

# Lawrenceville Ledger

March 2015



## From the Director

We hope everyone stayed warm throughout February's cold weather and snow!

The children all stayed warm and cozy as they cuddled up with good books in the Growing Readers room. Here, they have the opportunity to explore a variety of books, flannel board stories, listen to books on CD, and interact with puppets. It's a great way for the children to gain an appreciation of literature and enhance their verbal skills, as well.

Looking forward, we hope to see warmer days! Before we know it, Spring will be here and the children are eager to get outside and begin planting with the GardenWorks program. They cannot wait to brush off the snow from the planting pots and watch the flowers once again come to life!

We also continue to enjoy playing indoors with Justin's Jr. Sports. The children have been strengthening their gross motor skills through jumping, tumbling, and participating in a variety of sports.

## Important Dates

*March 2 – Happy Birthday Dr. Seuss!*

*March 3 – Parent Partnership Meeting 12:15pm*

*Monday's, March 3 through 30 – Justin's Jr. Sports*

*March 8 – Daylight Savings Time*

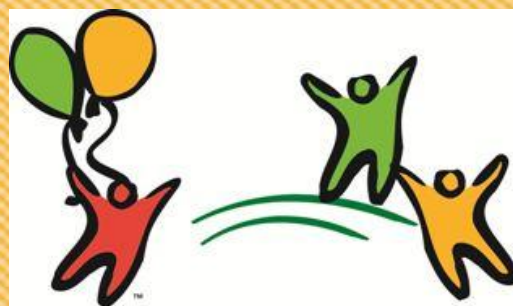
*March 12 – Potty Learning Workshop 12:15pm*

*March 20 – First Day of Spring*

*March 22 – Happy 16<sup>th</sup> Birthday CDC!*

*March 24 – Parent Webinar: Ready for School*

**Happy 16<sup>th</sup> Birthday to the Child Development Center for BMS!**



## Connect with Bright Horizons



# Our World



## Infants

Teachers encourage a baby's natural sense of curiosity by guiding his exploration of the world around him. Throughout the day, activities such as gazing in a mirror, sitting near friends during song time, sharing a quiet moment with a caregiver, or exploring a grassy hill with fingers and toes expose babies to experiences that promote an awareness of self and others while engaging in the natural world.



## Toddlers

Teachers model respect and encourage children to reflect on themselves, their peers, and the world they live in. Daily activities like watering flowers, viewing diverse family photos, turning off the lights when not in use, and playing with differently-abled figurines help children begin to step outside their own boundaries and to embrace important concepts such as acceptance, appreciation of diversity, stewardship of the environment, and personal responsibility.

## Preschool

The World at Their Fingertips curriculum presents unique experiences to help children understand the diverse and global world they inhabit, enhancing their sense of responsibility and compassion for people here and abroad. Teachers cultivate the development of these important competencies through modeling and activities, and by creating a preschool environment that is respectful and diverse.



## Kindergarten Prep

Teachers provide diverse and engaging opportunities for children to expand their knowledge in subjects like beginning anthropology, sociology, geography, and civics. Lessons in these concepts are hands-on: children might invite a zoologist to the classroom to tell stories; plan and implement a blanket drive for a local shelter; or plant a tree on the playground and care for it each day. Kindergarten children learn to deepen their understanding of themselves and others as they build essential life skills such as emotional intelligence and compassion.





## READY for SCHOOL Parent News: Caring Matters- Building Healthy Social-Emotional Growth

At Bright Horizons, we take a holistic view of children's development. We recognize that every area of a child's development – from literacy skills to motor skills to social-emotional growth – is important. *Caring Matters*, our curriculum for social-emotional development, offers teachers a solid, research-based program for nurturing children and fostering the skills they need to communicate with others, establish and maintain relationships, and identify and express emotions.

*Caring Matters* is based on both the classic work of early childhood theorists, as well as current research on children's social and emotional growth; in particular, we value the work of the Center on Social and Emotional Foundations of Early Learning at Vanderbilt University and noted expert, Dan Gartrell. Below you'll find information on some of the most important components of the *Caring Matters* curriculum:

### Nurturing Relationships

Nurturing relationships forms the foundation for children's social and emotional development. At Bright Horizons, we understand that children are most likely to achieve their potential when they feel safe, valued, and respected. We strive to understand each child and each family's strengths, needs, and cultural values. Teachers place special emphasis on "prime times," those moments during the day when teachers can connect with children individually.

### Warm, Comforting Spaces

The next step in fostering healthy social and emotional development is developing an environment that feels safe, comfortable, and engaging. Every Bright Horizons school is unique, with its own design and layout. However, in general, supplies, furniture and equipment are clearly organized so children can use them independently. We use documentation boards and other forms of communication to increase a sense of connection and community. The classroom layout includes both active and quiet spaces to meet children's needs throughout the day.

### Integrated Social Skills Learning

Learning social skills is a process that takes years. Children learn social skills through many avenues, such as parent/teacher modeling and real-life learning with other children. Our *Caring Matters* curriculum offers teachers an added resource with ideas and solutions for teaching social skills directly to children. Teachers can use puppets, role plays, and many other activities to teach children specific skills, such as asking for help or taking turns. Research shows that children who receive direct social skills teaching show less aggression and do better academically, as well.

### Direct Intervention and Positive Guidance

Being part of a group child care setting provides many daily opportunities for children to learn give and take. Children are still learning how to share, and conflicts are an inevitable part of the day. At Bright Horizons, we view these moments as teaching opportunities. Our *Caring Matters* curriculum offers teachers simple, effective strategies to help children learn the skills they need to work with others. We believe that behavior is communication – a young child's way of expressing his needs and wants. Teachers learn how to respond with caring and kindness, offering children solutions that empower them.

We know that as children enter elementary school, the focus is more on academics than social-emotional development. We believe strongly that the early childhood years are a critical time to build children's social and emotional development. When children feel confident, happy, and valued, they're more likely to reach their full potential throughout their school years and beyond.

# Bright Horizons News



## See How We Prepare Children for Kindergarten – and Beyond!



Each year, Bright Horizons welcomes new families to our Center. And, year after year, we've found that the best way to meet these families is through you!

If you have a friend or family member that might be interested in joining the Bright Horizons family, we would be happy to provide information for you to share with them!

Please see your Center Director for details.

## Join us for the next installment in our Family Matters Webinar Series in March!

*Family Matters*

A Bright Horizons Webinar Series

**School Readiness: Beyond the Basics**  
Coming in March 2015

School readiness is so much more than knowing colors, shapes, and ABCs. It's also about social/emotional development, motor skills, and self-expression—which are especially important during those critical first five years, and can determine how well a child does in school and in life. A school-ready child is engaged, eager to learn, willing and able to follow directions, and happily adjusted to group life in a classroom setting.

The next *Bright Horizons Family Matters* webinar will explore how parents and teachers can work together to shape early experiences that provide the foundational skills for confidence and school success.

Registration details will be available in the next couple weeks. You can sign up to be notified when registrations open by visiting [www.brighthouse.com/schoolready](http://www.brighthouse.com/schoolready).