books, talk to friends and family members you trust, and then trust yourself. Every parent makes mistakes, but no expert can replace the love of a devoted parent. Relax. You've got this.
- ▶ **Get real.** Life isn't a glossy magazine ad or a Pinterest pin. Life with kids is raucous, joyful, exhausting, and messy. One of the quickest ways to zap your parenting zest is to compare your experiences with someone else's seemingly perfect life. Children dawdle, have meltdowns, spill juice cups, and on and on. Understanding and accepting these realities can minimize the energy you spend feeling frustrated, and allow for more time to enjoy all the wonderful aspects of childhood and family life.
- ▶ **Guard your time.** When it comes to money, health, and talents, we're all different, but there's one thing that is equitable across the board: time. We each get 24 hours in a day, no more, no less. Those 24 hours add up to weeks, months, and years. The cliché that time flies by when you're raising children is true. Before you know it, your rambunctious toddler will be headed off to college. How do you want to spend that time? Shuttling your kids to multiple activities? There's nothing wrong with extracurricular activities, but too many can cause stress and rob you of that most precious commodity – time with family. Avoid feeling pressured by friends whose preschoolers speak Mandarin, play the violin, and swim on a competitive swim team. Instead, carve out rhythms and routines that speak to your family.
- ▶ **Create a village.** Some of us are lucky enough to have nurturing extended family members nearby. Many parents today are going it alone – parenting without a close family network. Be intentional about building friendships and support. Find community in your neighborhood, at the park, or through a rec center, church, or your child's school. Social media is also a great way to connect with other families. Try to build relationships with people of all ages and walks of life.

Spread the Love During Teacher & Staff Appreciation Month

Teacher Appreciation Day is May 7, but at Bright Horizons, we're celebrating all month long!

Our teachers, support staff, and leadership team work hard year-round to make your family's experience the best it can be. Please take a moment to share any stories, comments, and well wishes for those who touch your family's life each day.

Visit our Teacher & Staff Appreciation website throughout the month of May to spread the love for your child's teacher or an exceptional staff member. Your thoughts make a difference and mean a lot to all of us.

[appreciation.brighthorizons.com](https://www.brighthorizons.com/appreciation)

Share the Love on Social: #LoveMyBHTeacher

What better way to celebrate Teacher Appreciation Month than by asking children why they love their Bright Horizons teachers? Throughout the month of May, you're invited to share a short video (30-60 secs) from your child's perspective.

Across Facebook, Instagram, and Twitter, **be sure to tag Bright Horizons and use the hashtag #LoveMyBHTeacher** — we might even feature your child's video on Bright Horizons' social media channels.* We can't wait to see the fun, creative way your child says "THANKS!"

Featured Family Webinar

Engineering in Early Education

You've heard of STEM — science, technology, engineering, and math — but you might be intimidated by the idea of introducing these concepts to your child, especially engineering. Watch this webinar to learn how to make engineering kid-friendly and get tips on exploring this future-forward topic with infants through school-agers.

Family Webinar Recording – Engineering in Early Education | [brighthouse.com/webinarEIEE](https://www.brighthorizons.com/webinarEIEE)

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Bright Horizons at USAA

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

