

Bright Horizons at Teele Square News

From the Director

Dear Families,

It is hard to believe that we are already halfway through our summer program!

Our teachers offer many opportunities for engagement on the playground. The garden has flourished these past few weeks. The children are enjoying the fresh taste of mint, basil, lemon balm, rosemary, and much more. They have been helping to water, weed, and even plant these fragrant herbs. The sandbox is full with objects for exploration, such as buckets, tubes, and shovels. Other activities include painting, beading, puzzles, water play, and Lego blocks.

Field trips have also been going wonderfully. From Hodgkins Park to Lexington Street, our older children have been walking to local playgrounds at least twice a week. They sometimes come back a little tired, but always with a big smile on their faces.

See you in the sun!

~HG~

Important Dates

August 30	Last Day of Summer Program Ice Cream Social (4:00 p.m.)
Aug. 31st	School Closed
Sept. 1st	School Closed
Sept. 2nd	School Closed (Teacher Preparation Days)
Sept. 5th	School Closed (Labor Day)

Reasons to Celebrate

As the summer slowly comes to an end, our center would like to invite families to join us in one last celebration. On Tuesday, August 30th, we will be hosting an afternoon **Ice Cream Social**.

Come make your own sundae with lots of ice cream and delicious toppings.



Bright Horizons at Teele Square

165 Holland St., Somerville, MA 02144

617-977-5000 | TeeleSquare@BrightHorizons.com

Monday to Friday; 8:00 a.m. – 5:30 p.m.



Classroom Highlights

Green Group

Green Group has really been growing this past month! This past month we went on two field trips; one to Hodgkins Park and the other to the travelling Farmer's Market outside our building. There we bought fresh vegetables which we ate for snack in the afternoon. While eating, we continued telling the story of Sheila the Fly. Every day, the children decide who or what will be included in the story, and Dene adds another detail to the ongoing adventure. — *Ally*



Red Group

Red Groupers have been enjoying the extra time outside. During water play, they experiment with building water systems using pipes and ramps, logs, sand, wood chips and funnels. They are also very excited to continue working on the treasure boxes which they have been decorating inside. Working together, the Red Groupers have been defining "treasure," and will use the boxes to collect different objects to include in their collections. — *Holly*



Blue Group

Summer is a time for exploration in The Blue Group. Whether it is water play outdoors or assembling human skeletons in the classroom (out of clay and foam), our children are having a blast discovering new things about the world around them. On field trips, they are especially proud to push their physical boundaries. Last week many children reached the top of the large spider-web structure at North Street Park. It was quite a day! — *Lucy*



Kindergarten

The Kindergarten has stayed very busy this July. In addition to visiting local parks and playgrounds each week, we recently took a field trip to the West Somerville library. The children got to explore many new genres of storytelling (including fables, poetry, comic books, and epic narratives such as *Greek Myths* and *Star Wars*). On days when it is too hot to go outside, we spend hours digesting these tales at group and nap time. Our next big adventure will be the Farmer's Market in Davis Square later this week. We cannot wait! — *Patrick*



Summer Exploration



Summer Exploration



Ready for School News

First Things First

Increasingly, parents are feeling the pinch of the “perfect parent” myth. Social media, and other sources, tend to portray only our ideal family moments, making us vulnerable to discouragement and the trap of comparisons and judgements. There is also so much parenting information available with a click of a button that parents feel overwhelmed with the “right” way to parent. We face impossible expectations to be all and do all every moment of every day.

Do these feelings sound familiar? If so, it’s time to step back and reflect on what children really need. Focus on these things first. Feel confident in your parenting. Find what breathes peace and joy into your home life. Here are some thoughts on what children really need to thrive:

Safety. Children need to be safe from serious harm. This doesn’t mean we need to become hyper-vigilant, protecting children from every potential scrape or bruise. There actually is some value in allowing children to take risks, which can build self-confidence and resilience. We must use common sense in assessing situations, creating an environment that is neither negligent nor too restrictive.

Time. This is a gift in our busy, hectic world. Look for ways to carve out unhurried or larger chunks of time to do what your family loves. How much time, and the activities, vary from family to family, but try to keep it simple and offer your children intentional, focused attention.

A larger view. Children need adults that expose them to beauty, truth, and wisdom. This happens when parents share beautiful and inspiring children’s literature, lovely art, music, dance, poetry, and the natural world. Life is more than the three Rs, a test score, or preparation for some future career and income.

Joyful adults. Children can’t understand every complexity of the adult world, but they’re very intuitive about the emotional energy of adults. Children often internalize an adult’s feelings of stress or anger, assuming these feelings are directed at or caused by them. Of course, life is often unavoidably stressful. The trick is to communicate clearly with children, treating them with kindness and assuring them that they are not the problem, while handling life’s frustrations appropriately.

Of course, each parent will implement these four ideas in ways that are unique to his or her personality, community, and family. As you consistently incorporate these ideas into your home life, you can feel confident that even on an “off” day, your child is getting what he or she needs.

Hot Weather: Children in Cars

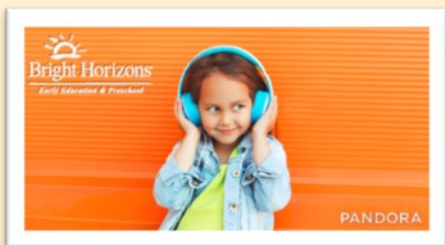
We’re all thrilled that summer is here and we are all getting out more. However, please remember, a child should not be left alone in a car, not even for a minute, during hot weather. Young children are at higher risk for heat-related illness and injury than adults. This is because their bodies make more heat relative to their size, and their ability to cool through sweating is not as developed as adults.

Bright Horizons News

Brand New Bright Horizons Radio Station on Pandora!

As a Bright Horizons parent, you know how important family partnership is to us. We're excited to announce Bright Horizons Radio® on Pandora®, as a new resource for parents who want easy access to quality children's music that the whole family can enjoy.

Visit: www.pandora.com/brighthorizonsradio to launch the station.



Protecting Your Children from Bug Bites

Spending time outdoors in the summer is something we look forward to but with this, come the insects. At Bright Horizons, protecting children from bugs while outdoors is of primary concern. To do so, we recommend the following:

- Provide your center with insect repellant for your child. This will be applied according to the directions on the label; if you want it applied more often, please provide authorization from your child's medical provider.
- The Sunscreen and Insect Repellant Permission form, which allows us to apply these lotions, is available in the office.
- Dress children in clothing that covers arms & legs.
- Avoid dressing your child in bright colors and floral patterns. When possible, choose clothing made with thicker fabric as mosquitos can bite through thin cloth.

Let your friends know about our upcoming webinar!



Quality Early Education: Choosing What's Best for Your Child

August 2nd – 2:00 PM EST

Finding the best child care and early education program is a big decision, and with so many options out there, it can be hard for parents to choose. Join **Bright Horizons®** and the National Association for the Education of Young Children (NAEYC) for a guide through your choices and expert tips on what to look for in a quality early childhood education program so you can select the right experience for your child.

Register: <http://event.on24.com/wcc/r/1200984/0663655BC279A8A50771829E8A8CDCFA?partnerref=ParentNews>

CONNECT WITH BRIGHT HORIZONS

