

Bright Horizons at Naperville News

From the Director

Spring Soccer Shots Classes: The winter soccer classes will end on March 9th. Spring Soccer Classes will begin April 6th and run through May 25th.

Dance Recital: The dance recital will be on Saturday, May 12th. The recital will be held at the Yellow Box church in their auditorium in Naperville. The tickets are \$5 per person, all family members and guests are welcome. Ms. Rachel will send out more information about the costume fee and recital times.

Dance Summer Camp: Summer Dance Camp will be the week of August 6 – 10th. Young preschool, preschool, and kindergarten prep will have a week of dance camp. More details will follow after the dance recital.

Parent Workshop: We are inviting parents to come on February 13th to an open discussion about raising 21st century children. John Redding is an experienced teacher and devoted dad that will be leading the discussions. There is more information on the flyer that is attached to the email.

Family Survey Raffle: Thank you all that took the time to fill out the survey. We appreciate all feedback.

Congratulations to the Bagel Family for winning the \$50 Visa gift card. See a member of leadership on Monday for your prize.

Important Dates

February 8: Wacky Sock Day

February 9: Pizza Day

February 13: Parent Workshop

February 14: Valentine's Day Breakfast to Go

February 16: Chinese New Year

February 19: Center Closed for Professional Development Day

February 21: Parent Partnership Meeting

February 22: Ms. Angela's 2 year Anniversary

Reasons to Celebrate

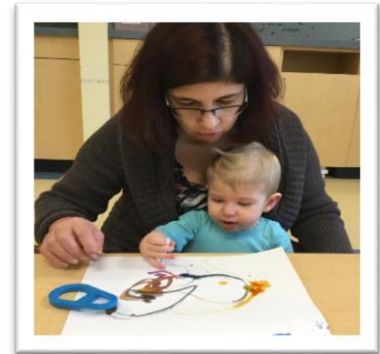
Valentine's Day Classroom Activities:

The classrooms are preparing for special Valentine's Day activities. The infants are making "love" bugs. Toddlers are creating a special gift for parents. Young preschool are making a heart project. The preschool classrooms are having a pajama day, handing valentines, and making special projects for parents. Kindergarten Prep is having a pajama day, handing out valentines, and cooking a valentine snack. Please check your child's cubby, your email, and the notes in the My Bright Day app for classroom specific details.

CLASSROOM HIGHLIGHTS

Infant

Art Smart curriculum provides infants with opportunity to explore and participate in visual art, music, and creative movement. Infants learn to explore materials with varied textures, colors, and patterns. Ms. Angela encourages infants to grasp and hold tools for exploring and creating.



Toddler

Toddler teachers read stories throughout the day, introducing and repeating new words. Reading to toddlers and modeling language encourages toddlers to discover their own language development and comprehension of vocabulary.



Preschool

On National Puzzle Day, preschoolers played and explored with a variety of puzzles. Preschoolers are learning to develop skill in visual perception and shape recognition. They learn it by putting parts together to make a whole by looking for the piece that will fit in their puzzle. The children started with easy puzzles and then moved onto more complex puzzles throughout the day.



Kindergarten Prep

Science Rocks curriculum engages kindergarten prep children in complex and meaningful scientific learning experiences. Kindergarten prep children are learning to seek information and document observations using technology. They are learning about how mold spore grows on bread that have been in sealed baggies. Each bag of bread contains a different variable that control how the mold may or may not grow.



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.



Check out all the places you can connect with us!