



Bright Generations Downtown

From the Director

Muffins With Mom

We invite your family and friends to join us in celebrating the special women in your child's life! Join us for muffins, coffee, juice and other goodies to get your day started. A table will be set up in the lobby. Mothers, grandmothers, relatives, and friends are all welcome! We are also hosting a drawing for a lovely gift basket (3), so make sure to stop by the front desk to pick up your raffle ticket. We are looking forward to celebrating our Mom's!

Kindergarten Prep Graduation

It is hard to believe that graduation is here already and we want to celebrate our Class of 2019! Commencement ceremonies for our Kindergarten Prep class will be held on Thursday, May 16th, beginning at 4:00 in the Kilowatt Korner Conference Room at 241. Refreshments will be served immediately following graduation. ***Please provide a list of all graduation guests to Ashley at the front desk. Their names will be submitted to guest relations at 241 to receive a guest badge for the event.***

Parent Teacher Conferences

Your children have been working hard learning and growing and we want to share their progress with you! Parent Teacher Conferences will begin the week of May 13th. Please check your email for the link to Sign-Up Genius for conference sign ups online.

Engineering in Early Education

Live Webinar | Tuesday, May 28, 2019 | 12:30 p.m. ET
Join **Bright Horizons®** for a webinar on engaging your child in engineering. **Attend the webinar to get insights on:**

- ▶ Why engineering matters in early education
- ▶ How it develops problem-solving skills and inspires creativity
- ▶ Activities to boost your child's engineering habits at home **Register Today**
- ▶ brighthorizons.com/engineering-for-children

Important Dates

05/06-05/10- Teacher and Staff Appreciation
05/09- Muffins with Mom
5/13-5/17- Kindergarten Prep "Senior Week"
05/14- Monthly Family Partnership Group Meeting
5/16- Kindergarten Prep Graduation
05/21- Dance Recital
5/24- Last day of Kindergarten Prep
5/27- Center closed for Memorial Day
5/28- First Day of Summer Camp

Reasons to Celebrate

Happy Birthday!

Sebastian Davila-Ortiz- 05/01
Natali Wright- 05/15
Amelia Kime- 05/19
Aaron Cash- 05/22
Maliya Baksh- 05/22
Michael Moon Coley- 05/31
Evelyn Schreck- 05/31
Bedford Cash- 05/31



Ash Classroom... Caring Matters (Emotional Literacy)

The Ash room infants enjoyed Love Letters, read to them by their teacher. The *Week of the Young Child* offers Prime Time experiences with each infant, as they respond to changes in an adult's tone of voice and expression. The infants **learn by** using an adult to support and calm themselves. The teacher used opportunities to make connections and strengthen trust.



Birch Classroom... Art Smart (Visual Art)

Today the Birch infants are **learning to** use simple tools, such as paintbrushes or markers, to develop their small muscles skills. They are **learning it by** painting with larger crayons on butcher paper.



Mulberry Classroom... Well Aware (Nutrition)

During small groups, the toddlers **learned to** identify healthy food choices by discussing our daily snacks. In this activity, they **learn this by** the taste testing a healthy frozen banana & strawberry yogurt treat they helped create.



Hickory Classroom... Science Rocks (Active Exploration)

During small group, the toddlers are **learning to** question when exploring materials. The toddlers **learned this by** describing and discussing our observations and experience with teacher. The children are saving the sea animals by cleaning the beach.



Dogwood Classroom... Garden Works

Today we started the process of growing a flower. Dogwood friends are **learning to** understand the lifecycle of living things. They **learned this by** placing wet cotton balls in a bag and then sprinkled flower seeds on top of them. We're all excited to watch them grow over the next few weeks.



Chestnut Classroom... Art Smart

During small group, the Early Preschoolers are **learning to** experiment with and explore color. We **learn this by** expressing creativity in our way with a little direction from teachers e.g. painting the sky orange. Today the tables were covered with butcher paper and teachers provided paint, rollers, sponges, and paintbrushes. The children were encouraged to work together and paint.



Sycamore Classroom... Language Works (Pre-Reading/Reading)

Preschoolers are **learning to** identify letters of the alphabet. They are **learning it by** searching for letters on playground. The children searched for letters and bring them to the teacher, recognizing and showing the teacher the letters they found.



Oak Classroom... Science Technology Engineering and Math

The preschoolers are **learning to** build and explore various types of technology. The preschoolers are **learning this by** building a water wheel that consists of plastic cups, styrofoam blocks, sticks, masking tape and water.



Kindergarten Prep... Science Rocks

During small group activities, the Kindergarten Prep students are learning to independently develop hypothesis, make predictions and plan conclusions by engaging in the experiment of solids, liquids, and gases. The students sliced the worms, placed them in baking soda and later added vinegar to observe the continuing process of the worms sinking to the bottom and then rising back to the top.



Art Studio... Art Smart (Visual Art)

Today, Ms. Ayjah visited Birch for their Art Studio time! The Birch infants are **learning to** use simple tools, such as paintbrushes or markers to develop our small muscle skills. They are **learning it by** painting with large brushes, sponges, and our fingers.



STEM Lab... Science Rocks (Active Exploration)

During our small group activity, the Birch infants are **learning to** use their senses to explore an object. They are **learning it by** participating in S.T.E.M. with Ms. Sharisha. Zoey, Ellen, Cali, Alexander and Konner demonstrated attentiveness and persistence during the activity.



Nutrition Focus Group

Ms. Venesea is introducing different recipes to the Kindergarten Prep Students

This month the students created sorbet using mangoes, strawberries, pineapples, lemon juice, honey, and other natural flavors. The students also learned to practice tool safety by engaging in discussions about why we wear gloves and protect our fingers and hands around sharp tools.

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 off 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.brighthouse.com

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

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

