

Bright Horizons at Northbrook News

From the Director

Health Notice!

As many of you know, flu season is here and hitting the Chicago area very hard. While we are being very proactive at the center, we are still seeing illnesses sporadically throughout the center. We have only had a couple cases of the flu, and recently one case of strep throat.

As with all areas of your child's growth and development, we want to partner with you to help keep everyone healthy this time of year.

We have increased sanitizing and cleaning procedures and are working with families on an individual basis to help determine if the child should be at school due to symptoms that may indicate the flu or other illnesses. Many families have been cautious and often giving children an extra day to recover when he/she has been ill. We have found this to be a successful strategy to ensure the illness has passed and that the child is well enough to participate in our daily activities.

If your child is showing any signs or symptoms of the flu or another contagious illness, please contact your physician for their recommendations.

Thank you in advance for being our partner in caring for all the children at our center.

Bright Horizons at Northbrook

1101 Techny Road, Northbrook IL 60062

847-559-9698 | northbrook@brighthouse.com

Monday-Friday 6:30am-6pm

Important Dates

SATURDAY FEBRUARY 10 from 9-11am

Please join us for our first ArtSmart Family Saturday...what a great way to spend a Saturday morning...enjoying art, music and movement with your friends at Bright Horizons. This is a parent/family event! Bring your friends or neighbors, too!

Light refreshments will be served!

RSVP to your child's teacher by 2/8

Father Talk Times

Tuesday February 20 from 5-6pm

Raising a 21st Century Child: A conversation about fatherhood in the 21st century. Please see attached flyer!

***NEW time**

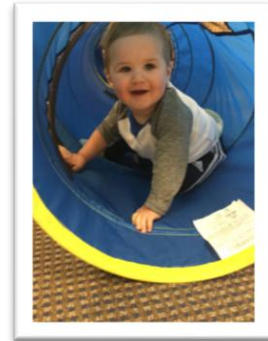
Reasons to Celebrate

**February 18
Happy 5th Bright Horizons
Anniversary to Ms Jen!
Congratulations!!**

CLASSROOM HIGHLIGHTS

Infant

The infant classrooms have been enhancing their gross motor skills through group activities such as, crawling through a tunnel. The infant teachers have enhanced these activities by providing children with different levels of climbing. Children complete age-appropriate obstacle courses by crawling, climbing, and through guided walking. In addition to gross motor skills, we have been enhancing fine motor skills by using utensils at mealtimes! We are so excited to see what new skills we will gain in the new year! The infant unit has set goals for infants as they grow and flourish. Our goal is to enhance our sign language skills! Be on a look out for a new sign to incorporate at home!



Young Preschool

During our Movement Matters Class, the children were increasing their large motor skills while participating in parachute exploration. The children were able to lift the parachute in an up and down motion while trying to keep the ball rolling throughout the middle of the parachute. This was a great way to supplement our outdoor time!

Toddler

January was a very scientific month in Toddlers! We learned what happens when we mix white paint with water colors. We also learned about Transfiguration, what happens to a flower when it is put in water and food coloring. Our KPrep friends visited to help with our science projects. We discovered snow turns to water when it melts when we explored with our senses in the sensory table!



Kindergarten Prep

Kindergarten Prep celebrated their 100th day of school this past week! The children engaged in all activities 100 including a scavenger hunt throughout the center finding numbers 1 through 100, writing in our journals 'what we would eat 100 of', making 100 learning hats and figuring out what to build with 100 cups. We were able to incorporate all learning centers and successfully make it through 100 day of KP!



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.brighthorizons.com/family-resources/kids-activities)

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.