

Bright Horizons at San Jose July 2012

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www.brighthorizons.com/sanjose



TRY THIS AT HOME: Homemade Bubbles

Children of all ages love bubbles and it's quite easy to make your own. Simply mix 1 quart water, 8 tbsp. liquid detergent, 4 tbsp. glycerin, and 2 tsp. sugar. Make a bubble blower by bending a coat hanger into a circle. Try your new bubble solution at the beach or while waiting for an outdoor concert to start!

Summer's Here!



Do you remember your childhood summers? Here are some of our favorite summer memories...

- Riding bikes
- Playing in the sprinklers or on the Slip & Slide in the yard
- Big family get togethers and BBQ's
- Camping and waterskiing at the lake
- Picnics and sand castles at the beach
- Meeting new friends at summer camp
- Family trips to Grandma and Grandpa's house



Summer is here, bring with it opportunities for a family togetherness and downtime. Creating magical summer memories for your children doesn't have to be difficult. Here are some ideas to get you started...

Farmer's Markets (one is located right across the street at Kaiser on Saturdays) are an inexpensive start to a variety of activities and learning opportunities. They often have live music or local artists.

Don't miss the local 4th of July celebrations which will often include parades, music, floats, and dance performances. Families often line up on the curb to watch while the participants may toss hands full of goodies to the crowd.

Better yet, organize your own neighborhood 4th of July parade. Let the children decorate their bikes, wagons or scooters. Do face painting, relay races, and other fun activities. Block off your street with "Caution: Children at Play" signs and let them star in their very own parade.

Help your child set up a neighborhood lemonade stand. Use red cups and wave American flags to encourage customers to stop. You can diversify the children's business by selling red, white and blue snow cones. Let the children decide which charity to donate their proceeds to.

For more fun ideas visit our web site at www.brighthorizons.com/efamily for fun summer activities to do with children of all ages. You can also use our Ready for School activity cards from the Ready for School board in the hallway for additional ideas, language, and activities to do at home with your children.

Important Dates to Note

July 4th

CENTER CLOSED FOR 4TH OF JULY



July 6th at 4:00 pm

Ice Cream Social

July 12th

Waterslide (please bring water attire)

Bike days are every Tuesday & Friday
except for Friday, July 20th

No Bike Day Friday July 20th

Ice Cream Social



New at Bright Horizons at San Jose? Want an opportunity to talk and mingle with your children's classmates' families? Need an opportunity to just hang out and have some ice cream with your child?

Join us on Friday, July 6, 2012 at 4:30 pm on our Preschool Playground for a scoop of refreshing ice cream or sherbet and several toppings to choose from.



Summer Water Play Days

The weather had definitely warmed up. Please make sure your child is dressed appropriately for the warm weather. Many classes will be doing water activities during outdoor times. Please bring swimwear and extra clothes that can stay at the center all week and then be taken home on Fridays to be washed. Closed toe shoes are the safest for your child. Water shoes or water safe sandals are best for water play days. You can leave them in your child's cubby along with swim clothes.



All That We're Learning...



Infants

Outside, the young infants shared many curious expressions with one another as they worked on a few minutes of **Movement Matters** inspired tummy time. The children were encouraged to reach and inch toward items placed just an arm's reach away. As they worked their bodies toward their goals, their arms and abdomens stretched long and their legs kicked up high. These exercises help young infants develop the muscles they need for crawling. While on their tummies, the infants were also encouraged to touch and feel a few of the outdoor textures such as grass, turf, tan bark, sand and cement. As they explored the textures, the teachers helped describe what they were touching – this helps infants expand their vocabulary and link words to real things.

Welcome to our new friend Orion.



Toddler 1

The new toddlers in Toddler 1 engaged in a simple **Science Rocks** challenge. The children were encouraged to 'wash' the connecting blocks using soft, soapy water. Then, they were invited to connect the blocks while still in the bubbly water. The slippery blocks certainly posed a challenge; but nonetheless, the determined toddlers successfully connected a few blocks. This activity helped the toddler develop their persistence as well as their fine motor skills and technique. When young children are successful at completing tasks, they feel a sense of pride in their accomplishments – which, in turn, encourages independence.

Welcome to our newly transitioned friends Oliver, Marcus & Deven!



Toddler 2

During outdoor explorations, the children developed their understanding of the simple **Math Counts** concepts of more, less, full & empty. Using the water table, the children selected from a variety of containers to fill and dump with. Some children practiced filling their neighbor's containers as well. When the children scooped water into the containers, they were provided with the words "fill", "full" and "more". When they emptied their containers, they were provided with the words "less" and "empty."



Twos 1

As the Twos 1 children continue to learn all about the garden through their **Garden Works Projections** topic *The Garden*, they began to explore outdoor gardening. The children prepared a garden bin by watering down the hard dirt and turning the soil with small shovels and tools. Then, they all gathered to plant a variety of summer seeds in the new, softer dirt. After one week of caring for their garden, the children discovered that the seeds began to sprout. They proudly pointed to their green sprouts and chattered about what they thought would be growing.

Welcome to our new friend Andre & returning friends Allie & Sasha!



Twos 2

During a **Language Works** session of circle time, the children sang the song "London Bridge is Falling Down". To their surprise, many children didn't quite understand what a bridge was. This prompted a Science Rocks lesson about large masses of water and the methods we use to get across them. The children used the sensory bin to make a large mass of water and then searched for items they could use to build a bridge. Through trial and error, the children discovered the perfect sized block that could withstand the weight of their cars. They demonstrated much excitement about their accomplishment.

Welcome to our new friend Nicholas and recently transitioned friend Arianni !



All That We're Learning...



Preschool 1



Inspired by contemporary and innovative artists, the Preschool 1 children engaged in contemporary **Art Smart** and designed several artistic pieces using a rather unorthodox painting tool – the handy dandy plunger. The round hollow shape of the plunger left a very unique pattern. The children were very anxious to fill their pages with colored rings. At one point, the children tried to use the plunges to suction their papers... then the table... then the grass. This explorations helped the children learn about the **Science Rocks** concept of suction and the techniques and tricks to suctioning successfully. After this activity, the children were asked, "What else do you think we can use to paint with?" What do you think?

Preschool 2



The children in Preschool 2 are learning about Dinosaurs and prehistoric times. This **Science Rocks** subject lead the group into a discussion about fossils – what fossils are, where they can be found, and what fossils leave in the earth. The children read through many books and reviewed several different pictures of various types of fossils. After discovering some fun facts about fossils, the children attempted to create their very own fossil prints using natural items like seashells, rocks and twigs and a hardening substance composed mainly of water and starch. Once the substance hardened, the children removed their "fossils" to reveal a fossil print.

Welcome to Divya who is joining for the summer and our newly transitioned friends Makenzie, Alana, Kate, Tanisha & Isabella!

Pre-K



The children in Pre-K are also learning about Dinosaurs. In this activity, the children placed crushed ice in a sensory tub, added a few dinosaurs spread throughout, and then piled on more ice. Then, they placed the sensory tub in the freezer overnight. The next day, the children discovered that the ice had melted together and hardened into a big, hard ice rock. Through discussions about **Our World** way back when, the children learned that something similar happened to the dinosaurs that roamed the world. When the weather got really cold during the ice age, many dinosaurs became trapped in ice. Nowadays, professionals called archeologists search for these buried wonders and try to carefully dig them out - just like we did this day. The children tools like tweezers, spoons, brushes, rock salt, droppers and their fine motor skills to gently dig the dinosaurs out.

K-I Summer Camp



The children in the K-I Summer Camp Program experienced their first fieldtrip of the summer. They had the opportunity to go to the Seymour Marine Discovery Center Long Marine Laboratory. The children received a group tour of the coast and the center. They learned about different types of whales, touched whale bones, and received hands-on demonstrations of marine life. The children were very excited to learn about the **Science Rocks** concepts of marine life and participate in the handling of many creatures they do not encounter regularly. They also saw different types of sharks, jellyfish, and other types of seawater fish in aquariums.

Pavilion Summer Camp



The summer campers in the Pavilion group also experienced their first fieldtrip of the summer. They had the opportunity to visit Curi Odyssey – an environmental science and wildlife center. There, the children saw several different ecosystems and learned about the differences of each one. They also learned about, saw and touched several of the creatures that live in the various ecosystems and gardens. The children explored many gadgets composed of complex mazes – they pulled one button on the gadget and found that several components of the contraption were affected. These gadgets inspired the children to think about building contraptions with complex structures of their own. They will use their **Math Counts** and **Science Rocks** skills to create a blueprint plan to build a gadget.



ArtSmart

Summer Art with Your Children

Young children are natural, imaginative artists who have the delightful ability to make ordinary materials interesting. They have boundless curiosity and tremendous creativity. Parents can recognize children as inquisitive creators and provide ways and means for them to express themselves through the arts. Summer is a natural time to enhance this by providing a variety of outdoor art offerings.

Here are some examples of easy summer art experiences that you can enjoy with your children:

- Experiment with clay or different doughs and add outdoor materials such as sand, seeds, soil, rocks, pebbles, twigs, leaves or bark.
- Paint with branches; make rubbings of tree bark. Paint what is seen in the sky or the surrounding areas.
- Make wind chimes out of keys, utensils or other objects that make noise when the wind moves the air; hang your lightweight creations in trees.
- Weave leaves, fabric scraps and ribbons in chain link fences.
- Make prints by laying different objects on colored paper and placing the paper in the sun. Go back a few hours later to see how the paper has changed.

The outdoors lends itself to easy clean up after messier art activities. A few examples include:

- Spray painting: Mix small amounts of food coloring or paint with water in small spray bottles. Then hang a light colored sheet or large rolls of paper on a fence. Your child will enjoy spraying the colored water into the sheet.
- Gadget painting: Inside you might provide combs, utensils, or corks, to use as painting tools, but outside you can provide brooms, mops, fly swatters, or clean toilet plungers!
- Carton painting: Painting large cartons or refrigerator boxes. Children might turn boxes into trains, a tent, store or a barn. Outdoors they can more easily use wide brushes or paint rollers and trays.

The outdoors enables children to experience weather and nature in many forms, as well as the vastness of the sky. It lends itself to larger than life experiences including emotional and physical release, artistic explorations and social interactions. There are many ways for children to interact or release physical and emotional energy through art while outside. Be it sculpture, painting, collage, construction, or moveable art blowing in the wind, the outdoor world is a place that is conducive to creativity - both with the body and the mind. Parents can create and enjoy these outdoor environments with their children - places where bodies can move, while imaginations flourish and a wonderful time is had by all.



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 or at www.twitter.com/CommunityBH.

Parent Webinar Series

Did you miss our last Parent Webinar *Breastfeeding, Working and Pumping: Making it work when you're a working mom?* If you are a new or soon to be mom (even for the second or third time) and are looking for tips and strategies to successfully continue breastfeeding after returning to work, feel free to access the archive by visiting www.brighthorizons.com/growing/parent-webinar.

Stay tuned for more information on our next parent webinar taking place in September. We are thrilled to be offering the advice and expertise of Bright Horizons co-founder Linda Mason on the topic of effective discipline.