



August 2014

Bright Horizons at Bee Cave Construction Newsletter



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Breastfeeding, Pumping & Working: Making it Work When You're a Working Mom

In partnership with maternal-infant specialist Nancy Holtzman, RN IBCLC CPN from Isis Parenting, Bright Horizons presents a parenting class / webinar for parents with tips on how to continue breastfeeding when returning to work.

If you want to breastfeed when you're home and provide expressed milk for your baby when you're away from them, this webinar will help you to prepare. We review a time line for the early weeks, when and how to begin expressing milk and how to combine breastfeeding and bottle-feeding to protect the breastfeeding relationship.

In this webinar, we cover:

- How to build up a "freezer stash" while breastfeeding a newborn
- Best practices for storing and feeding breast milk
- Tips for boosting milk supply and maximizing your pumping output
- How to streamline the process at home and in the workplace
- Suggestions for helpful pumping techniques, supplies and accessories

[Click here](#) to view the recorded webinar. To connect with other moms navigating the world of breastfeeding, visit our [online community](#).

Dear Parents,

Construction is progressing on our center. Our team has started the roof decking, graded the playground area, and installed windows. Click here to see our [construction photo album](#).

We would like to thank everyone who attended our Parent Information Session last month. You asked some fantastic questions and we had some great conversations!

As a reminder, please check out our [Bright Horizons at Bee Cave Facebook Page](#). We update this page with event information, parenting resources and much more!

Best Wishes,

LeeAnn Hackler, Regional Manager
Sharla Robles, Center Director

Center Highlight:

Art Studio



We are thrilled to announce that one of the features of our new center will be an **Art Studio**! At Bright Horizons, we recognize that art projects can have a positive impact on problem solving, decision making, planning, language, cognitive, and fine motor development of young children. Our Art Studio will provide a dedicated space outside of the classroom for children to express their individual creativity through artistic exploration.

Whether we are painting a class mural, creating artwork out of recycled materials or building 3-D art with paper mache, the children will have a chance to experiment and explore what interests and inspires them. To learn more about our *ArtSmart* curriculum for all age groups, check out our [Curriculum Guide](#).

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!

