

Lawrenceville Ledger

December 2014



From the Director

Throughout the month of November, the classrooms celebrated the children's traditions that they enjoy with their families at home, and also learned about the cultures of the friends around them. The children learned the importance of sharing and helping those who are less fortunate than them.

The *Toward A Better World* curriculum allowed children to give back to the community. They decorated brown paper bags and brought them home to their families. Families then brought the bags back- filled with an abundance of food items that would provide a Thanksgiving dinner to those who may not have been able to enjoy one on their own. Thank you to all families who contributed. Donations were sent to our Bright Space, HomeFront, where many families will enjoy a special dinner with loved ones.

Many families also visited their child's classrooms and shared their own traditions from home. What a great way to learn about our friends and the wonderful differences that make us all so special! Some even joined their child for a special lunch at the Heritage Café.

Of course, the month would not have been complete without a special visit from Lovey Williams! It is always enjoyable to watch him play all those instruments at one time!

Happy Winter!

Important Dates

**December 2nd – Parent Partnership Meeting
12:15pm**

December 5th – Parent's Night Out

**December 2nd, 9th, and 16th – Music Class for
Infants and Toddlers**

**December 24th and 31st – Center Closes at
5:30pm**

December 25th and January 1st – Center Closed



Connect with Bright Horizons

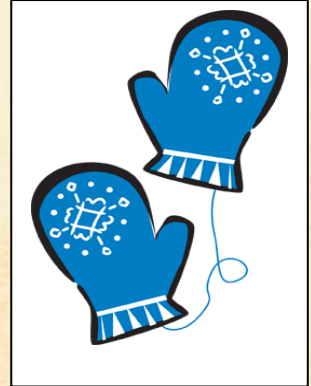


Winter Family Fun



Paper Plate Ice Skating

Allow children to stand on paper plates and let them “skate” across the carpet to their favorite holiday music!

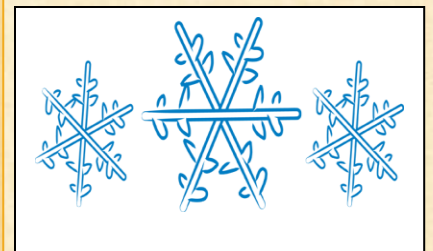


Be A Snow Artist

Try snow painting for a new outdoor fun activity. Fill squirt bottles or spray bottles from a craft store with water and food coloring. Then send your little artists outside to add some color to the white landscape!

Donate to a Charity

Get into the holiday spirit while teaching children about giving to others. With so many charitable organizations relying on donations around the holidays, your children can buy toys for less fortunate children or even pack up a shoe box of items with a personal note to send to children overseas.



Watch a Family Movie at Home

Why spend a small fortune taking the family to the movies when you can stay at home for an even better experience? Host an unforgettable family movie night that’s more than a couple of hours sitting on the couch together. Let the children create movie tickets, make snacks and open their own concession stand. After the movie is over, let their inner critics write movie reviews.



READY for SCHOOL Parent News – The Flu Season Fight: Keeping Children Healthy

Young children get as many as 12 colds a year, or up to one cold per month, says the University of Maryland. Because each cold lasts 7 to 14 days, it may seem like your child is sick more often than he's well. Although you can't prevent every cold, you can reduce the risk and help your child stay healthier this cold and flu season. Below are a few quick tips for keeping the common cold (and flu) at bay.

- **Get your flu shot.** Getting the [flu shot](#) every year is the single most effective way to prevent the flu, according to the American Academy of Pediatrics (AAP), which recommends the flu shot for everyone age six months and older.
- **Wash your hands.** Adults know to wash their hands to keep germs at bay, but children are notoriously forgetful. Teach your child to wash her hands before eating, and after using the bathroom, playing outdoors, handling animals, or using a tissue. Teach your child to wash his hands after coughing or sneezing, or better yet, show your child how to cough or sneeze into the elbow of his sleeve. Show your child how to use soap and scrub all parts of her hands well for at least 120 seconds. Keep a bottle of waterless hand sanitizer in your bag for when you're out and about.
- **Make a predictable bedtime.** Lack of sleep can make children and adults more vulnerable to illness, and can also prolong recovery time, suggests the Mayo Clinic. Infants and toddlers need between 12 and 18 hours of sleep daily, depending on their age. Preschoolers need 11 to 12 hours of sleep daily, while school-age children need about 10 hours of sleep.
- **Keep ill children home.** Children in a group setting are bound to share germs, but we can limit their exposure by keeping children who show signs of respiratory illness home. The AAP recommends that children remain at home until all signs of fever are gone for 24 hours, without the aid of anti-fever medications and children are able to participate comfortably in all usual program activities, including outdoor time.

Boost your family's well-being and fend off common respiratory illnesses with a few, simple preventative measures. You'll miss fewer days of work and your children will stay healthier – and happier.

Bright Horizons News



Make a Difference with Your Holiday Shopping



Without spending any additional money, you can make a big impact on the life of a child experiencing homelessness or other crises. When you buy books, toys, music, and more as part of your holiday shopping on Amazon, 8% of your purchase will be donated to the Bright Horizons Foundation for Children from Amazon.com using this link.

Just click on [this Amazon link](#) and shop as normal. Visit our [FAQs](#) for more information about this program.

[The Bright Horizons Foundation for Children](#) is a nonprofit organization focused on brightening the lives of children, youth, and families in crisis, especially those who are homeless.

Make sure to save this Amazon page as a favorite and then share it with your family and friends! It works all year.