

Bright Horizons at Wilton News



July 2014

From the Director

Hello everyone!

Welcome to July! The warm (hot) weather is among us, and although we still go outside every day, we do limit our time when the air quality is not safe. We provide lots of water, as well, to keep everyone hydrated.

Summer camp is in full swing! We have been busy travelling the world, exploring dinosaur bones and fossils and “purchasing” ice cream from the home-ade ice cream truck made by the children. We even had a visit with Tom Weber already this summer. He “rocks” our world!

Some of the children have begun water play already, but next week is, “Wet and Wild” week, so please send the children in with labeled bathing suits, towels and water shoes. There are a lot of other water activities that we will be participating in next week, as well. We are looking forward to a fun week!

We will be having a PNO (Parent’s Night Out) on July 17th from 6-8pm. This is a night for all of you to go out and do something fun, either as a group, or on your own, while we are caring for your children. More information to follow.

Happy Summer!

Important Dates

- **Center will be closed Friday, July 4th , In honor of Independence day.**
- **Please remember to apply sunscreen on your child each mornings. Teachers will reapply as needed.**
- **July 23: Family Matters Series webinar**
- **July 25th – Parents are invited to visit our “Wilton Zoo” after 5:00pm.**

Reasons to Celebrate

Happy Birthday!

Caleb Fayek – July 3rd – 2 Years old
Ellie Borocz – July 4th – 2 Years old
William Weis - July 6th – 2 Years old
Avery Stedman – July 6th – 1 Year old
Thomas Mierkiewicz – July 8th – 4 Years old
Stephen Stewart – July 12th – 4 Years old
Carina Berry – July 19th – 3 Years old

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Classroom Highlights



Infants

Our Infant class enjoys “**Language Works**” and uses their early literacy skills. Miss Bunny reads a number book. She points to the pictures and repeats the words, encouraging older babies to mimic the words or sounds. They clap and count for each page. Some babies clap along. There are lots of smiles and happy faces.



Toddlers

Toddler Four uses their creativity through “**Art Smart**”. They read books and look at pictures. Letting their imagination soar, they each make their own flower garden. They used bright colored paints, fat brushes and glued on green Easter grass. Some children dab the brushes on their paper, making dots. Other children smear the paint all around. All together the pictures make a beautiful garden.

Preschool

As part of “**Our World**” and “**Science Rocks**”, Preschool Two children learned about bugs. They read many books and repeated the parts of a bugs body. (Head, thorax, abdomen) All week long they collaborated together to create a giant green grasshopper using recycled materials. Two plastic milk bottles, lots of tape, and a small bowl for the body and head, and six paper rolls as the legs. They named the parts as they put it together and painted it all green.



Kindergarten Prep

Kindergarten Pre children discover the United States of America. Through “**Our World**” they listen and learn about the 50 states. Here some children use their fine muscle control to put together a puzzle of our country. They pointed to our state and said “Here’s Connecticut!” Some children recognized a few other familiar states like Texas, Florida, California, and Michigan.

READY for SCHOOL Parent News--Executive Function: What Is It and How Can I Support Its Development in My Child?

The term, executive function, is an educational buzz word that's getting a lot of attention these days. Executive function has been compared to an air traffic controller in the brain. Through executive function, we manage the myriad complex tasks and challenges facing us daily. Executive function encompasses several skills, such as working memory, inhibitive control, and cognitive flexibility which are defined below.

Working memory refers to the ability to remember important facts or details, and call them up as needed. Through working memory, you remember to pay bills, take your child to a doctor's appointment, or perform tasks at work.

Inhibitive control allows you to make reasonable, measured choices, rather than responding to every whim or desire. You also learn persistence and focus. You clean the house when you'd rather watch television. Inhibitive control allows you to forge strong social relationships. You learn when to "bite your tongue," and when to be honest.

Brain flexibility refers to the ability to change course, admit a mistake, or see another's perspective. Flexible thinking is a necessary skill for any interactive relationship, including school projects, team sports, or assignments at work.

Executive function skills are critical for later success in school and social settings. Teachers sometimes refer to executive function skills as "getting ready to learn" skills, because without these traits, children have difficulty focusing, prioritizing and persisting at a task. Early childhood is the ideal time to boost these skills. Below are a few suggestions for building executive function skills in the early years.

- Establish predictable routines and schedules. Use visuals or charts to help children understand your expectations. Spend time teaching children how to complete simple jobs, such as picking up toys, washing paint brushes, or setting the table at lunch. Learning to follow through and complete tasks helps boost working memory and inhibitive control.
- Play games, such as "Simple Simon," or "Red Light, Green Light." These games teach children to listen and follow directions.
- Offer open-ended toys, such as wooden blocks, to build problem-solving and cognitive flexibility. How many ways can you make a tower?
- Encourage dramatic play activities, such as playing house or playing store. This type of open-ended play boosts problem-solving, language development, and focus. Scaffold play initially for young children by assigning roles or offering props. Say, "I'll be the waiter and you can be the cook. Let's pretend that we're making spaghetti." As children mature, their play becomes more independent, as well as more abstract. Children may assign roles or extend the play over several days. They may also use objects symbolically. For example, a child might use a block to represent a camera.

Resources:

Center on the Developing Child at Harvard University (2011). *Building the Brain's "Air Traffic Control" System: How Early Experiences Shape the Development of Executive Function: Working Paper No. 11*. Retrieved from www.developingchild.harvard.edu

Galinsky, E. (2010) *Mind in the Making*; William Morrow Publishing

Family Matters Series Webinar

Bright Horizons® partnered with Ellen Galinsky, author of the highly acclaimed bestselling book *Mind in the Making* (Harper Collins 2010), to bring families a parenting webinar about executive skill development in young children.

You can watch the recorded webinar at www.brighthouse.com/execwebinar.

Bright Horizons News



Parents Magazine Spotlights Bright Horizons Expert

Bright Horizons was referenced in an article from the July 2014 edition of *Parents Magazine*. In the article, Potty Pressure, Linda Whitehead, Ph.D., vice president of education and development, offers thoughtful tips and advice about how to get your little one on track when it comes to potty prep. Linda advises that although the path to potty training varies from child to child, a little support from parents, teachers—and even from the other students—can go a long way.

Parents

Read the full article at <http://www.brighthorizons.com/pottypressure>.

A separate *Parents Magazine* article features feedback from Dr. Linda Whitehead, where she discusses the benefits of family-style dining. A large part of the Bright Horizons curriculum, family-style dining not only helps children develop healthy eating habits, but also enables children and teachers to enjoy a meal together in a calm, respectful atmosphere. According to Linda, family-style dining also boosts self-confidence, teaches children mathematical concepts and builds fine motor skills.

Read the full article at <http://www.brighthorizons.com/mealstyles>.

SAVE THE DATE: July installment of the Family Matters Webinar Series!

Family Matters

A Bright Horizons Webinar Series

Seize the Summer: Fitness for Busy Families

Presented in collaboration with PHA
Wednesday, July 23, 3:00 pm est

Keep checking www.brighthorizons.com/webinar for the latest information as it becomes available!