



From the Director

Hello Families,

We hope you all had a wonderful Thanksgiving with your families. We have a few reminders we want to share about our annual December events.

Family Traditions Weeks

Bright Horizons places a high value on diversity and the celebration of all cultures and traditions. Starting on December 10th through December 21st, we will be inviting all of you to join your child's classroom to celebrate your family's culture and holiday traditions. This can be anything from a craft project, a book to read to the class, decorations, or a presentation. If you have a tradition you would like to share, please get in touch with your child's teacher to set up a date and time.

Holiday Family Feast

We invite all families to come enjoy a holiday feast with your child's teacher and friends on December 12th. The infant and toddler classrooms will have their feast at 11:00am. Twos, Preschool, and Kindergarten Prep will have theirs at 11:30am. We expect the feasts to last about 30 minutes. We are excited to see all of you there!

Holiday Party and Book Exchange

We will have a holiday party and book exchange on Friday December 21st from 3:00-4:00pm for all ages. Be on the lookout for a sign-up sheet on your child's sign in / out binder if you'd like to contribute refreshments or decorations. For the book exchange please bring in a wrapped book (new or gently used) to be exchanged with a friend at the party. This is optional and we will be providing additional books as needed so everyone is included.

Important Dates

December 10th – December 21st

Family Traditions Week

Please see "From the Director" section in this newsletter for details.

Dec 5th: Winter Sock Day

Wear your favorite winter socks

Dec 12th: Holiday Family Feast

Enjoy a holiday feast in your child's classroom!

Infants / Toddlers: 11:00am

Twos / Preschool / KP: 11:30am

Dec 18th: Scarf Day

Wear a scarf today!

Dec 21st: Holiday Party & Book Exchange

Join your child's class for a winter party and book exchange! 3:00pm – 4:00pm

Dec 24th: Pajama Day

Wear your favorite winter pajamas today

Dec 25th: Center Closed

Dec 28th: Lunchbox Day

Dec 31st: Slippers Day

Wear cozy slippers to school today

Reasons to Celebrate

Teacher and Chef Updates

We have had several new faculty members join our family throughout the month of November.

Please join us in welcoming:

Ms. Madison - Toddler Teacher

Ms. Angie – Preschool B Teacher

Ms. Celeste – Twos Teacher

Ms. Michelle - Chef

Twos

The Twos classrooms worked on their numerical understanding by exploring the concept of measurement and size. They measured the lengths of each other using wooden blocks, and then counted how many blocks tall they were. Outside they experimented with classification, space, and volume by sifting different sized seeds through a series of screens in various sizes.



Preschool

Bright Horizons held a Light and Shadow Exploration Project Challenge throughout the month of November. The children at the CDC were given free rein to explore and play with the concepts of lights and shadow to express creativity and discovery. Our teachers then guided the children through activities to enhance their learning. Our preschoolers in Preschool C participated in the challenge by creating shadow puppets, and experimenting with the concept of projection interrupted by an object, resulting in a shadow image.



Kindergarten Prep

Kindergarten Prep also participated in the Light and Shadow Exploration Challenge by creating their own shadow boxes.

Cultivate Compassion

Do you know that compassion is a learned behavior? People are not born generous, thoughtful, and polite, or for that matter rude or mean-spirited. We develop attitudes from our early life experiences, family being the significant influence. Children, who live in an environment of understanding and empathy tend to relate to others with an open heart and mind.

Although modeling is a prime motivator, below are a few suggestions to help compassion become part of your family culture:

Discuss emotions. Young children need to be able to identify, understand, and respond to their own emotions before they can relate to how someone else might be feeling. Give children a “feelings” vocabulary by labeling emotions (mad, sad, glad, angry, frustrated, scared, and happy).

Help children consider how others might be feeling. Talk about how the other person might be experiencing a situation. At times, even very caring children will say or do something that seems mean-spirited. Ask your child how she would feel if someone said or did that to her.

Recognize children’s understanding and intent. There are times adults unintentionally put our motives and biases on children. For example, a young child who comments on another’s disability or color of skin is often merely expressing curiosity, rather than prejudice or unkindness. A toddler who hits or grabs toys isn’t being “mean,” she’s just being a toddler.

Acknowledge that actions are powerful. Practice caring by supporting others. Whether it’s helping a friend, drawing a picture for a relative, or assisting with household chores, purposely practicing helpful behaviors teaches compassion.

Promote compassion through play. Play helps children make sense of their world. While trying different roles, children uninhibitedly express their feelings, explore distressing or confusing issues, experience social cues, and begin to learn to appreciate different perspectives.

Read to connect children to broader experiences. Read fiction and nonfiction books about people who come from all walks of life, cultures, and circumstances. For age-appropriate suggestions, access Bright Horizons - Growing Readers <https://www.brighthorizons.com/family-resources/reading-children-books>.

Make caring about others a family affair. As a family, discuss and plan small (and large) acts of kindness. Children might make appreciation cards and gifts for friends, relatives, and people who take care of us: military personnel, mail carriers, teachers, librarians, firefighters or police officers. Plan family activities to raise funds for organizations or write thank you cards to military personnel. One organization to review is Operation Gratitude (<https://www.operationgratitude.com/>). Volunteer as a family and get involved with organizations such as The Bright Horizons Foundation for Children, and learn about ways that your family can contribute toward the well-being of others. (<http://www.brighthorizonsfoundation.org/get-involved/resources/>)

Featured Parenting Podcast Episode

Making Work and Life Fit

Do you sometimes feel like there has to be a better way to fit working and parenting together into your limited time?

Maybe it's time to rethink your equation. Our guest Morra Aarons-Mele says we might feel like prisoners of the status quo (9-to-5, in the office), but we all have the power to fit work and life together on our own terms. The secret: ask for exactly what you need. She did it — and explains how.

Ep. 20: Making Work and Life Fit



<https://www.brighthorizons.com/family-resources/podcasts/making-work-life-fit>

Bright Horizons at USAA

One N. Norterra Parkway
Phoenix, AZ 85085

623.715.7272 | Breanne.johnson@brighthorizons.com

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

