

Bright Horizons at Teradyne

April 2013 Newsletter



Little Foodies Workshop

Join us on April 10, 2013!

Making your baby's or toddler's food needn't be time consuming or complicated – and it allows you to control the quality of ingredients, taste and freshness. Learn how easy it is to prepare fresh, healthy meals for children – from start to finish.

[Bright Horizons at Teradyne in North Reading](#) is proud to host an educational seminar for parents to learn to make food for babies and toddlers. Meet special guest Seth Fernald, Executive Chef at [Lil Foodie](#).

This engaging workshop will include:

- Information and tips on how to make your own organic baby food
- Understanding the importance of introducing organic foods to your child
- Insights on safe and healthy feedings for your baby
- Learn where organic foods are from, how they're grown and their benefits
- Learn where to buy organic foods and what foods to purchase
- A live demonstration and samples will be available!

About [Lil Foodie](#):

[Lil Foodie](#) is Boston's first fresh, organic baby food delivery service. The company, founded by sisters and childcare professionals Janine, Jessica, and Jocelyn Aston is the first of its kind in Boston. Lil Foodie sources fresh, seasonal ingredients from local farms and employs a professional chef to whip up a pure, healthy concoction for infants to enjoy, delivered directly to parents' doorsteps. For more information about Lil Foodie please visit www.lilfoodieofboston.com

Important Dates

Little Foodies Workshop

Wednesday, April 10, 2013

Week of the Young Child

April 22-26, 2013

Exciting events planned all week long!

Earth Day Celebration

Happy UnBirthday

Safari Breakfast

PJ Party & Movie

Fabulously Fun Friday

Barefoot Books Book Fair

Reasons to Celebrate

Congratulations
to the teachers who will be celebrating
their
Bright Horizons anniversaries during the
month of April:

CJ (Infant 1): 9 years!

Sara P (Toddler 3): 1 year!

Cindy (Preschool 2): 12 years!

Classroom Highlights



Infants

During the month of March, children in the Infant One classroom learned about reptiles, colors and math. Here, an infant is exploring with green paint to make a masterpiece!



Toddlers

In the Toddler Two classroom, children made a carwash in the sensory table where they were able to wash cars and trucks with soap and water. They talked about the bubbles and the types of trucks they used.

Preschool

The children used their scientific inquiry skills as they participated in an experiment using colorful water, strips of paper towels and little plastic cups. Children watched as the paper towel turned colors and eventually crawled all the way down the paper towel into the empty cups below. The children explored early concepts of gravity and color mixing and we were all surprised to find that the red and yellow water traveled faster than the blue.



Kindergarten Prep

As they were learning about fairytales, the Kindergarten Prep class used their creativity and imaginations as they wrote and illustrated our very own classroom fairytale about a polar bear that turns into a bird!



Well Aware



This article was written in conjunction with [Partnership for a Healthier America](#) (PHA)

How should parents introduce new healthy foods to their children?

That's one of the most common questions our childhood wellness experts hear. Even if you know exactly what to feed your children, getting them to actually eat it can be a challenge. And, especially for busy parents, it's hard finding the time to prepare a wholesome snack, let alone put an entire dinner on the table.

The good news though, is that the helpful and healthful resources available to families are only getting better.



Here in the Bright Horizons community, we hosted a webinar last year on *Growing a Healthy Eater*, which is [available for parents to watch any time](#). It's full of suggestions for creating nutritious snacks and meals for even the pickiest eaters. It also features a guest expert from the Partnership for a Healthier America (PHA), which works with the private sector and its honorary chair First Lady Michelle Obama to end the childhood obesity epidemic.

One of the webinar's takeaway tips is to introduce your children to only one new healthy food at a time, and mix in other long-time favorites. Providing a sense of comfort when kids try foods for the first time will encourage them to take a bite of something new and different and also foster an appreciation for exploring healthy choices throughout their lives. This is something we strive to do in our programs, as we build lifelong healthy eating habits.

For parents, this kitchen table tactic is now a whole lot easier thanks to another resource that PHA just launched – or should we say pinned? The [MyPlate Recipes](#) page on Pinterest features tons of recipes from America's favorite cookeries – like Better Homes and Gardens, Bon Appétit, Family Circle, the Food Network, Good Housekeeping, Gourmet and Real Simple. Most of the recipes combine classic comfort foods with healthier ingredients to create delicious dishes that are more likely to entice the smallest diners at the table. Plus, the meals are rich in the nutrients that growing bodies need – in fact, the best part of MyPlate Recipes is that the whole collection was inspired by the USDA's nutritional guidelines. Parents can rest assured that every pinned dish can fit into a wholesome family meal plan.

Want to introduce your kids to a new fruit?

Try the [Vanilla-Date Breakfast Smoothie](#) on the [Breakfast board](#) or [Blueberry Pudding](#) from the [Food Group: Dairy board](#).

Need to stir up excitement over vegetables?

Try [Browned Butter Gnocchi with Broccoli and Nuts](#) from the [Kid-Friendly Meals board](#) or [Sicilian Cauliflower Pasta](#) on the [Quick & Easy Meals board](#).

Or how about something completely novel?

Try the [Zucchini-Pineapple Quick Bread](#) from the [Prep Now, Eat Later board](#) or the [Bulgur Veggie Burgers with Lime Mayonnaise](#) from the [For the Grill board](#).

Find these culinary creations and countless more pinned to [MyPlate Recipes](#). You can also learn more about the recommended food groups and healthy behaviors your family can adopt by checking out the [What's MyPlate All About? board](#).

Because Bright Horizons joins PHA in their commitment to the health and wellness of the children in our care, each center and school has recently received an additional resource, [Healthy Children, Healthy Lives: The Wellness Guide for Early Childhood Programs](#), a book co-authored by our Director of Education and Development, Rachel Robertson. It's a one-stop shop for information on every wellness issue, including how to foster a love of healthy food from the start. It's just another way we are promoting lifelong healthy development at Bright Horizons.

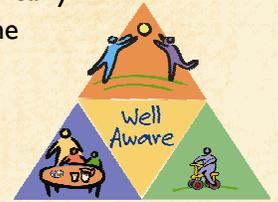
For more tips and resources on eating right and staying healthy visit [PHA](#) and [Bright Horizons](#) online.

Bright Horizons News



Well Aware: Building the Foundation for a Lifetime of Healthy Habits

Promoting physical development and wellness is a fundamental responsibility of any high-quality early childhood program. At Bright Horizons we take that responsibility seriously, and developed the *Well Aware* curriculum to foster positive attitudes toward healthy living through experiences, activities and interactions with caring adults. Teachers implement *Well Aware* on a daily basis with activities that help develop children's physical fitness and promote an understanding of how food, exercise, and healthy choices impact our lives.



In addition to learning about nutrition and developing physical fitness, *Well Aware* incorporates Bright Horizons' health and safety practices—teaching children about the importance of making healthy and safe decisions. Proper hygiene, eliminating germs, preparing healthy foods, and adhering to safety rules are integral parts of *Well Aware* that are introduced to children of all age levels in developmentally-appropriate ways.

Through the *Well Aware* curriculum, we strive to help children develop healthy habits that contribute to their overall well-being and set them on the path for future success. Our goal is to empower children with the knowledge to make increasingly independent, healthy choices to prepare them for success in school and life.

JOIN US to Experience Well Aware in Action:

Stay tuned for more information about our *Well Aware Open House* this spring to experience how we make health and wellness fun and exciting for your child. Our *Well Aware Open House* is an opportunity for you to:

- See the skills your child is developing each day to stay healthy
- Participate in *Well Aware*-themed activities with your child & your child's teachers
- Learn more about Bright Horizons' health and safety practices
- Take part in our *Movement Matters Family Fitness Challenge* (and win prizes!)
- Enjoy healthy snacks and refreshments
- Spend time with other families at our center

Connect with Bright Horizons

