



From the Assistant Director

With the beginning of a 2019 many are thinking of New Year's resolutions, including ways to be healthier. Have you thought of ways to include your children in these resolutions?

While it may seem that children are naturally active and energetic, the reality is that screen time and other sedentary activities are beginning to replace time children would typically spend being active and playing outdoors. However, with daily physical activity, children practice fundamental skills that help them develop good self-esteem and physical competence. We want children to be physically fit because it's important to their health. But we also know that they learn better when they are healthy and in good physical condition.

In addition to the opportunities children are provided here at school, parents can have a huge positive influence on how young children view physical activity. Running, jumping, climbing, skipping, hopping, throwing and balancing come naturally to young children, but kids need plenty of opportunities to practice them. Below are some helpful resources for families as you plan your resolutions for 2019:

<https://www.naeyc.org/our-work/families/ideas-exploring-outdoors>

<https://www.naeyc.org/our-work/families/healthy-fit-families>

<https://www.naeyc.org/our-work/families/time-outside-can-improve-readiness-learn>

Important Dates

January 1	Closed, New Year's Day
January 3	B2 Family Conferences*
January 7-10	A4 Family Conferences*
January 9, 11	A3 Family Conferences*

*see your child's teacher to sign up for a conference date and time

Reasons to Celebrate

Ryan D.	01/01
Sage V.	01/04
Karma E.	01/07
Everly M.	01/13
Kobe W.	01/17
Elize M.	01/20
Meilah S.	01/21
Arlynn A.	01/28
Emeline B.	01/30
Adalynn M.	01/30



Infant

Through our *Towards a Better World* curriculum, teachers encourage a baby's natural sense of curiosity by guiding the exploration of the world around them. Developing positive and reciprocal relationships with adults, spending their days in a community of peers, and enjoying a diverse and enriched environment are simple yet meaningful experiences. Infants learn to develop social relationships as they purposefully interact with peers. Jaxon and Arya are interacting with each other as Jaxon pushes Arya on the bike.



Toddler

Well Aware provides an environment, enabling toddlers to gain an understanding of how their bodies work, what they need, and how to protect them. Growing up healthy also requires safe and age-appropriate opportunities for activities in an environment that builds good habits and positive attitudes. Toddlers learn skills that focus on movement and body awareness, nutrition, and health and safety. During our Family Style Dining, toddlers work on their self-help skills as they serve themselves lunch. Ahmari is using the pitcher to pour himself a cup of milk.



Preschool

Language Works offers a comprehensive approach that thoughtfully and intentionally addresses all aspects of language and literacy. Through this curriculum, teachers provide children with opportunities to integrate listening, speaking, reading, and writing into daily activities within the classroom. Preschoolers delight in the various ways that they can use and enjoy language. They learn to identify letters and a few sight words. Declan and Alejandra work on letter recognition as they match uppercase and lowercase letters on the computer.



Kindergarten Prep

Art Smart extends children's skills and knowledge through open-ended, meaningful, process oriented art experiences. By studying various artists, weaving on a loom, composing or playing music, scripting and directing a puppet show, children engage in authentic art experiences. In the Kindergarten Prep classroom, while learning about (symmetry), the children used art as a means to further their understanding of symmetrical objects. When they were finished, each child had their very own unique artistic creation. Arjen is pulling his paper apart to see what his completed project looks like.

Giving Gifts from the Heart

Have you considered that generosity is a learned behavior that delights the givers as well as the receivers? By making gifts and cards for others, children experience the intrinsic joy of giving something they have created.

It's easy for adults to decide what to make and which materials to use. But remember, this is an offering from children. Within the realm of available resources, help them develop their ideas. Inspire their thoughts about the recipient. "What do you think you'd like to make for Aunt Alice?" "What does she like to do?" Remember, it's what children create that counts; suggest they draw pictures and dictate their sentiments.

In addition to family and friends, think about people beyond those we typically hold near and dear to us. Cards, artwork, and crafts made by children are a heartfelt way to say you care and show appreciation to military personnel, firefighters, police officers, librarians, residents in nursing homes, and others in the community.

Children are very resourceful and might have their own ideas for gifts. Below are a few simple gift suggestions to consider:

Picture frames

Children glue four wooden tongue depressors together to make a frame and then decorate the frame with paint, and add recycled materials such as odd puzzle pieces, small pieces of paper or fabric, and twigs. Be aware of choking hazards with young children.

Decorative boxes

Children paint recycled or purchased wooden/cardboard boxes and then decoupage photographs from magazines or photos of themselves onto the surfaces.

Sculptures

Children can create sculptures using commercial or home-made clays, wood, or recycled objects. Be sure to have lots of glue on hand.

Paper holders

These might be as simple as finding a unique rock, painting it, and using glue to attach a clothespin. A second option is to glue wood scraps together, paint the sculpture and add one or two clothespins to the top.

Planters

Children paint pots and use Mod Podge (purchased at a craft shop) to attach colorful tissue paper (cut into small squares). Another option is to use photographs and pictures from magazines.

Jewelry

Children make necklaces or bracelets by stringing commercial or homemade beads. They can create pins by gluing found objects (such as loose puzzle pieces or Legos) to a pin back and painting over the creation.

2019 Parent Satisfaction Survey

We value your feedback!

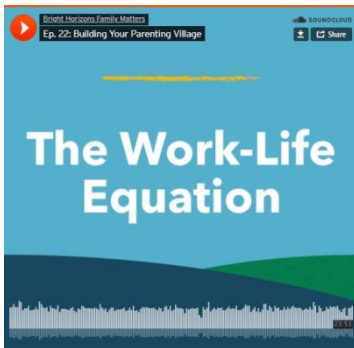
Each year, we ask families to give us important feedback and opinions about our center. This information helps us assess our strengths, and identify areas for improvement. We are truly committed to providing the highest quality education for your child and we believe that every opinion counts.

The survey is available from January 2nd – 31st. Please take a few moments to share your thoughts!

brighthorizons.com/parentsurvey

Featured Parenting Podcast Episode

Building Your Parenting Village



Overwhelmed by working parenthood? Stop trying to do it all alone. “People say I need help, but I don’t know where to get it,” says our guest Daisy Dowling. Get Daisy’s tips on who to ask for help, how to rally your village of volunteers, and why her secret isn’t doing more — but getting more done.

Ep. 22: Building Your Parenting Village

brighthorizons.com/bhpodcastep22

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

