



From the Director

For those of you that I have not had a chance to meet yet, my name is Diane and I am the new Director here at BH Somerset. I have spent some time visiting each classroom and getting to know your children, and they have welcomed me with open arms, the older children playfully referring to me as "New Diane." Although I am not sure how Ms. Dyan feels about being the "old Dyan," I thought it was sweet how quickly the children welcomed me in! I appreciate your warmth during my transition and I look forward to getting to know your family better in the next few months!

The summer is in full swing and the children are loving the warm weather and all that comes with it! The classes have begun water play, so make sure to check with your child's teacher as to which days your child needs to bring their water play supplies (bathing suit, towel, closed toe water shoes). Keep in mind, water play is optional. If a child does not want to participate, they will be allowed on the playground equipment during this time.

The summer campers begin their field trips next week, at the Turtleback ZOO! Mr. Joe and Ms. Dyan will have permission slips by the end of this week for you to sign. Please remember to dress your child comfortably for warm weather with sneakers on. Any child who is not potty trained will need a chaperone for field trips. If you are interested in chaperoning a trip, stop by the office to fill out an acknowledgement form. All chaperones must use their own transportation if there is not enough room on the bus. For more information, please stop by the office.

Normally this monthly news will come out at the beginning of each month, and then I will send weekly memos every Monday. But please feel free to stop by and chat or ask questions at any time! Thank you for so warmly welcoming me to the Somerset family and I am looking forward to each day to come.

Diane



Important Dates

July 8th Diane's first day at Somerset

July 10th One Man Circus

July 18th Trip to Turtleback Zoo (ps/kp)

July 19th Pajama Day & National Ice Cream Day!

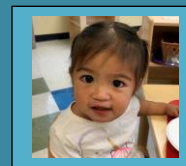
July 22nd Parent Appreciation Breakfast

July 24th Sports Day

July 30th Storytelling with Balloons (ps/kp)

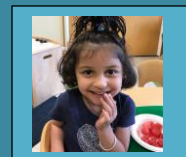
Reasons to Celebrate

Happy 4th Birthday
Kai 7/15



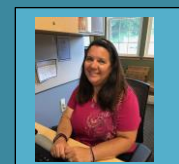
Happy 2nd Birthday
Tristan 7/18

Happy 6th Birthday
Annie 7/19



Happy 3rd Birthday
Mishkaa 7/27

Happy Birthday
Ms. Dyan 7/28





Infant

The infants love water, whether it is summer or not! They got their bathing suits on and dove right into playing in the water table. They quickly realized that not only is splashing fun, but it keeps you cool on a hot day!



Toddler

On the playground, the toddlers fill and dump buckets with water, using the water table or even the sprinkler! Filling and dumping is what we do best at this age, and using water makes it twice as fun!



Preschool & Kindergarten Prep

Our oldest friends cannot get enough of water play! Not only do they enjoy running through the sprinkler and splashing themselves and each other with the cool water, but they also experiment with the sprinkler hoses, making the water stop and start by bending the hose.

After playing in the water, the children love to spread their towels out, warm up and dry off in the sun! But not for too long, then they are back in the water again!



Summer Safety: How We Manage Healthy Risk

Summer's here and with it come the inevitable skinned knees and Band-Aids. It's the time of year when children spend more time outdoors, and parents and teachers spend more time thinking about safety. But is it possible to keep children *too* safe? This is a question that the Education and Development team thinks about all the time.

In a recent issue of *Spark*, an education magazine published by our team exclusively for Bright Horizons' teachers, we spoke with Ben Mardell of Harvard University's Project Zero and the Pedagogy of Play. He and his colleagues observe that "rules are predominantly made by well-meaning adults with children's safety in mind. Yet, these rules sometimes interfere with children's ability to experience choice, wonder, and delight."

Mardell suggests teachers ask the question, "What would happen if there were fewer rules?" He has observed that when teachers negotiate limits as needed, rather than insisting on fixed rules, children tend to make their own safety rules, need less supervision, feel trusted and confident, and interact more with each other.

At Bright Horizons, we take children's safety seriously, yet we also know that children need opportunities to take healthy risks, such as climbing a structure or riding a bike. Teachers and center staff are constantly having dialogues on how to achieve this tricky balance. We observe children carefully to understand their developmental abilities and strengths. We provide guidance on things like using scissors, washing hands, and using playground equipment.

Teachers create environments that allow a maximum of freedom and independence within a structure of safety. And finally, teachers encourage children to help make rules and offer more independence as children are ready for it.

Baker, Megina and Benavente Barbon, Marina. 2017. "Too Many Rules on the Playground: Working the Paradox Between Safety and Freedom." www.pz.harvard.edu/resources/working-the-paradox-between-safety-and-freedom.



#BHFirstDay

Is your child starting at Bright Horizons?

Share their first day with us!

Follow Bright Horizons on Instagram, post your photo, and use the hashtag #BHFirstDay so we can see — and celebrate — this exciting milestone with your family.

Well Aware: Teaching Kids to Garden

Gardening is a fun, healthy outdoor activity you can share with your child. Check out our tips to help your child learn about gardening.

Start small. You don't need a large yard to teach your child about gardening. Small and simple is generally better because children are more likely to maintain interest. Plant beans or sunflowers in cups placed in a sunny window. Use a simple project like these to teach your child about gardening basics, such as healthy soil, sunlight, and water.

Choose high interest plants. To encourage your child to learn about gardening, let your child help decide which plants to grow, based on his or her interests. If your child has a yen for flowers, consider quick-blooming annuals, such as snapdragons, marigolds, or petunias.

Use the right tools. Every gardener needs a set of high-quality tools and gardening gloves, and children are no exception. Give your budding green thumb a child-size shovel and hoe, along with a durable pair of gloves.

Eat the fruits of your labors. Children get firsthand experience of the food cycle when the plants they grew appear on your dinner table. Cook a tasty meal and let your child help prepare it. Scrub carrots for a quick snack or slice strawberries for your breakfast cereal.



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

Subscribe to get new episodes!



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

Summer's here and your child wants to get outside, but if you have a child getting ready for kindergarten, you probably have academics on the mind. Good news: outdoor play and learning go hand-in-hand! Learn how, from Rachel Robertson, education and development vice president, and Ruth Fidino, learning and development director. They'll discuss how to boost traditional math, science, and language skills with outdoor activities and build a foundation for lifelong learning.

Episode 9: Summer Learning Starts Outside

www.brighthorizons.com/bhpodcastEp9

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