

Flu Season is Around the Corner

The best way to prevent flu and its potentially serious complications is getting a flu vaccine. The Center for Disease Control recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease. Protecting yourself from flu also helps protect the people around you who are more vulnerable to serious flu illness.

Sick Day Dilemma:

Does My Child Need to Stay Home?

It has happened to all of us. You're walking out the door in the morning when your child complains of a stomach ache. You think, "He was fine just a few minutes ago." Then you remember he has a test today that he was worried about. You think, "Is he really sick or just worried?" You have an important meeting to attend and you can't be late. What do you do?

Most working parents have faced this sick day dilemma. First, you conduct a quick physical assessment of your child's symptoms: taking his temperature, looking for rashes, and so forth. If you have time and a parenting partner, you might consult with him or her. But most of us must make a split-second decision about how to proceed with no time to ask a trusted friend or family member.

It is always good to have a back-up plan for sick days. Perhaps a family member can step in to provide care, or if you have a partner, perhaps you can alternate who stays home. But often there is no back-up child care plan and your meeting is still looming.

[Tips to Determine if Your Child Is Sick](#)

FROM THE NURSE

[Language Development: 1 Year Olds](#)

[Language Development: 2 Year Olds](#)

[Asthma: Easing the Wheezing](#)

PRODUCT RECALLS FROM CPSC

Information regarding recalls issued by the Consumer Product Safety Commission
[Please review your home for these items.](#)

BRIGHT HORIZONS
FamilyMatters
WEBINAR SERIES

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ON PARENTING TOPICS](#)

Growing Readers



Title: The Big Umbrella

Author: Amy June Bates

Co-written with Juniper Bates

Just one umbrella...who will fit underneath?



Infants

Science Rocks: The infant classrooms often go for walks with the buggies. One day while out, they heard loud noises and they decided to investigate. The sounds were coming from a backhoe that was digging across the road. The infants observed from afar as the backhoe dug in the dirt and dumped the dirt into a truck.



Toddlers

Science Rocks: The children in the Toddler class have been exploring a magnet set. They experiment with “sticking” pieces together as well as exploring to find other things that the magnets would stick to. They discovered that the magnets stick to the back door as well as to the bead mazes. The toddlers engaged in some repetitive testing of this phenomena.



Twos

Science Rocks: The Twos classroom collected and examined the acorns they found on the playground. (There are a lot!!) Using magnifiers, they identified different characteristics and described the acorns. Most of the children agreed that the acorns were hard, rough, and little. With some help, they broke open an acorn and to see what was inside.



Preschool

Science Rocks: After examining and tasting different types of apples, the Preschool class left some of the cut apples for observation. After two weeks they checked on them. Two of the apples (Ambrosia Gold and Cribbs Pink), were seriously moldy and mushy. The other two (Red Delicious and Granny Smith), were not as bad. However all of the apples looked different and the kids decided that they wouldn't want to eat any of them.



Kindergarten Prep

STEM: Kindergarten Prep investigated Tornadoes this month. First the children were asked what they knew about a Tornado. Answers included “wind, dangerous weather, and a big thing that can blow off your house roof.” Then they tried moving random objects by creating wind. They blew on a cotton ball, small pebble, and a large rock. They discovered that the created wind could move the cotton and at times the small pebble but not the large rock.

Social-Emotional Learning: The Foundation for All Other Learning

At **Bright Horizons**[®], we know that social-emotional development is the foundation for all other learning. When children are valued, protected, and nurtured, they feel safe to learn and grow. That's why we place such an emphasis on building trust, creating strong relationships, and teaching social-emotional skills.

Our Approach to Social-Emotional Development

From the beginning, Bright Horizons has prioritized social-emotional well-being. Jim Greenman, former SVP of Education and Development and nationally recognized education expert, coined the phrase prime times, to refer to the simple, everyday moments in a home or classroom that build trusting relationships, e.g., talking to children over a meal or reading together at the end of the day. Prime times are a foundational part of the Bright Horizons approach.

Teachers also receive ongoing training on a variety of topics related to social-emotional development, such as how to:

- ▶ Create a peaceful, yet engaging, classroom environment that encourages children's curiosity and independence
- ▶ Observe, understand, and support children's social-emotional development. Children gain social skills in a predictable sequence, just as they learn other skills like walking or talking
- ▶ Understand child development and have appropriate expectations for young children, patiently helping them to the next step. Teachers, for example, can help preschoolers learn to ask for a turn or identify their feelings
- ▶ Offer positive guidance when children are struggling with big emotions. Children need a calm, empathetic response and clear, consistent limits

In other words, we believe that social-emotional growth is as important as every other area of a child's development. We work with a variety of organizations, including the National Association for the Education of Children (NAEYC), the Center on the Social-Emotional Foundations for Early Learning at Vanderbilt University, and the Devereaux Institute to continually fine tune and improve our understanding of social-emotional development.

It matters to us that children are happy, that they feel valued, and that they're learning the skills they need to develop strong, trusting relationships with friends and adults. This is one way we keep our promise to nurture and care for the whole child and create joyful places for childhood.

Growing Readers Review Now Online!



The Growing Readers program at Bright Horizon is a resource designed to help parents find great literature, share the joy of reading, cultivate an appreciation for books, and foster early literacy skills with your child. Starting with the latest issue, the quarterly Growing Readers Review is now online!

This issue features Bright Horizons Book of Excellence Award winner, *Julian is a Mermaid*. This book shares a beautiful message of individuality and inclusion. For more about this book and the rest of this issue's book selections, visit brighthorizons.com/growingreaders.

Featured Family Webinar

The New School Readiness

brighthorizons.com/bhwebinaroct2019

It's back-to-school season! Are you thinking about your child's educational success and looking for ways to support the journey? Watch our webinar on-demand to go beyond the traditional concept of school readiness and learn about the "6Cs" — essential skills for learning that will stay with your child through adulthood.

Rachel Robertson, education and development vice president at Bright Horizons, and author and early childhood researcher Kathy Hirsh-Pasek, Ph.D. take you through interactive exercises to explore each of the "6Cs" and reflect on how to work with your child to boost development.



Cooking with Children – Two Year Olds

The cooking activities your child will be able to help with will depend on their age. Two-year-olds are learning to use the large muscles in their arms. Try activities such as:

- ▶ Scrubbing vegetables and fruits
- ▶ Carrying unbreakable items to the table
- ▶ Dipping foods
- ▶ Washing and tearing lettuce and salad greens
- ▶ Breaking bread into pieces
- ▶ Pouring and stirring ingredients

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