

# A Great Place for a Childhood

July 2014



## From Brandi's Desk

### Five Star NAEYC Accredited Center

Bright Horizons at Raleigh Corporate Center is proud to be one of the few NAEYC Accredited to hold a 5 Star license in this area. Out of the 331 licensed child care facilities in Wake County, there are only 6 centers that currently hold a 5 Star License and NAEYC accreditation. This is a huge testament to the amazing work our teachers do each day to create *A Great Place for a Childhood!*

### Parking Lot Safety

During the summer heat wave, it may be tempting to leave the air conditioner running in your car while you pick up your child. However, it is a severe safety hazard to leave cars running in the parking lot as they could shift into gear and hurt someone. Thank you for keeping our parking lot a safe place for children by turning cars off before entering the building.

### Enjoy a day or night of FREE family fun on us!

We know how much you love sharing great center stories with your friends and family, and we want to thank you! During the months of July and August if you refer a family to our center and they enroll you will receive up to \$200 in tuition credits AND you will have the option to choose FREE tickets to one of the below family fun events happening in the Triangle.

- ☐ Marbles Kid's Museum
- ☐ Durham Bulls baseball game
- ☐ Defy Gravity Trampoline Park
- ☐ NC Theatre show of Disney's Little Mermaid

## Important Dates

### July 4: Center Closed

**July:** Phase 1 of renovation scheduled to be completed. Infant 1 & 2 moving to Infant 2 room. Toddler 1 moving to Infant 1 room for Phases 2 & 3.

**July 14:** Phase 2 of the renovation begins (Toddler Rooms)

**July 23:** Family Matters Series webinar

**July 25:** August Tuition Due

**July 25:** Phase 2 scheduled to be completed. Toddler 2 to move back to Toddler 2 room. Two's 1 to move to Toddler 1 room for Phase 3.

## Reasons to Celebrate

### Happy Birthday to...

July 8 Alison (T-1)  
July 13 CC (2-1)  
July 27 Kelly (P-1)  
July 31 Shatasha (I-1)

### Happy Anniversary to...

July 1 Natalie (Spanish Teacher) 1 year  
July 29 Kelsey (P-2) 1 year

### Connect with Bright Horizons



# Summer of Renovation



## Infants- Phase I

We are currently in the middle of Phase I. The Infant classrooms have been stripped of wallpaper and cabinetry and are in the process of being painted. We have removed two partial walls to help improve the sight lines into the infant sleep areas. Phase I is scheduled to be completed around the 11<sup>th</sup> of July.



## New Paint and Cabinetry

The whole center will be receiving a fresh coat of paint this summer. Old cabinets and cubbies will be removed and replaced with new ones. We are so excited to get a makeover after 16 years! Thank you for your patience as we renovate this summer, we promise it will be worth it 😊



## Art Studio Expanded!

The Art Studio at the end of the upper hallway will be expanded to nearly double the square footage. We will add new flooring conducive to Art projects and will install a sink and new cabinetry. We are anxious to see all of the amazing projects that will happen this fall in the new Art Studio!



## Outdoor Science Laboratory!

We will transform the covered area on the Garden Playground into an enhanced Outdoor Science Laboratory where we can expand our *Science Rocks* Curriculum. We are excited to create an area that supports the scientific explorations the children do in the Gardens every day.





## READY for SCHOOL Parent News--Executive Function: What Is It and How Can I Support Its Development in My Child?

The term, executive function, is an educational buzz word that's getting a lot of attention these days. Executive function has been compared to an air traffic controller in the brain. Through executive function, we manage the myriad complex tasks and challenges facing us daily. Executive function encompasses several skills, such as working memory, inhibitive control, and cognitive flexibility which are defined below.

Working memory refers to the ability to remember important facts or details, and call them up as needed. Through working memory, you remember to pay bills, take your child to a doctor's appointment, or perform tasks at work.

Inhibitive control allows you to make reasonable, measured choices, rather than responding to every whim or desire. You also learn persistence and focus. You clean the house when you'd rather watch television. Inhibitive control allows you to forge strong social relationships. You learn when to "bite your tongue," and when to be honest.

Brain flexibility refers to the ability to change course, admit a mistake, or see another's perspective. Flexible thinking is a necessary skill for any interactive relationship, including school projects, team sports, or assignments at work.

Executive function skills are critical for later success in school and social settings. Teachers sometimes refer to executive function skills as "getting ready to learn" skills, because without these traits, children have difficulty focusing, prioritizing and persisting at a task. Early childhood is the ideal time to boost these skills. Below are a few suggestions for building executive function skills in the early years.

- Establish predictable routines and schedules. Use visuals or charts to help children understand your expectations. Spend time teaching children how to complete simple jobs, such as picking up toys, washing paint brushes, or setting the table at lunch. Learning to follow through and complete tasks helps boost working memory and inhibitive control.
- Play games, such as "Simple Simon," or "Red Light, Green Light." These games teach children to listen and follow directions.
- Offer open-ended toys, such as wooden blocks, to build problem-solving and cognitive flexibility. How many ways can you make a tower?
- Encourage dramatic play activities, such as playing house or playing store. This type of open-ended play boosts problem-solving, language development, and focus. Scaffold play initially for young children by assigning roles or offering props. Say, "I'll be the waiter and you can be the cook. Let's pretend that we're making spaghetti." As children mature, their play becomes more independent, as well as more abstract. Children may assign roles or extend the play over several days. They may also use objects symbolically. For example, a child might use a block to represent a camera.

### Resources:

Center on the Developing Child at Harvard University (2011). *Building the Brain's "Air Traffic Control" System: How Early Experiences Shape the Development of Executive Function: Working Paper No. 11*. Retrieved from [www.developingchild.harvard.edu](http://www.developingchild.harvard.edu)

Galinsky, E. (2010) *Mind in the Making*; William Morrow Publishing

### Family Matters Series Webinar

**Bright Horizons®** partnered with Ellen Galinsky, author of the highly acclaimed bestselling book *Mind in the Making* (Harper Collins 2010), to bring families a parenting webinar about executive skill development in young children.

You can watch the recorded webinar at [www.brighthouse.com/execwebinar](http://www.brighthouse.com/execwebinar).

# Bright Horizons News



## Parents Magazine Spotlights Bright Horizons Expert

Bright Horizons was referenced in an article from the July 2014 edition of *Parents Magazine*. In the article, Potty Pressure, Linda Whitehead, Ph.D., vice president of education and development, offers thoughtful tips and advice about how to get your little one on track when it comes to potty prep. Linda advises that although the path to potty training varies from child to child, a little support from parents, teachers—and even from the other students—can go a long way.

Parents

Read the full article at <http://www.brighthorizons.com/pottypressure>.

A separate *Parents Magazine* article features feedback from Dr. Linda Whitehead, where she discusses the benefits of family-style dining. A large part of the Bright Horizons curriculum, family-style dining not only helps children develop healthy eating habits, but also enables children and teachers to enjoy a meal together in a calm, respectful atmosphere. According to Linda, family-style dining also boosts self-confidence, teaches children mathematical concepts and builds fine motor skills.

Read the full article at <http://www.brighthorizons.com/mealstyles>.

## SAVE THE DATE: July installment of the Family Matters Webinar Series!

Family Matters

A Bright Horizons Webinar Series

### Seize the Summer: Fitness for Busy Families

Presented in collaboration with PHA  
Wednesday, July 23, 3:00 pm est

Keep checking [www.brighthorizons.com/webinar](http://www.brighthorizons.com/webinar) for the latest information as it becomes available!