



BRIGHT HORIZONS AT USAA Colorado CDC

From the Director

Happy May to all our wonderful families! We have a busy month ahead with a Special Day for Mother's Day, an Exciting Kindergarten-Prep Graduation and a week of Teacher Celebrations!

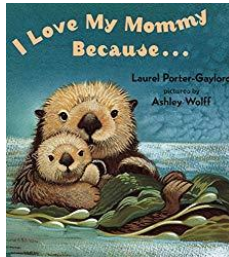
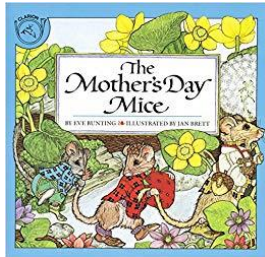
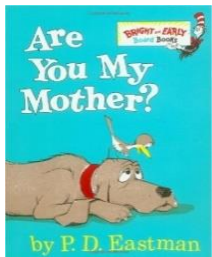
Mother's Day is Sunday, May 12th, we would like to celebrate with muffins with mom on Friday May 10th. Feel free to stop in the gym when dropping off your child in the morning.

Teacher Appreciation Week is May 6th – 10th, with National Teacher Appreciation Day on Tuesday, May 7th. Be watching for details of how you can participate in activities for our wonderful educators!

Kindergarten Prep Graduation will be held at the Pavilion on Wednesday, May 22nd from 4:00 – 5:00 p.m. We look forward to all the friends and families to come see our graduates as they complete their year together and get set for a future of successful learning adventures!

We will be closed on Monday, May 27th in observance of Memorial Day!

Heidi will be on vacation May 24th – June 10th



Important Dates

Teacher Appreciation Week

May 6-10th

KP Graduation @ The Pavilion 4-5 pm

May 22nd

Muffins with Mom/Ladies in your life

May 10th

Memorial Day (CDC CLOSED)

May 27th

Reasons to Celebrate

- | | |
|-------|---------------------|
| 5/4 | Klaira turns 3! |
| 5/8: | Charlotte turns 2! |
| 5/10: | Kainan turns 3! |
| 5/23: | Bernadette turns 1! |
| 5/27: | Conor turns 3! |
| 5/29: | Zoe turns 4! |



Infant

ArtSmart ensures that children are introduced to the visual arts, music, dance/creative movement, and drama. While Presley was out exploring, she found a xylophone. She used the attached stick to plink out the different sound each key made. Next, she ran the stick over a couple of keys at a time. She was making music! When the infants explore music, **they learn to** experiment with instruments and sounds. **They learn it by** playing, shaking, touching, and strumming instruments, from xylophones to rain sticks.



Toddler

Toward a Better World, a curricular component of *The World at Their Fingertips*, gives children the opportunity to develop a disposition that influences how they view the world and relate to others. During outdoor play, Lukela and Zoran practiced tossing the ball to each other. Ms. Rosie stood nearby and helped facilitate their activity; guiding them when it was each child's turn to toss the ball. When the toddlers begin to build relationships with each other, **they learn to** make friends and develop positive relationships. **They learn it by** playing together in learning centers or outside on the playground.



Transition

Well Aware provides an environment, enabling children to gain an understanding of how their bodies work, what they need, and how to protect them. During the Week of the Young Child activities, the two year olds ran through the obstacle course that was set up in the gym. The children crawled through a tunnel, balanced on Bosu Balls, and jumped into hoops. Ellie stepped up on the foam block, squatted down, and took a giant leap into the red hoop. Her friends cheered in delight! When the two year olds participate in gross motor activities, **they learn to** strengthen their large muscles. **They learn it by** developing walking, running jumping, dancing and stretching skills

Preschool A

Caring Matters, a curricular component of *The World at Their Fingertips*, guides children's experiences to promote the use of positive language with peers, to continue to develop social-emotional skills, and to receive positive guidance that helps children both foster the ability to initiate interactions and exhibit self-control. During open center time, Ledger, Brandon, and Miguell found a stack of books and magazines near the cozy cube. The three boys sat next to each other "reading" and talked about what they did the night before. When the Preschool A children begin to develop friendships, they learn to play with one or two preferred playmates'. They learn it by building with blocks, playing outdoors, or engaging in other activities with one or two peers.



Preschool B

Science Rocks when the preschoolers use scientific inquiry to discover what's in the box! Mrs. Sam placed an object in the box then had 2 classmates come up to answer open-ended questions to figure out what they were feeling. William and Chanse worked together! They said it was soft and fuzzy – it was a feather! When the children participate in these types of activities, **they learn to** develop hypotheses and conclusions. **They learn it by** hearing and responding to open-ended questions posed to them through the day and during activities.



Kindergarten Prep

The Kindergarten Prep children were *Art Smart* when they painted with combs. The children placed a dot of paint, which corresponded with the colors of the rainbow, one on side of their paper. Next they each picked a comb and used it to create a blended rainbow with the teeth of the comb. When the Kindergarten Prep children participate in visual art activities, **they learn to** purposefully choose art tools and materials to achieve desired outcomes. **They learn it by** using varied materials and tools, such as scissors, clay, watercolors, tempera paint, paintbrushes, or even combs.



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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Bright Horizons at USAA CDC

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

