

Bright Horizons at Cisco Family Connection

From the Executive Director

Happy New Year CFC Families!

MY BRIGHT DAY has launched. We hope that this new technology is useful to you. We love being able to share immediate information and pictures with you. If you need any assistance with the app please let us know. I would also love to hear any feedback. Please email me at lobennet@cisco.com

A great big thank-you to everyone for filling out the survey. I know that I inundated your inbox with my reminders; however, we had a fabulous response percentage. I will be sharing with you the results when I receive.

Please note that the use of the back-up classrooms are by reservation. It is not our practice to have your child automatically go to back-up at the end of the day. The late fee structures are very different. You must call the reserve to use back-up- (for example, for a late meeting.)

ALL PARENTS! I would love to hear from you directly!!! What are we doing well? And what could we be doing better? Please email me at lobennet@cisco.com

Have a great month!! ~Lorinda

Important Dates

- Feb 1-3- Kindergarten Conferences
- Feb 10- Parents Night Out- 6:30-9:30
- Feb 15- College Coach open forum – 12-1 p.m.
- Feb 20-24 – School age winter break
- Feb 22- Baby shower for expecting families- 1130-100 pm
- Feb 23- Family Partnership Group meeting (FPG) 12-1
- Feb 28- 2017 Kindergarten information night 530-630

CFC Spirit Week

2/20 Monday- Bring a stuffed animal day

2/21 Tuesday- Classroom color coordination day

2/22 Wednesday- Western Day

2/23 Thursday- Sports day

2/24 Friday – Neon Color day

DOES THE COLD WEATHER MAKE YOUR CHILD SICK?

Can cold weather make you sick?

This question has probably been asked since the first time the flu made someone sick. After all, cold and flu season occurs when the weather is cold, so there must be a connection, right? Not exactly. No matter how many times your mother and grandmother told you not to go out in the cold because you would catch a cold or the flu, it just doesn't work that way.

What Really Makes You Sick?

The truth is the flu and the common cold are caused by viruses.

There are over 200 viruses that cause the symptoms that we refer to as the common cold. Rhinoviruses cause a majority of colds but they can be caused by coronaviruses, enteroviruses and others as well. Because there are so many viruses that cause these symptoms, there may never be a cure for the common cold. The flu, on the other hand, is caused by the influenza virus.

Why We Get Sick When It's Cold Outside

People get sick more often in the winter because they are exposed to each other more in the winter than in the summer. When it is cold outside, people tend to stay inside and are more likely to spread germs to one another. Also, because school is in session, kids are around each other all day and are not afraid to share their germs. With so many people in such close contact, the likelihood of passing germs is much higher when it is cold outside than when it is warm and people are outdoors.

There is also evidence now that viruses spread more easily through the dry air. When it is cold outside, the air is drier both outdoors and inside (where people have their heaters on), which may make it easier for germs to pass from one person to another. But it is not the cold weather that causes the cold, it just might make it easier to spread the virus.

Can Rainy Weather Contribute to Getting Sick?

In tropical areas, where it does not get cold, the common cold and flu season generally occurs during the rainy season. But again, these illnesses are not caused by the rain. They are just more prevalent because people come in closer contact with each other than they do during the dry season.

- [Learn All About the Flu](#)
- [Learn All About the Common Cold](#)
- [Protection from Cold and Flu](#)

The most important thing to remember during cold and flu season is to remember to protect yourself against these germs when you are around other people. Viruses are passed by contact between people, so be sure to wash your hands often, get your yearly flu vaccine, take care of your body and avoid people that you know are sick. Try to avoid touching your face as much as possible since that is how most respiratory germs enter your body

Sources:

"Winter Safety Tips." American Academy of Pediatrics Nov 08. 09 Dec 08.

"Guidelines for the Prevention and Treatment of Influenza and the Common Cold." Cold and Flu Guidelines: Myths and Facts 2008. American Lung Association. 09 Dec 08.

READY FOR SCHOOL NEWS

Growth Mindset and the Power of “Yet”

Yet. It’s a word that doesn’t get much credit despite its mind-changing powers. Consider the following:

“I am no good at this,” versus, “I am no good at this yet.” “I can’t,” versus, “I can’t yet.”

“I have never gotten it right,” versus, “I have never gotten it right yet.”

Those three letters can make a big difference. Children are in a constant state of development, but they often talk about themselves as a finished product. This perspective has potentially damaging consequences because children base their value only on what they can do successfully today, rather than seeing their growth as a fluid, lifelong pursuit. When they encounter challenging material, they may shut down or get stuck, rather than persevering or looking for new solutions.

Teachers and parents can help children (and themselves) escape the dangers of thinking their abilities are fixed,” says Rachel Robertson, VP of Education and Development at Bright Horizons, by using the word “yet” to offer a more flexible approach.

Growth Mindset

The term, “growth mindset,” was originally coined by Carol Dweck, professor of psychology at Stanford University and author of *Mindset: The New Psychology of Success*. Dweck observed that children’s beliefs about their ability have a self-fulfilling effect on performance and achievement. Changing those beliefs from a fixed mindset to a more flexible perspective can have lifelong benefits. But growth mindset isn’t about giving children unwarranted praise or lowering expectations. When children believe they can learn new skills, they’re more likely to persevere through difficult tasks or look for new information and solutions.

So what does growth mindset look like in action? Dweck suggests that a shift in adult attitudes and perceptions comes first. As adults are able to view growth with a more flexible and generous perspective, they often change how they respond to the children in their lives.

For example, a young child is frustrated by the task of using scissors. A fixed mindset would say, “I’m not good at this. It’s too hard. I can’t do this.” Through adult modeling and dialogue, the child can reframe the situation and say, “This is hard, but if I keep trying, it will get easier. I can ask for help and find other solutions.” In this particular example, the teacher or parent can offer solutions, such as holding the paper to steady it, encouraging the child to make small snips before attempting to cut a large piece of paper, or offering play dough to cut initially, which is easier to cut than paper and strengthens hand muscles.

The next time your child encounters something hard, think about growth mindset and the power of “yet.” How can you help your child go from “I can’t” to “I can’t...yet?”

BRIGHT HORIZONS NEWS

Child Care Drop-Off: Tips for Smoother Morning Drop-Offs

Remember that your child is in a safe place.

Keep in mind that your child is in a place that they are loved and cared for as they are at home, and that the experiences and friendships they build with their classmates are really special.

Give yourself enough time.

Allow enough time to not be in a rush. The whole day is better when you don't fly in to the center, peel your crying child off of you, and rush out the door hoping that's not your kid crying (knowing it is). When you get there early, you can linger a bit. Let your munchkin show you something she's excited about in the classroom, chat with the teacher, or just allow yourself a breath. Of course there will be days that all the planning in the world won't get you there early...but you can try.

Spend some extra time in the classroom letting your little one get comfortable.

Have a discussion with the teachers ahead of time so you're on the same page about your approach to drop-off. For example, some days you may be able to spend that extra few minutes until your child is immersed in something in the classroom, but have a signal for those days when you can't stick around and need the teacher to swoop in to help.

Have a good-bye routine.

Having a good-bye routine that you do every day can make the transition easier. It can be as simple as a high-five or hug that you do consistently every day.



For more parenting tips and tricks, visit Bright Horizon's blog, The Family Room at <https://blogs.brighthorizons.com/familyroom/>.

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