



**BRIGHT HORIZONS AT
The Smucker Child
Development Center**

From the Administration

Help your child spring ahead. Here are some tips and tricks to help your child adjust to the time change.

Encourage light during the day and darkness for sleep - You can help your child's 24-hour sleep cycle by exposing her to light first thing in the morning and making sure that her room is dark during naps and for bedtime.

Keep routines consistent- Even with the time shift, it is still important to stick closely to your current routine, only making minor changes if possible.

Try to be patient with your kids- If you notice meltdowns become a bit more frequent after the time change, try and remember that lack of sleep could be the culprit. I encourage you to set aside more quiet time and maybe even an extra nap while you all try to adjust to this new season.

Invest in an Ok-to-Wake! clock or another device that can help keep sleep on track- Having a child-friendly alarm clock that turns green to indicate it is time to get up can make a big difference to a child trying to adjust.

Winter months bring long days indoors. Join us for our Parent Partnership March 26, 2019 and learn about exciting home sensory activities to brighten those winter months. Our special guest speaker, Erin Dolan, will also be reviewing age appropriate chores for your growing explorers. We look forward to seeing you there!

Happy March!

Dina, Farrah, Liz, and Nicole

Important Dates

1st- Family Day 330-530

10th- Daylight Savings Time
Spring ahead

23rd- Earth Hour
Join others around the world and go electricity free from
830pm-930pm

26th- Parent Meeting

Reasons to Celebrate

Happy Birthday

Danielle- 25th

Sonya- 15th

Brittnee- 29th

Happy Anniversary

5th- Brittnee 1yr

6th- Ashley 2yr

6th- Emelie 2yr

10th- Rachel 3yr

14th- Jamie 3yr

23rd- Courtney 4yr

Congratulations to
Tiffany, Megan, and Jody for earning their
Child Development Associate (CDA)
Credential



Infant

New spaces mean new adventures! By moving furniture or adding new items to an already existing play area you can give an infant a whole new experience. Room one friends rediscovered the classroom's dramatic play area after it was rearranged and new props were added. Pretend play promotes language and social skills and helps children to learn about the world around them.



Toddler

Our Room 3 Toddlers used large and small piece puzzles to strengthen their pincher grasp, problem solve by using trial and error, and exercise their hand eye coordination.



Preschool

Room 6 friends were busy coloring, cutting, and gluing. Not only are they doing an activity they enjoy, but they are also strengthening hand muscles and refining fine motor skills, all while they create their masterpiece.



Kindergarten Prep

Social development is a large part of early childhood. By playing in large and small groups we learn to use negotiation and conflict-resolution skills, understand how our actions affect others, and learn to demonstrate compassion and empathy for others.

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 12th | 3:30 a.m. – 5:30 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!



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

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Listen as parents and early childhood educators come together to cull the competing advice, separate fact from fiction, and focus on what does – and doesn't – matter during these early years. Be more confident, have less worry...and let Bright Horizons help make parenting the joy it was meant to be.

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

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Monday – Friday 06:30 a.m. to 06:00 p.m.

