

Bright Horizons at Staples News

From the Interim Director

The yummy smell of sun block, very fun sun hats and the totally cool swim wear tell us that summer is officially here!!!! YEAH!

Our Parade was held on June 30, I hope everyone had a chance to stop by to see their little ones in their red, white and blue gear.

I hope that everyone has gotten a chance to look over our center summer calendar it is full of fun activities and dress up days. Last year Ms Patti did cooking and the children and teachers really seemed to enjoy it so we will continue it this year too! She started off last week making smoothies! Check it out on the - what in the worlds-. She will be cooking on Thursdays!

Our regularly scheduled yoga classes are going to switch around from time to time throughout the summer... Teacher Checka is vacationing in July and also having family visit for a bit. So her typical 2 days in July have been rescheduled. She was here on Tuesday June 28 for the 1, 2, 3 side and she will be here on July 14 (which is a Thursday) for the 4, 5, 6 side.

What a great month we are going to have!

Remember to look at your Summer Calendar to keep track of daily events and activities! ☺

Important Dates

July 4 – Center Closed

July 5 – Pizza Day (Tuesday)

July 14 – Yoga for the 4,5,6 side / Center Parent meeting 12-1 (conference call)

July 15 Pajama Day

July 17 – Silly Winter in July day, dress up in winter gear

July 25 Jennifer Morse First Day

July 29- Dress up Beach gear!

Reasons to Celebrate

Summer is here; Check out our Summer Calendar to see the fun activities.

"And at the end of the day your feet should be dirty, your hair messy and your eyes sparkling."

Bright Horizons at Staples

600 Staples Drive, Framingham, MA 01702

508-253-0555 | staples@brighthorizons.com

Monday through Friday 7-6



CLASSROOM HIGHLIGHTS

Kindergarten Prep Graduation

Our Kindergarten Prep classrooms have graduated the program and are heading to Kindergarten! The Graduation ceremony was held on June 10, 2016 at 4pm for family and friends. It was a fun filled afternoon with special songs and video memories shared by the children. It will be a day remembered by all!



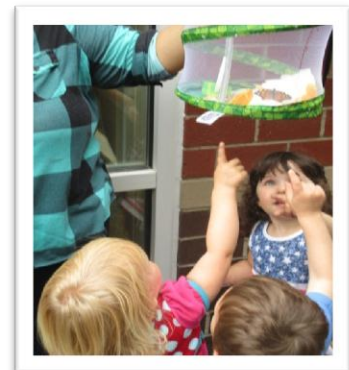
Kindergarten Graduation

On June 17, 2016 our Kindergarten class had their graduation ceremony! The children and families were very excited about the big event. Kindergarten performed the song *The Best Time Of My Life* to open the ceremony. After Ms Kaitlyn gave the diplomas to her students, they sat together to watch a video of their year. The festivities ended with cupcakes enjoyed by all. Good Luck to our graduates!



Science Rocks / Projections; Caterpillar to Butterfly

The classrooms received live butterfly kits for a science rocks/projection experience and to allow the children to learn all about the ever-changing caterpillar and the butterfly's life cycle. The children were able to watch the caterpillars eat, grow, and emerge into Butterflies!



Summer Kickoff Party

We kicked off summer on Friday June 24. I hope you were able to stop by for a slice of watermelon, goldfish and lemonade!

The children were able to explore bubbles and also dance in them too. We are ready for summer!



READY FOR SCHOOL NEWS

First Things First

Increasingly, parents are feeling the pinch of the “perfect parent” myth. Social media, and other sources, tend to portray only our ideal family moments, making us vulnerable to discouragement and the trap of comparisons and judgements. There is also so much parenting information available with a click of a button that parents feel overwhelmed with the “right” way to parent. We face impossible expectations to be all and do all every moment of every day.

Do these feelings sound familiar? If so, it's time to step back and reflect on what children really need. Focus on these things first. Feel confident in your parenting. Find what breathes peace and joy into your home life. Here are some thoughts on what children really need to thrive:

- **Safety.** Children need to be safe from serious harm. This doesn't mean we need to become hyper-vigilant, protecting children from every potential scrape or bruise. There actually is some value in allowing children to take risks, which can build self-confidence and resilience. We must use common sense in assessing situations, creating an environment that is neither negligent nor too restrictive.
- **Time.** This is a gift in our busy, hectic world. Look for ways to carve out unhurried or larger chunks of time to do what your family loves. How much time, and the activities, vary from family to family, but try to keep it simple and offer your children intentional, focused attention.
- **A larger view.** Children need adults that expose them to beauty, truth, and wisdom. This happens when parents share beautiful and inspiring children's literature, lovely art, music, dance, poetry, and the natural world. Life is more than the three Rs, a test score, or preparation for some future career and income.
- **Joyful adults.** Children can't understand every complexity of the adult world, but they're very intuitive about the emotional energy of adults. Children often internalize an adult's feelings of stress or anger, assuming these feelings are directed at or caused by them. Of course, life is often unavoidably stressful. The trick is to communicate clearly with children, treating them with kindness and assuring them that they are not the problem, while handling life's frustrations appropriately.

Of course, each parent will implement these four ideas in ways that are unique to his or her personality, community, and family. As you consistently incorporate these ideas into your home life, you can feel confident that even on an “off” day, your child is getting what he or she needs.

Hot Weather: Children in Cars

We're all thrilled that summer is here and we are all getting out more. However, please remember, a child should not be left alone in a car, not even for a minute, during hot weather. Young children are at higher risk for heat-related illness and injury than adults. This is because their bodies make more heat relative to their size, and their ability to cool through sweating is not as developed as adults.

BRIGHT HORIZONS NEWS

Brand New Bright Horizons Radio Station on Pandora!

As a Bright Horizons parent, you know how important family partnership is to us. We're excited to announce Bright Horizons Radio® on Pandora®, as a new resource for parents who want easy access to quality children's music that the whole family can enjoy.

Visit: www.pandora.com/brighthorizonsradio to launch the station.



Protecting Your Children from Bug Bites

Spending time outdoors in the summer is something we look forward to but with this, come the insects. At Bright Horizons, protecting children from bugs while outdoors is of primary concern. To do so, we recommend the following:

- Provide your center with insect repellant for your child. This will be applied according to the directions on the label; if you want it applied more often, please provide authorization from your child's medical provider.
- The Sunscreen and Insect Repellant Permission form, which allows us to apply these lotions, is available in the office.
- Dress children in clothing that covers arms & legs.
- Avoid dressing your child in bright colors and floral patterns. When possible, choose clothing made with thicker fabric as mosquitos can bite through thin cloth.

Let your friends know about our upcoming webinar!



Quality Early Education: Choosing What's Best for Your Child
August 2nd – 2:00 PM EST

Finding the best child care and early education program is a big decision, and with so many options out there, it can be hard for parents to choose. Join **Bright Horizons®** and the National Association for the Education of Young Children (NAEYC) for a guide through your choices and expert tips on what to look for in a quality early childhood education program so you can select the right experience for your child.

Register: <http://event.on24.com/wcc/r/1200984/0663655BC279A8A50771829E8A8CDCFA?partnerref=ParentNews>

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