

A Great Place for a Childhood

February 2015



From Brandi's Desk

Parent Survey

We have one more week to get 100% participation for the annual parent survey.

Click here for [Parent Satisfaction Survey](#)

Well Aware

Did you know that over 140 adults enter the building two times a day? We all carry germs into the classrooms. The best way to stop the spread of germs is to wash our hands each time we enter the classroom and have our children wash their hands. We also have hand sanitizer dispensers at the front door and near the check out station for adult use.

Summer Camp

Believe it or not, it's time to think about summer. Bright Horizons' updated **Camp Explorations** is a fun and exciting camp designed to meet both children's interests and parent's expectations.

Our **Summer Adventures** camp for Preschool/Kindergarten Prep and **X-treme Summer Fun** camp for School-Age both have focus areas, activities and special events to engage children but with the flexibility our parents need.

Registration information coming soon!



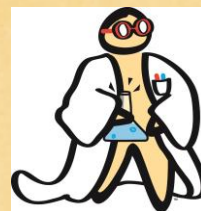
Important Dates

February 6: Last day for parent survey

February 16: Center Closed

February 21: Bright Horizons at Carolina Parent Summer Camp Fair

February 26: STEM Showcase 5:00pm



Reasons to Celebrate

Happy Birthday to...

February 11 Anita (I-2)

Happy Anniversary to...

February 13 DeAntony (9 Years)

Connect with Bright Horizons





See How We Prepare Children for Kindergarten – and Beyond!

Join us Thursday, February, 26th at 5:00pm

AGENDA:

- 5:00 p.m.- 6:00 p.m. Family Dinner hosted by the Afterschool Club children in School Age room
- 5:15 p.m. - Local Kindergarten teachers here for Question and Answer session in School Age
- 5:30 p.m. - 6:30 p.m. Classroom Exploration
(Bring your child to Preschool 1, Preschool 2 and Kindergarten Prep to explore the classrooms, meet the teachers and participate in STEM activities with your child. A great opportunity to explore at your own pace.)

Explore your child's NEXT classroom during our **Preschool & Kindergarten Prep Showcase**. This event offers families the opportunity to get a sneak peek to the next stage of learning with Bright Horizons.

During the event, our teachers will be sharing classroom activities highlighting STEM (Science, Technology, Engineering, & Math) learning, offering ways in which families can extend STEM learning at home with your child.

Our Kindergarten Prep and Preschool Showcase event offers a chance to:

- Experience your child's NEXT classroom
- Engage in activities focused on STEM learning
- Meet with our teachers and be inspired by their love of learning
- Connect with other families in your Bright Horizons community

To learn more about the Kindergarten Prep and Preschool Showcase event at your center, talk to your center director, or child's teacher. We look forward to you joining us during this family event. Be on the lookout for your personal family invitation!

To learn more about our curriculum, check out our Curriculum Guide: www.brighthorizons.com/curriculumguide

READY for SCHOOL Parent News: Building Emotional Intelligence for a Lifetime of Emotional Well-Being

Emotional intelligence, or the ability to process both emotions and thoughts to make optimal choices, begins to develop in early childhood and has profound implications for later life success. Children who have strong emotional intelligence perform better academically in school, are less likely to engage in risky behavior, and have lower incidents of depression or violent behavior later in life, according to a study published in the Archives of Pediatric and Adolescent Medicine.

At Bright Horizons Family Solutions, educating the whole child has always been our mission. We believe that positive, nurturing environments set children on the path to healthy social and emotional growth. Below are a few tips for fostering emotional intelligence:

- **Set a positive example.** Emotional intelligence develops from a combination of environment, relationships, experiences, and biological and genetic traits. When children see adults working out problems, expressing emotions appropriately, and building nurturing relationships, they're more likely to gain those skills themselves.
- **Respond to children's needs promptly.** Young children can't always verbalize their needs and feelings. They may cry, fuss, or even have a meltdown to express hunger, fatigue, fear, or frustration. Responding to a baby's cry doesn't spoil her, but teaches her that the world is a safe place and that she can trust the adults in her life.
- **Help children identify and express their feelings.** Identifying and expressing emotions is part of a healthy emotional response to life. Help children understand that emotions aren't scary or bad, although they can feel powerful. Verbally identify emotional responses and offer solutions. For example, you might say, "You're crying and I can tell you feel really sad and mad that Jessie took your car. I'm going to help you solve this problem."
- **Help children consider someone else's point of view.** Children are naturally somewhat egocentric, so this one takes time and practice, but once children can identify their own emotional responses, they can begin to walk in another's shoes. Label how you're feeling for children and help them begin to think about others' perspective.
- **Set age-appropriate expectations.** Sharing is very hard for toddlers and twos, but as children head into the preschool years, they can begin to learn turn taking with support from caring adults. Help children by modeling the words to use. For example, "Ask Jamal if you can play with the car."

Like every aspect of a child's development, emotional intelligence develops at an individual rate. However, caring adults can support and maximize growth, ensuring a happy, productive future.

--

Hawkins, J. David, Jie Guo, Karl G. Hill, Sara Battin-Pearson, and Robert D. Abbott, "Long-Term Effects of the Seattle Social Development Intervention on School Bonding Trajectories," Applied Developmental Science: Special Issue: Prevention as Altering the Course of Development, Vol. 5, No. 4, 2001, pp. 225-236.

Bright Horizons News



2015 Awards of Excellence—Nominate Someone with HEART!

At Bright Horizons, our *Awards of Excellence* program helps us recognize the extraordinary work, dedication, and passion of our employees. We are pleased to invite you to help us recognize the many wonderful early childhood professionals and other dedicated Bright Horizons employees who show their commitment to children and families each day.

As part of our *Awards of Excellence* recognitions, we honor one teacher from each division of the company with the Janice Hill Award. This prestigious award recognizes teachers who demonstrate dedication and passion for early childhood education. It honors teachers who help to create a positive, nurturing environment for the center or school as a whole. They guide and support their colleagues and model respectful interactions with children and families.

Here's your opportunity to acknowledge those who consistently impress you with their extraordinary efforts! **Nominations may be made through Friday, February 13.** Please take a few moments to help us recognize those who impress, support, and care for us with their excellence each and every day. To learn more, or to submit a nomination, visit our website:

www.brighthorizons.com/awards.

If you have any questions please don't hesitate to reach out to your center/school administration team. Thank you for your time and effort in recognizing outstanding Bright Horizons employees!

Awards of Excellence