

Bright Horizons at Marshfield Clinic Health Systems

From the Director

Love and friendship is in the air! One of the most amazing opportunities that we get to see and foster each and every day, is the ability to see new friendships grow and strengthen. From infancy through school age, social skills are a foundation of exploration and expression. Self-awareness and how we impact our world and others, is a deep concept, yet one that our children that attend Bright Horizons are gaining insight to each and every day. Through our Well Aware and Toward a Better World Curriculum, children learn how to show their appreciation for those individuals, or objects, they see each and every day; and gain an understanding into the "Why's" in our world via hands on opportunities through play. We foster curiosity, investigation, and the love of exploring their own imagination; that you may never know what World you are walking into when you enter their classroom! We love seeing all the wonderful things that the amazing children here at Bright Horizons, in Marshfield, are capable of discovering and learning.

Have you ever wondered what its like to spend a day with all the little miracles that this center holds? We welcome you to stop in anytime! Bring a friend, and stop on in. We'd be happy to give you a tour and share all the amazing things our little ones are working on, each and every day!

Tonya Glamann~ Director

Important Dates

February

- 7 Meet & Greet the NEW Regional Manager- Stephanie Louder 4-530pm
- 9 5-7pm Valentines Dance & Meal
- 21 Parent Partnership Meeting at 730am
- 2/26-3/2 Spirit Days to celebrate Dr Seuss's Birthday

March

- 2 Dr Seuss Movie Night @530pm
- 26-30 SDOM Spring Break

Reasons to Celebrate

Every month we celebrate the amazing women and men that work so diligently in ensuring that each child and family that attends our Early Education Center and Preschool has the best high quality care and top notch education within our community. Below are those individuals that are celebrating Anniversaries this month with Bright Horizons. Please join me in celebrating their amazing work and dedication to the field of education and to our center!

Nancy S (Preschool Support Teacher)- 17 years
Lucy G (Twos Support Teacher)- 14 years
Armida M (Infant Teacher)- 4 years
Ashley R (Infant Lead Teacher)- 3 years
Rylyn R (Center Support Teacher)- 2 years

Bright Horizons Child Care Center

601 North Pine Avenue, Marshfield, WI 54449 | P: 715-387-7555
Monday-Friday, 5:30 a.m. – 7:45 p.m.

<http://child-care-preschool.brighthorizons.com/WI/Marshfield/saintjosephshospital/>

CLASSROOM HIGHLIGHTS

Infant

Our Well Aware curriculum for infants promotes the expansion of infant's physical abilities while building secure and healthy relationships. The children learn to develop a sense of self all within a developmentally appropriate environment that encourages safe exploration. A major area of focus in expanding their physical abilities is promoting activities that encourage gross motor skills. The infants are learning to develop an awareness of their body parts and their bodily powers, to make intentional movements, and to enjoy physical activity. They are learning this by practicing simple physical skills, such as kicking, rolling over, stretching, and crawling in our Movement Matters area.



Toddler

Toddlers learn best when their senses are engaged. Their brains crave sensory experiences to make connections in their brain. Sensory experiences, not only enhance cognitive skills, but also social, emotional and behavioral development. In other words, sensory play is beneficial to toddlers and key to successful classroom management. Here the children explored a sensory table full of softened outer space shaped pasta with different sized scoops and containers to fill and dump from. At times, sensory experiences can be messy however making a mess is an essential play experience for toddlers!



Transition

Children in the transition wing use the Movement Matters space to develop and strengthen their large motor skills and upper torso. By moving a parachute up and down to music they learn to develop a sense of rhythm. They watch as the balls pop up in the air and see the cause and effect actions taking place from their movements. When taking turns they are building receptive language skills and working cooperatively with their peers.



CLASSROOM HIGHLIGHTS

Preschool/Kindergarten Prep

In the preschool wing children are using their expanding vocabulary to describe objects using their senses. Children put their hands in a sensory box to feel objects they could not see. They learned to identify physical properties of objects placed in the discovery box. By using their sense of touch they were able to explore the object and its properties. Was it soft or hard, big or small? The children took turns looking around the room to guess what the object could be. After taking a guess, the children were able to look in the box to see if their guesses were correct.



School Age

In the Stars afterschool classroom children are given a list of tasks to complete everyday when they arrive. These tasks range from homework, to creating objects, and writing stories. Some tasks involve open ended art projects such as the one in this picture. The children put down painter's tape to create designs with watercolors and salt. This created a textured effect on the paper when dried. After pulling off the painter's tape the children were able to see their creations in full. When creating art pieces such as these the children gain a sense of accomplishment and pride in their work as it gets displayed throughout the room.



READY FOR SCHOOL NEWS

Weathering Winter Weather

Inclement weather is an opportune time to embark on new adventures with your young scientists, builders, and artisans. Keep boredom at bay by planning some cold-weather activities.

Ideas for Outdoors:

- **Play in puddles.** Jumping in puddles and splattering muddy water is science in action. Bring a container to collect mucky liquid to study at home. Add a magnifying glass or microscope, measuring spoons, an eye dropper, funnels and different size cups, to create a science laboratory. Help older children document their explorations through photography and journal entries.
- **Build dams.** With a few rocks and recycled materials, young scientists can create dams, lakes, and rivers. Children might use recycled items such as cork, buttons, and wood to construct boats that they can sail in puddles.

Indoor Fun:

- **Plan a pajama party.** Get cozy and hibernate. Have your child choose favorite books and then draw pictures about the stories; family members might act out the storyline.
- **Jump for jollies.** Jumping on a bed can be dangerous but on housebound days, try putting the mattress on the ground to turn it into a trampoline. Another option is to jump in pillowcases. Children might count, practice phone numbers, or sing rhymes while they exercise their bodies.
- **Go camping.** Turn a table into a tent by putting a blanket over it. Encourage your children to collect what they need (flashlights, blankets, toys, and snacks) and set up camp. Tents are cozy places to read books.
- **Create photo albums and scrapbooks.** Housebound days are wonderful opportunities to reminisce and catch up on enjoyable chores, such as creating photo albums and scrap books. Children can create their own albums using extra photos. Encourage children to tell you what's happening in the photo, and if possible, write what they say.

In every part of the country, there are some days when families will be housebound. By relaxing, enjoying the time together and planning ahead, you can create memorable experiences. For more suggestions, refer to the Bright Horizons resource, [Learning at Home Activities](#).

(www.brighthouse.com/family-resources/kids-activities)

Education & Development

BRIGHT HORIZONS NEWS

Managing Work/Life Balance

As a parent, managing stress and making time for yourself can be tough. We love our kids and want them to feel happy, nurtured, and supported, yet we tend to neglect our own feelings of happiness. We often feel guilty about taking time for ourselves, or find the idea unrealistic.

It's absolutely essential to your well-being to have some time for yourself. Give yourself permission to go for a daily walk, head to the gym, read a book, or spend time with friends to help find balance and reduce stress. Think it can't be done? Below are a few tips for creating a healthy work/life balance.

Work/Life Balance Tips

Get clear on your priorities.

As you plan your calendar, ask yourself if your daily activities reflect your values. Sure, carpooling, picking up the dry cleaning, and making dinner have to be done whether they reflect your values or not, but being clear on your priorities helps you maximize the free time you do have.

Minimize time wasters.

Limit the time you spend engaged in activities that have little value to you. These are different for each person, but might include surfing the Internet, watching television, or checking messages.

Simplify and streamline daily tasks.

Build simple strategies for keeping everyday tasks as simple as possible. Do a "10-minute tidy" before dinner or bedtime instead of a deep clean. Try to plan meals in advance and buy pre-cut and pre-washed options when possible.

Establish a consistent bedtime.

Establish a consistent schedule so homework, teeth brushing, and bedtime stories are completed within a reasonable timeframe, allowing you time to unwind in the evening.



Check out all the places you can connect with us!