



February 2014

Bright Horizons at 200 Liberty St.

Construction Newsletter



Dear Parents,

Construction has started on our new center! Click here to see our [construction photo album](#).

We really enjoyed meeting some of our families at our recent Parent Information Session. You asked some good questions and we had some great conversations about curriculum and our center!

For those of you who did not attend the event, we have put together a short [video](#), so you can learn a little more about Natalia and her experience in education. We hope you enjoy it!

Best Wishes,

-Amy Beth Gabert, Regional Manager
-Natalia Baliraj, Center Director

IN THIS ISSUE

- Center Update
- Potty Training
- Center Highlight:
Nutrition at Bright Horizons

Potty Training: Tips and Strategies

Are YOU ready to say goodbye to diapers? Now ask yourself, is your child ready? Potty training can be one of the most daunting tasks a parent faces. Pull-ups or underwear? Regular toilet or child sized? Potty-training boot camp style, or taking your time? There are so many choices and so many questions that many of us feel paralyzed and don't quite know where or when to start. We are here to help.

In our ['Potty Training: Tips and Strategies'](#) webinar, we discuss the signs of potty training readiness, review suggestions from parents who have been through this stage already and outline strategies for how to work with your child to achieve success.

Cindy Meltzer and Lisa Gatto of Isis Parenting join Bright Horizons as we share tried and true tips. With patience and consistency you will have the whole family doing the potty dance soon!

[Click here](#) to view the recorded webinar. Looking for advice from other parents going through potty training? Join us on the Bright Horizons [online community](#).

Center Highlight

Nutrition at Bright Horizons



At Bright Horizons, we are proud to provide programs parents can feel good about, and to be [recognized as a model](#) for other child care centers by the Partnership for a Healthier America and First Lady Michelle Obama's *Let's Move* campaign.

On June 8, 2011, Bright Horizons joined with PHA and committed to continue advancing our nutritional, physical activity and long-standing screen time policies and practices with the goal of having our nearly 600 U.S. child care centers and schools pass a public evaluation and serve as an example for child care centers nationwide.

As part of our collaboration with PHA, we have also created resources for families to help support healthy habits including a parent webinar, [Food for Thought: Nutrition Tips and Strategies for Growing a Healthy Eater](#). In this webinar, we address parents' burning questions about how to handle the pickiest eaters, child nutrition facts, kid-friendly recipes, how and when to introduce new foods to your child, and how to create healthy meals that fit into a working parent lifestyle.

Connect with Bright Horizons



Did you know...? Bright Horizons has a new website! Visit our new **Family Resources** page to access resources for growing families including parent webinar archives, eFamily news articles, learning at home activities and more!

