

# Bright Horizons at Research Triangle Park News

## From the Director

May will be an exciting month at RTP! We start with inviting our families to participate in Faculty Appreciation Month. Additional information about Faculty Appreciation can be found on page 4.

We are inviting families to help us celebrate our staff every Tuesday & Friday for the Month of May.

**Tuesdays: Parent Participation** (*Weeks 1-4 Flowers, Words of Affirmation, Acts of Service, Child Appreciation, Gift Card Bonanza*)

**Fridays: Meal Days** (*Weeks 1-4 Each program's parents provide lunch for staff*)

May also is the start of our Spring/Summer transitions! Heidi will continue to reach out to families with dates for transitioning. More information on how to help your child with transitions can be found on page 3.

Please see Heidi, Education Coordinator, should you have any questions.

*Khya*

## Important Dates

May is Faculty Appreciation Month!

May 4<sup>th</sup> - Spring Fling 3:30-5:30  
(Scholastic Book Fair during Spring Fling)

May 25 – Kindergarten Prep End of Year Celebration

May 29 – School Closed

## Happy Birthday!

May 3<sup>rd</sup> - Heidi

May 3<sup>rd</sup> - Arti

May 7<sup>th</sup> - Janel

May 16<sup>th</sup> - Khya



## Happy Anniversary!

Sheronda 4 years!

Leiha 2 years!

## Bright Horizons at Research Triangle Park

2352 So Hi Drive, Durham, NC 27703

919-686-0080 | [rtp@brighthouse.com](mailto:rtp@brighthouse.com)

M-F | 7:00 AM to 6:00 PM

# CLASSROOM HIGHLIGHTS

## Week of the Young Child

The Week of the Young Child™ is an annual celebration hosted by the National Association for the Education of Young Children (NAEYC) celebrating early learning, young children, their teachers and families.

This week was a celebration of our youngest learners, birth through age 5! Bright Horizons sponsored Tasty Tuesday! This fun, food-themed day was about more than just cheese and crackers. Cooking together connects math with literacy skills, science, and more. With the rise in childhood obesity, you can encourage healthy nutrition and fitness habits at home and in the classroom.



# READY FOR SCHOOL NEWS

## Transition Tactics

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Change is in the air and spring is finally here. Families are planning vacations and considering camps, and some children will be moving to new classrooms or even to a different school. Children (and many adults) thrive on predictability. The possibility of change often challenges children's sense of safety and security. Transitions are learning times that open doors to new opportunities. Below are tips to help children and parents transition to new experiences.

- **Be aware of your comfort level.** Children are active perceivers. They sense our concern and hesitation, read our every cue and react to adult unspoken emotions. If it's a new classroom, get to know the teachers and learn about the expectations and routines. Once you feel comfortable with the new situation, you will relay the message that this is a safe, fun place.
- **Give children information.** Talk about what is going to happen, where your child will be going, who will be going with them, and what will happen along the way. Be as informative as ages and stages allow. Explain what will be different, mention the fun activities they will be able to do in the new class, and equally important, discuss things that will remain the same.
- **Read books about similar experiences.** Maybe children will be going on an airplane, visiting relatives, enjoying a family vacation, moving to a new classroom, or going off to kindergarten. Reading stories about similar experiences are a dynamic way to familiarize children with upcoming new experiences.
- **Empower children by making them part of the process.** Children don't choose their class placement, but they can decide what color backpack to buy, help plan a new morning ritual, or draw pictures, bake cookies, or collect flowers for the new teachers.
- **Know your child, and realize that each child's response is different.** Children's reactions to transition depend upon their age, temperament and experience; some are cautious while others might embrace it with "Hello world, here I come."

Transitions are family affairs at Bright Horizons. Remember that becoming comfortable in new situations is an ongoing process, not just a single event. Please access the following *eFamily News* articles for more detailed information and support:

- [www.brighthorizons.com/efam-transitions](http://www.brighthorizons.com/efam-transitions)
- [www.brighthorizons.com/movingtotoddlers](http://www.brighthorizons.com/movingtotoddlers)

# TEACHER APPRECIATION

## Make a Teacher's Day!

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The greatest reward a teacher or staff member receives is knowing that they have made a difference in the lives of children and families. Each year Bright Horizons dedicates the month of May as a time to celebrate and recognize all of the teachers and staff who make this such a wonderful place for children and families.

Our teachers, support staff, and leadership team work hard to make our center – and your child's experience here – the very best it can be. Help us celebrate them!

Your thoughts make a difference – and mean a lot to all of us. Take a moment to share any stories, comments, and well wishes for those who touch your family's life each day.

We invite you to visit our Teacher & Staff Appreciation Website at [appreciation.brighthorizons.com](http://appreciation.brighthorizons.com). Here, you can leave a special note of appreciation for your child's teacher or exceptional staff member. The website will be open from May 1st through May 31st.



# BRIGHT HORIZONS NEWS

## Connect with Bright Horizons!

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### The Family Room

On the blog, you'll find parenting tips, advice and tales of work/life challenges – the ordinary and not-so-ordinary moments in the journey of working parenthood.

[blogs.brighthouse.com/familyroom](https://blogs.brighthouse.com/familyroom)



### Facebook

On Bright Horizons' Facebook page, see our curriculum in action, learn about Bright Horizons news & events, and find the latest parenting tips and articles from our bloggers and education experts. *Search Facebook for your local center's Facebook page!*

[www.facebook.com/brighthouse](https://www.facebook.com/brighthouse)



### Instagram

Connect with @BrightHorizons on Instagram to see some of our favorite photos of center activities, pictures shared with us by our families, as well as tips and advice from our education experts and parent bloggers.

[www.instagram.com/brighthouse](https://www.instagram.com/brighthouse)



### Pinterest

On Bright Horizons' Pinterest page, you'll find a whole host of ideas including tips for organizing your home, fun and easy birthday celebration ideas, and activities for growing little learners.

[www.pinterest.com/brighthouse](https://www.pinterest.com/brighthouse)



### Twitter

Bright Horizons (@BrightHorizons) is the official Bright Horizons Family Solutions Twitter handle for company news & working parents/workplace trends.

Follow @BHParenting for parenting & early education news, and live-streams of our parent webinars.

[twitter.com/brighthouse](https://twitter.com/brighthouse) / [twitter.com/BHParenting](https://twitter.com/BHParenting)

**Join us!** Our next parent webinar, ***A Parent's Guide to STEM Education***, is taking place on Tuesday, April 25<sup>th</sup>. Our Social Media Team will be live-tweeting.

Use #BHParentWebinar to join the conversation!

