



## BRIGHT HORIZONS AT Little Hands

### Cook Appreciation Month

Bright Horizons participated in Project Gratitude. As part of this project, we celebrated our cook, Mr. Nicolas. Each day a different classroom took the time to show their appreciation for all he does.



### Happy Veterans Day

The preschool children enjoyed a special visit from military member Joe Disclafani. The children learned what his job is and explored some of his equipment.



### Important Dates

December 2- Maryville Holiday Party

December 7- Last Day for Maryville Donations

December 21- First Day of Winter

December 25- Center Closed

December 26, 27, 28- School-Age Days

### Reasons to Celebrate

December 9- Jessica's Birthday (Infant Teacher)

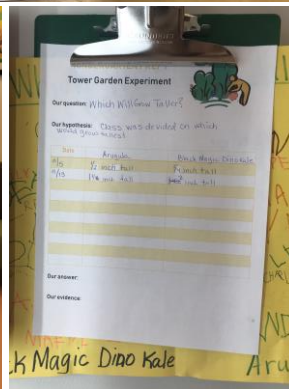
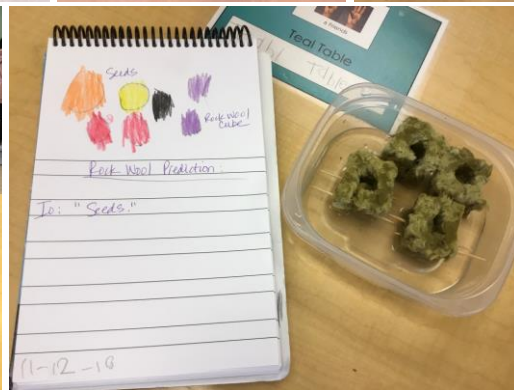
December 11- Sarah's 1 Year Anniversary  
(Support Teacher)

December 18- Lillian's Birthday (Kindergarten  
Teacher)

December 20- Diana's 1 Year Anniversary  
(Support Teacher)

December 26- Jennifer's 1 Year Anniversary  
(Infant Teacher)

We are very excited to announce our indoor Garden Works center in the core for classroom use! We have a hydroponics system and each classroom has their own experiment which they are running as well as clipboards to track their data. We are growing things such as lettuce, basil, tomatoes, kale, bok choy and rainbow chard.





# LIGHT AND SHADOW PROJECT

Bright Horizons has implemented a Project Challenge: *Light and Shadow Exploration!* All of the age groups have been expressing creativity through light and shadow activities. The Infant classrooms have been exploring baby flashlights which reflect various colors as well as creating shadow puppets on the walls.



## 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.brighthouse.com/family-resources/podcasts/making-work-life-fit>

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