

# Bright Horizons at Wilton News

## March 2013



### From the Director

We have missed Miss Alishia while she has been away, and we are very happy to welcome her back to the Center during March. ☺

All of the classes have been busy with many winter themed activities and projects, continuing to build our Center Igloo and exploring the snow that fell both inside in sensory tables and outside on the playground.

With the start of Spring comes the opportunity for many new learning experiences both inside and outside. It is the time for planting seeds and watching things grow, and we are very excited to explore the outdoors and grow plants and vegetables through our GardenWorks curriculum element.

Have a wonderful March!  
Mr. Chris ☺



### Dates to Remember...

- March 10<sup>th</sup> – Daylight Savings Begins
- March 17<sup>th</sup> – St Patrick's Day
- March 20<sup>th</sup> – Spring Begins
- March 25<sup>th</sup> – Passover Begins
- March 29<sup>th</sup> – Good Friday (Center Open as Normal)
- March 31<sup>st</sup> – Easter Sunday

### Welcome!

We welcome several new families to the Center during March:

- Ayden C & Family – Infant 1
- Kathryn L & Family – Infant 2
- Maria P & Family – Preschool 2
- Nick T & Family – Preschool 3

### Links to Use



[www.facebook.com/brighthorizons](http://www.facebook.com/brighthorizons)



[www.twitter.com/brighthorizons](http://www.twitter.com/brighthorizons)



[blogs.brighthorizons.com/momtomom](http://blogs.brighthorizons.com/momtomom)



[www.brighthorizons.com/community](http://www.brighthorizons.com/community)

### Happy Birthday!

- Andrew Z, 5<sup>th</sup> March – 4 yrs
- Annabelle L, 6<sup>th</sup> March – 4 yrs
- Blaine B, 7<sup>th</sup> March – 1 yr
- Natalie C, 8<sup>th</sup> March – 4 yrs
- Ellie W, 18<sup>th</sup> March – 2 yrs
- Graham C, 20<sup>th</sup> March – 11 1yr
- Emily S, 20<sup>th</sup> March – 12 1yr
- Freya C, 30<sup>th</sup> March – T2 – 2 yrs
- Jack C, 30<sup>th</sup> March – T1 – 3 yrs

# Classroom Highlights



## Infants

With the cold weather outside, we wanted the Infants to be able to explore the snow while being safe and warm inside. By filling the Sensory table with snow, the infants were able to explore with their mouths and hands, touching and exploring the snow.

Sensory play like this is the first step of building the skills needed to be a growing scientist who is not afraid to explore and try new things.



## Toddlers

Toddler Two have been thinking about 'Things That Go' throughout February, and worked on building their own class school bus. This extended project touched on Language, Math and Science curriculum areas, and the bus has found a home in the Dramatic Play area!

The bus was a wonderful prop when singing the favorite song 'Wheels on the Bus'.

## Preschool

The Preschool classes explored several different topics throughout February, with Preschool Three focusing on 'people who help us'. The class explored the theme of Firefighters for an extended period, reading books about firefighters and building their own class fire truck. Miss Shannon's father, who is a real firefighter, even gave the class some fire hats and fire badges!



## Pre-Kindergarten

The Pre-K class finished up their month of February with some wonderful Dramatic Play and Storytelling. A winter hat was the inspiration for a whole production of 'The Three Little Pigs' complete with scenery and costumes. The play allowed for the class to work on projects linked to development of Language Works and Art Smart ideas, and after performing their play for the different classes, reviews said the play was a big hit!

# READY for SCHOOL



## Problem Solving

The ability to solve problems independently is an essential life skill. As parents, it is easy (and almost always quicker) for us to try to solve problems for our children. However, giving our child enough uninterrupted time to solve a problem independently or with help is an important skill for success in school and life.

Certainly, there are lots of problems that, due to the busy nature of our lives, can't be solved at the moment or must be solved with help; but when there is the luxury of time, we should take advantage of it.

Some sample problems a preschooler might face:

- Juan has been asked to put his bike away, but he can't seem to get it to fit in the already full storage shed. He pushes other things around, but there still isn't enough space.
- Stephanie wants to make her own peanut butter and jelly sandwich, but the bread tears every time she tries to spread it.
- Darryl wants to buy a new toy he saw at the store, but his mom has told him he will have to save up the money himself.

How can we help preschoolers with these problems and maximize the learning experience?

1. **Understanding the problem:** Allowing plenty of time in the beginning to explore the problem is important. Don't rush in with our own solution too quickly.
2. **Planning how to solve it:** We can play a crucial role by asking open-ended vs. "yes-no" questions. Asking questions like "What could you do to make this work?" and "What other things can you think of?" will be important.
3. **Carrying out the plan:** Many children will want to move quickly to try out solutions. Trial and error learning is useful. We can offer our children chances to try things and make mistakes. Our role will be to help our child reflect as he/she tries things. "Why do you think that didn't work?" "Do you have some other ideas?"
4. **Reviewing the solution:** We can assist the learning process by reflecting on what was tried and how he/she got to that solution. "Which worked better to spread the peanut butter, the plastic knife or the metal knife?" "Did you notice a difference between the white bread and the wheat bread?" It is equally important to reflect on both what didn't work and what did work. At the same time, don't ask too many questions. If your child is ready to move on to a new challenge, allow him or her to do that. The whole problem-solving process may just take a matter of minutes, or it could take quite a bit longer depending on the problem, your child's interest in the problem, and the time available.

Children also learn from watching adults problem-solve. We can model the process as we solve our own problems. "This ground is too hard to dig. I wonder what I could do to help get it softer?"

It is not always possible to take all the time needed for our children to solve simple problems, but when we do have that luxury, take full advantage of the opportunity. You are building skills that will last a lifetime.

# Bright Horizons News



## Bright Horizons Online Community

Have you visited the Bright Horizons Online Community lately? It's a great place for parents and educators to share ideas, get perspectives and ask questions. Lots of moms, dads, teachers and grandparents are getting advice from other families facing similar challenges and successes.

Some of the things they are talking about are:

- When to tell your boss you're pregnant
- How to cope with sibling jealousy
- How to handle potty training set backs
- How to deal with toddler tantrums while shopping
- How to choose the right breast pump
- Kindergarten "redshirting"
- Managing screen time



The Online Community is also on Twitter so there are two great ways you can join in the conversations. Please join us at [www.brighthorizons.com/community](http://www.brighthorizons.com/community) or at [www.twitter.com/CommunityBH](http://www.twitter.com/CommunityBH).

## Parent Webinar Archives

Looking for expert advice on potty training, how to get your child to sleep or how to incorporate volunteerism into your busy schedule? We've partnered with thought leaders in these fields and others to provide you with practical advice and manageable tips. To access any of these fantastic and informative webinars, please visit [www.brighthorizons.com/growing/parent-webinar](http://www.brighthorizons.com/growing/parent-webinar).

### Activity at Home: Starting a Family Garden

Thinking about starting a garden with your child this spring? Seattle's Child has some great tips on where and how to start. <http://www.seattleschild.com/article/starting-a-family-vegetable-garden>