



Lessons in Gratitude for Kids

As parents, we want to raise generous and gracious children. Learn how to encourage an attitude of gratitude in your child.

Gratitude, the mindset of acknowledging the goodness in our lives, can be a powerful antidote to daily stress, according to Harvard University. Researchers have found that study participants who actively expressed gratitude experienced more positive emotional and physical well-being than other study participants. Even young children are capable of graciously giving and receiving, and learn through direct experiences, conversations, and modeling from adults. Chances are, you're probably already teaching your child this skill and don't even realize it.

8 Ways to Teach Kids Gratitude

Express gratitude. Children are very sensitive to our reactions. When you receive a gift from your child, whether it is a piece of a cookie or an awkward looking napkin holder with pieces falling off, thank your child profusely. How you react to your child's acts of kindness impacts development around gratitude. And, let your child see you thanking others, too, such as the clerk at the grocery store or the person who cuts your grass.

Talk about what you liked best about your day. At dinner, each family member shares something good about their day. This practice helps focus attention on the wonderful lives we get to lead and helps encourage gratefulness.

Be generous with your time. The biggest gift you can give your child is quality time together. A child who gets to spend time with a parent will feel special and cared for. This typically leads towards gracious attitudes with others.

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FROM THE WEB

10 Common Childhood Illnesses and Their Treatments

(American Academy of Pediatrics)

PRODUCT RECALLS FROM CPSC

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



VIDEO CLASSES & WEBINARS ON PARENTING TOPICS

Growing Readers



Mary Wears What She Wants Written and Illustrated by Keith Negley

This book highlights being who you are and not letting clothes define or limit your boundaries. Mary wanted to wear pants at a time when women only wore dresses. This true story of Mary Edwards Walker, a doctor in the 1800's encourages readers to be independent thinkers and inspires them to do what makes them happy, no matter if it's not the norm.

[Check out the current issue of the Bright Horizons Growing Readers Review.](#)



Infants

Science Rocks: Infants explore the sand in the sensory table. Fine motor skills and hand eye coordination are developed as children manipulate the cups, scoops and spoons. The properties of sand are investigated as it pours through fingers and sifters.



Toddlers

Math Counts: Toddlers work with the small wooden cubes. They used tools (tongs) to pick up and move the blocks, attempting to stack and line them up. The numbers and colors on the blocks provided opportunities to discuss numbers and to classify blocks according to characteristics. As they stacked blocks, the teachers count and quantify the number of cubes.



Twos

Science Rocks, Well Aware: After working to put on their outdoor winter clothes, the Twos class explored the snow outside. The layer of snow on the grass allowed children to make tracks as they trekked over the small hill in their boots. They also discovered a couple of puddles on the sidewalk, creating splashes as they stomped in their boots.



Preschool

STEM: Preschoolers explored the challenge of stacking cups. Together they worked to make structures and towers, carefully stretching to reach the top without knocking over their work. While some choose to stack the cups one on top of another, some children discovered the cups can be staggered.



Kindergarten Prep

Math Counts, Language Works: Kindergarten Prep children were asked to design a gingerbread house. In the math section of their journal, children detailed the shapes used to create their house. Many descriptions included the various materials that they would use and the features of their structures.

Learning in the Outdoors and Nature



“Outdoor learning is every bit as important as traditional classroom elements like center time or group time. There’s always something changing in nature – trees, the leaves, mud, sand, an acorn falling -- if we just observe, ask questions, and grab hold of it.”

- Peggy Gerety, group VP, center operations at Bright Horizons

At Bright Horizons, we know how important outside time and nature learning are for young children. Ample time outdoors has been shown to boost both physical and emotional well-being and is even connected to positive school performance. Childhood experiences with nature build deep emotional and sensory connections that carry into adulthood—forging exactly the types of memories and feelings children need if they are to become conservation-minded adults. While there are times when the weather keeps us indoors, we try to make outdoor time a priority. We deeply appreciate your help in sending warm, durable clothing so children can play outside every day.

The three components of outdoor learning include **outdoor classrooms, nature exploration, and outdoor play**. Through outdoor classrooms, learning is extended to the world. Many of the activities and projects your child enjoys indoors, such as science, art, music, and building, can be done outside.

Through nature exploration, children develop deep connections with animals, plants, and the earth. In your child’s classroom, you might see natural materials, such as leaves, pods, seeds, sticks, stones, shells, or feathers, used indoors and out for a variety of purposes. You might notice books and images featuring the natural world or projects devoted to the study of nature. Children learn about plants, composting, and conservation through gardening projects and our Garden Works curriculum element. They begin to understand the scientific method as they observe and question topics like weather, properties of matter, and basic physics principles.

And through outdoor play, children take risks, test their strength, and build healthy minds and bodies. We know that children need time outdoors every day for active play. This might be playing a game of tag or jumping from rocks and stumps. It might be movement or mindfulness activities from our *Well Aware* curriculum element or a walk through the neighborhood.

Find the Latest Growing Readers 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. In case you missed it, the quarterly Growing Readers Review is now online!

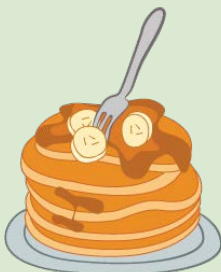
This issue's featured Bright Horizons Book of Excellence Award winner is *Game Changers: The Story of Venus and Serena Williams*, which showcases two influential women athletes. For more about this book and the rest of this issue's book selections, visit brighthouse.com/growingreaders.

Teach. Play. Love. Featured Podcast Episode Build Healthy Habits Early

Healthy eating is an important part of your child's development. Nutrition impacts energy and brain function, so building healthy habits early on is key. But high cost and low availability of some foods, busy schedules, and picky eaters can throw a wrench in your healthy plans. Hear from Rachel Robertson, education and development vice president, and Ruth Fidino, senior education advisor, as they discuss how to make healthy eating fun, easy, and accessible.

Episode 13: Build Healthy Habits Early - brighthouse.com/bhpodcastEp13

You can listen to this episode on [Spotify](#), [Apple](#), [Google](#), and [Stitcher](#).



Cooking with School-Age Children

This is the age when children often really enjoy helping parents cook, planning menus and helping in the kitchen. Try activities such as:

- ▶ Pancakes or waffles (from either a mix or from scratch)
- ▶ Tuna or pasta salad
- ▶ Macaroni and cheese
- ▶ Cookies: allow your child to roll out the dough, use cookie cutters, make free-form shapes, and decorate before or after baking
- ▶ Sandwiches with lettuce, tomato, or another vegetable



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