



BRIGHT HORIZONS AT Clever Kids Learning Center

From the Director

This serves as a safety reminder to the adults picking-up and dropping-off children at the center. Please do not let them run into the center and into the classroom without an adult by their side.

Children must be supervised when leaving the center. I have observed several recent occurrences where children have raced down the hall and out into the parking lot. Children are also seen unattended in the infant-toddler entrance as adults stand and talk in preschool classrooms after being picked up from the closing room. Those rooms (and the toys in them) are closed once children have moved to the closing room teachers. All children should be picked up and out of the building by 5:30.

May 10th is the 14th annual Trike-A-Thon for St. Jude Children's Hospital. Information is displayed in the Main entranceway.

Graduation dates for the children going to kindergarten in August have been set for North, East and West. We choose May so that most graduates and families have a chance to participate. If we wait until August, several children from each class may have already left the center.

As of May 1, 2019 the preschool wing will now be served organic 2% milk.

Splash Days!

Splash days are arriving in June! It's our official start of summer at Clever Kids! Splash Days begin June 3 and end August 9th. The teachers in each classroom will have details specific to your child's room.

Mondays: Toddler 1 and Infants
Tuesdays: Preschool East
Wednesdays: Preschool North
Thursdays: Preschool West
Fridays: Toddler 2 and Preschool 1

Dates of Closure for 2019

- May 27 – Memorial Day
- July 4 – Independence Day
- Sept. 2 – Labor Day
- Oct. 14 – Columbus Day
- Nov. 11 – Veteran's Day
- Nov. 28 & 29 – Thanksgiving
- Dec. 25 – Federal Observance of Christmas

Special Events

- Friday, May 10th - Annual Trike a Thon for Preschool North, East, and West classrooms only!
- Friday, May 17th – Preschool North Graduation 3:30 – 5:00
- Thursday, May 23rd – Preschool West Graduation 11:00 – 12:30
- Thursday, May 30th – Preschool East Graduation 3:30 - 4:30

Sunscreen

When purchasing your sunscreen please be aware of the ingredients. If it contains forms of arachidyl (derived from peanuts) or prunis (derived from almonds) it cannot be in the center because we are a nut-safe environment.

Also, in addition to being free of nuts, please make sure that it is within the expiration date, the lotion kind (no sprays or aerosols), and provide UVA and UVB protection of SPF 15 or higher. We have found that the following brands are some acceptable types: Ocean Potion, Thinkbaby, Alba Botanica, Beauty Counter, Blue Lizard, Aveeno, and Banana Boat.

Preschool West

We sure had fun during the week of the young child! We made our own guitars and looked at a real guitar. Some of the children's excitement carried over into their home as they jammed in all areas of their house including the bathroom (we heard). Toddler 2 joined us for a sing a long... for many their first sing a long! "Twinkle Twinkle Little Star" got us all started as the children became more comfortable...by the time the Hokey Pokey finally came several of our kids were helping their young friends turn themselves about and shout, "hot dog!"

The brightest part of our week was "work together Wednesday". The class began to take donations for the Jeffco Action Center. To prepare for this project we read stories and discussed how we were fortunate to have food, shelter, and items to keep us clean and healthy. Then we discussed how some people, even children, don't have things that they need. Caring matters was a big part of the curriculum that day!

All donations were due by Monday and it was time to sort our items. The excitement had grown so much that we were not able to take an accurate inventory. It was a good thing that Ms. Evelyn had a big car that we could load up and boy did we! Her car was loaded up from the bottom of the floor to the roof. The volunteers were touched that we had organized this and were very grateful! We wanted to thank all the people who made this project possible. The children had a great sense of pride knowing that they were helping people in need. Our class has always stressed how we are "Westies" and we are all friends who take care of each other. This was just another extension of this philosophy! This was such a great success we will search for more projects like this in the future. Jeffco Action Center was chosen because they reached out in our time of need to help everyone affected by the government shut down.



Toddler 2

In a classroom filled with nine busy boys and one playful girl, our room is consistently on the move. From learning to share toys with one another, where in some cases being the only child they have not experienced that just yet. In other cases where they do have siblings at home, they just need to be reminded that they have to wait their turn to use the toy of their choice. The toddlers learn to share at school by listening to their teachers give simple, but clear directions. They also learn it by teachers being patient and consistent in their positive redirecting skills.

Toddlers are on an emotional roller coaster from needing our help with daily needs (food, clothing and protection) to wanting their emotional and physical independence. As adults we help toddlers with this need of independence by giving them choices, "Do you want me to help you put on your jacket or do you want to put the jacket on by yourself?" Toddlers learn boundaries and limits by testing adults in their environment; they do this by seeing how adults respond to their behavior. As adults, we need to set limits and boundaries to keep our toddlers safe and to show we care about them.

"Did you know? Parents may deal with challenging behavior in their toddlers every 3 to 9 minutes!" (www.zerotothree.org).



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.brighthorizons.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 | brighthorizons.com/webinarEIEE

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303-236-9400 | www.brighthorizons.com/cleverkids
Monday – Friday 6:30 a.m. to 5:30 p.m.

