

Bright Horizons at UM Canterbury News

From the Director

Dear Families,

The New Year has brought new changes to Canterbury. As we said farewell to Ms. Dee Dee we welcomed Ms. Aymee and Ms. Marissa to the center. Ms. Rosebell will continue as a substitute teacher in the center.

As we kick off February, the month of love and friendship we will continue focusing on teaching the children values like love and empathy. Teachers will be including activities in the lesson plans that will help the children understand that even at their age they can make a difference in their world. We encourage you to continue to support us at home.

The Parent Partnership Group has become more active over the past months. They have started an email tree in each class that allows families to share information with each other and set up play dates outside of the center. Our Valentine's Day family potluck will be a great opportunity to share with other families in your child's class.

We are excited that the new computers have arrived and are being installed into the classrooms. The teachers will now be able to share the "What in the World" newsletters with families on a more consistent basis.

We would like to thank everyone that participated in the Chinese New Year parade. The parade was great fun but it was your presence that made it all the more special for your child.

Ms. Mariella and Ms. Vicky

"Enabling environments, mobilize the energy, attention, curiosity, and focus of children."

Important Dates

February 1	Black History Month Begins
February 3	St. Jude Trike-A-Thon
February 10	McGruff ID's
February 14	Valentine's Day Family Potluck
February 20	NO YUMMY LUNCH TODAY
February 20	Presidents' Day (Non VPK day)
February 1-24	Awards of Excellence

Reasons to Celebrate **HAPPY BIRTHDAY!**

2/5 Jonah K.
2/5 Nataniel N.
2/5 Ms. Schronda
2/11 Ms. Samantha
2/12 Ms. Ana
2/16 Kai Z.
2/19 Tobin K.
2/24 Brandon A.



Bright Horizons at UM Canterbury Preschool

1150 Stanford Drive, Coral Gables, Florida 33146

305-284-5437 | canterbury.gables@brighthorizons.com

Monday-Friday 7:00 AM – 6:00 PM

CLASSROOM HIGHLIGHTS

Infant

The children did a sensory activity that involved playing with ice. They enjoyed touching the cold, wet, slippery ice. It felt interesting in their hands and it was hard to hold on to. Everyone was smiling and having a good time sharing and playing together during this activity.



Toddler

As the children were learning about the winter season they spent time talking about snowmen. Using marshmallows, raisins and pretzel sticks the children were able to create their own snowman during Science Rocks.



Two's

Conducting science experiments with baking soda is always a favorite activity for our children. With this lesson the children learned to explore, experiment and discover. For this activity we used baking soda, vinegar, eye droppers, food coloring and the children needed to mix all these ingredients and observe what happened. They were excited to watch and do it over and over again.



Preschool

As the children learn about different community helpers this month they were visited by Officer Friendly. He shared with the children how to dial 911 in case of an emergency. He also told them that the police are their friends and they shouldn't be afraid to go up to a police officer at any time.



Kindergarten Prep

As we celebrated the Chinese New Year the children had fun making and decorating the dragon for the parade. Throughout the month the children learned to count in Mandarin. They also enjoyed listening to stories from China read by Yifan's dad Mr. Yu Tang. Thanks so much to the families that contributed this month.



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 Horizons' blog, The Family Room at <https://blogs.brighthorizons.com/familyroom/>.

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