

Bright Horizons News

April 2013



From the Director

Our first Family Partnership Meeting was a success! Thank you to all the families that attended. It was nice to come together to discuss the successes of the center and also imminent goals. Together, we brainstormed about family events that take place within our community, enrichment programs we would like to offer and ideas for our upcoming Faculty Appreciation Month (May).

Our next Family Partnership Meeting will be held on Wednesday April 17th at 5:15pm. This meeting will be focused on finalizing our fun calendar of events for Faculty Appreciation! Please let me know if you are able to attend.

The teachers are looking forward to May!

From the Nurse

Recently there has been an increase in media discussion regarding infant feedings and when to initiate solid foods. A study in the April, 2013 issue of Pediatrics, "Prevalence and Reasons for Introducing Infants Early to Solid Foods: Variations by Milk Feeding Type," (published online March 25) shed light on some of the most common reasons for early introduction of solid food as well as differences among formula fed vs. breastfed infants. The study found that 40.4 percent of parents introduced solid foods before 4 months, with the highest percentage among the formula-fed infants (52.7 percent) and the lowest percentage among the breastfed infants (24.3 percent). This study is disconcerting for a number of reasons. Babies' bodies are not yet prepared for the digestion of solid foods, and early introduction may increase the risk of some chronic diseases. It can also mean that the many benefits of breastfeeding are cut short. Bright Horizons' Infant Feeding Policy is based on the AAP recommendations stating that appropriate solid foods may be introduced no sooner than when the child has reached the age of four months, but preferably six months and as indicated by the individual child's nutritional and developmental needs.

Important Dates

April 15-19, 2013 – Week of the Young Child

April 17, 2013 – Family Partnership Meeting

April 25, 2013 – Tuition is Due!

Reasons to Celebrate

Week of the Young Child

April 14th – 20th, 2013

"Early Years are Learning Years"

This is an annual celebration sponsored by NAEYC. The purpose of this week is to focus public attention on the needs of young children and their families and to recognize the Early Childhood programs and services that meet those needs. To celebrate we will have activities planned for each day this week!

April 14th – 20th, 2013

Classroom Highlights



Infants

Babies are born scientists! They are programmed to investigate, experiment, and discover how the world works. Our *Science Rocks* curriculum helps infants begin the process of discovery. Within this curriculum, teachers provide a sensory –rich environment with a range of objects and materials to manipulate that promote a spirit of inquiry and curiosity. The teachers in Infant 2 recently filled the sensory table with flour and an array of objects for the children to feel, scoop, fill and dump.

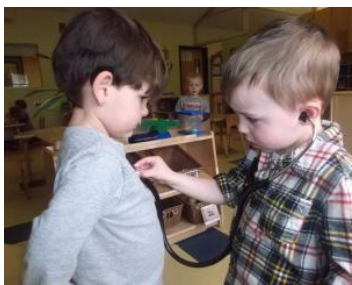


Toddlers

Language in the toddler room is starting to flourish! The teachers provide an environment that encourages the toddlers to progress toward achieving developmental milestones. Through *Language Works* teachers help guide the road to literacy, fostering a love of books through stories read aloud and expanding speaking and understanding. These skills will be needed for the first steps toward pre-reading and pre-writing. After reading the story [Go Away Big Green Monster](#) over and over the teachers made the flannel board pieces for the children to reenact the story. Some of the children were able to retell the story while manipulating the pieces!

Twos

Children learn through imitation and repetition. A child's brain is actually "wired" to encourage the repetition of patterns and experiences that ultimately develop strong neural pathways in the brain that become highways of learning. Games for children which stimulate memory skills aid in brain development and improved cognition. As an activity for *Math Counts*, the teachers created a Brown Bear Brown Bear memory/matching game. Not only was this terrific for math skills but it also tied into *Language Works*.



Preschool

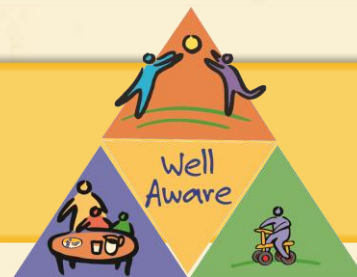
Science is part of everything children do each day. Preschool children are constantly engaged in research and experimentation. In the preschool program, the teachers carefully plan science experiences that not only introduce scientific concepts and facts, but also nurture curiosity, wonder, engagement with the natural world and critical thinking - all essential skills needed for success in school and life. The preschool teachers incorporated science into a recent group time. The children used Miss Kelly's stethoscope to listen to each others heart beat. They talked about and compared the sounds they heard.

Kindergarten Prep

As children grow, their ability to engage in complex projects increases, paving the way for exciting, inspired, and meaningful artistic endeavors. In Kindergarten Prep the children are introduced to increasingly complex artistic experiences that enhance development in many domains. The Kindergarten Prep children recently studied the famous Italian painter Leonardo DiVinci. They spent some time discussing his portrait The Mona Lisa and then recreated it in the *Art Smart* area. The teachers challenged the children to solve the age old question...Who is the Mona Lisa?



Well Aware



This article was written in conjunction with [Partnership for a Healthier America](#) (PHA)

How should parents introduce new healthy foods to their children?

That's one of the most common questions our childhood wellness experts hear. Even if you know exactly what to feed your children, getting them to actually eat it can be a challenge. And, especially for busy parents, it's hard finding the time to prepare a wholesome snack, let alone put an entire dinner on the table.

The good news though, is that the helpful and healthful resources available to families are only getting better.



Here in the Bright Horizons community, we hosted a webinar last year on *Growing a Healthy Eater*, which is [available for parents to watch any time](#). It's full of suggestions for creating nutritious snacks and meals for even the pickiest eaters. It also features a guest expert from the Partnership for a Healthier America (PHA), which works with the private sector and its honorary chair First Lady Michelle Obama to end the childhood obesity epidemic.

One of the webinar's takeaway tips is to introduce your children to only one new healthy food at a time, and mix in other long-time favorites. Providing a sense of comfort when kids try foods for the first time will encourage them to take a bite of something new and different and also foster an appreciation for exploring healthy choices throughout their lives. This is something we strive to do in our programs, as we build lifelong healthy eating habits.

For parents, this kitchen table tactic is now a whole lot easier thanks to another resource that PHA just launched – or should we say pinned? The [MyPlate Recipes](#) page on Pinterest features tons of recipes from America's favorite cookeries – like Better Homes and Gardens, Bon Appétit, Family Circle, the Food Network, Good Housekeeping, Gourmet and Real Simple. Most of the recipes combine classic comfort foods with healthier ingredients to create delicious dishes that are more likely to entice the smallest diners at the table. Plus, the meals are rich in the nutrients that growing bodies need – in fact, the best part of MyPlate Recipes is that the whole collection was inspired by the USDA's nutritional guidelines. Parents can rest assured that every pinned dish can fit into a wholesome family meal plan.

Want to introduce your kids to a new fruit?

Try the [Vanilla-Date Breakfast Smoothie](#) on the [Breakfast board](#) or [Blueberry Pudding](#) from the [Food Group: Dairy board](#).

Need to stir up excitement over vegetables?

Try [Browned Butter Gnocchi with Broccoli and Nuts](#) from the [Kid-Friendly Meals board](#) or [Sicilian Cauliflower Pasta](#) on the [Quick & Easy Meals board](#).

Or how about something completely novel?

Try the [Zucchini-Pineapple Quick Bread](#) from the [Prep Now, Eat Later board](#) or the [Bulgur Veggie Burgers with Lime Mayonnaise](#) from the [For the Grill board](#).

Find these culinary creations and countless more pinned to [MyPlate Recipes](#). You can also learn more about the recommended food groups and healthy behaviors your family can adopt by checking out the [What's MyPlate All About? board](#).

Because Bright Horizons joins PHA in their commitment to the health and wellness of the children in our care, each center and school has recently received an additional resource, [Healthy Children, Healthy Lives: The Wellness Guide for Early Childhood Programs](#), a book co-authored by our Director of Education and Development, Rachel Robertson. It's a one-stop shop for information on every wellness issue, including how to foster a love of healthy food from the start. It's just another way we are promoting lifelong healthy development at Bright Horizons.

For more tips and resources on eating right and staying healthy visit [PHA](#) and [Bright Horizons](#) online.

Bright Horizons News



Well Aware: Building the Foundation for a Lifetime of Healthy Habits

Promoting physical development and wellness is a fundamental responsibility of any high-quality early childhood program. At Bright Horizons we take that responsibility seriously, and developed the *Well Aware* curriculum to foster positive attitudes toward healthy living through experiences, activities and interactions with caring adults. Teachers implement *Well Aware* on a daily basis with activities that help develop children's physical fitness and promote an understanding of how food, exercise, and healthy choices impact our lives.



In addition to learning about nutrition and developing physical fitness, *Well Aware* incorporates Bright Horizons' health and safety practices—teaching children about the importance of making healthy and safe decisions. Proper hygiene, eliminating germs, preparing healthy foods, and adhering to safety rules are integral parts of *Well Aware* that are introduced to children of all age levels in developmentally-appropriate ways.

Through the *Well Aware* curriculum, we strive to help children develop healthy habits that contribute to their overall well-being and set them on the path for future success. Our goal is to empower children with the knowledge to make increasingly independent, healthy choices to prepare them for success in school and life.

JOIN US to Experience Well Aware in Action:

Stay tuned for more information about our *Well Aware Open House* this spring to experience how we make health and wellness fun and exciting for your child. Our *Well Aware Open House* is an opportunity for you to:

- See the skills your child is developing each day to stay healthy
- Participate in *Well Aware*-themed activities with your child & your child's teachers
- Learn more about Bright Horizons' health and safety practices
- Take part in our *Movement Matters Family Fitness Challenge* (and win prizes!)
- Enjoy healthy snacks and refreshments
- Spend time with other families at our center

Connect with Bright Horizons

