

Bright Horizons at Long Ridge

Garden Party

A beautiful spring evening was enjoyed by all who attended the Garden Party and Silent Art Auction. Families joined with their children in planting our summer garden, movement activities, enjoyed healthy snacks and participated in arts & crafts.



Father's Day Celebration

Our dads joined us as we celebrated Father's Day and spent time with their children playing games, building with blocks and enjoying snack together.



Bright Horizons at Long Ridge

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Important Dates

The center is closed July 4th –
Independence Day!

Visits:

Amazing Andy Magic Show - June 30

Bruce Museum Visit - July 12

Puppet Sing - Along - July 20

Mad Science - July 26

Summer Camp Adventures

Summer is a beautiful time for our children to explore and discover the world around them through fun summer activities!

On June 20, we started our summer camp with discovering nature through sculpting, making sensory bottles, leaf rubbings, gardening, and nature walk. Every week the children will explore different topics and visits that are highlighted in our summer camp calendar; they will have splash days, and Ice cream Thursdays!

Happy Birthday!

Evan B - 7/2

Penelope B - 7/17

Olivia G - 7/21

Benjamin V - 7/30

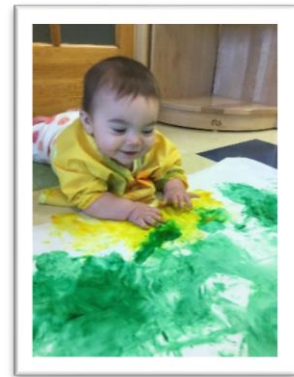
Miss Kristina - 7/22

Mr. Carlos - 7/14

CLASSROOM HIGHLIGHTS

Infant

Our babies explored different textures and colors through an artistic experience that engaged them in hand and arm painting!! They smiled and giggled while touching and feeling the paint, moving their hands and arms to create a beautiful masterpiece on a large paper.



Toddler

We found an artsy way to use the slide and enjoyed our giant slide painting. Our little artists explored different colors while squirting water paint from bottles on paper the length of the slide. They painted from the top and bottom of the slide. The children practiced their fine motor skills while squeezing spray bottles and pouring paint from bottles over their paper.



Preschool

Preschoolers learned about volcanoes. After reading "Volcanos" by National Geographic Kids we had a group discussion on what volcanoes are made of. To expand children's interests, we created our own volcano out of playdough. For a "volcano eruption" experiment, the children were encouraged to use eye droppers, vinegar and baking soda. They were excited to see all the bubbles and asked "let's make more"!



School Age

Our campers kicked off summer camp with exciting projects and experiments on Mythical Creatures that involved great stories and learning about the art of storytelling. Together they created their version of a mythical creature which was followed by designing their own mythical city.



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 repellent 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 Repellent 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 mosquitoes 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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