



# Visit Us This Spring

**Our activities are in full bloom this Season.**

## Spring 2014 Activities

### **April: Ocean Exploration**

Your toddler or preschooler will enjoy activities based on Ocean Exploration. There are two field trips planned to the Farmer's Market.

### **May: Nutrition and Fitness**

Healthy eating and physical activity go hand in hand. Your child will learn the basics, and find that eating healthy and staying active isn't hard at all. The children will have the opportunity to learn beginning yoga poses, and participate in fun and healthy cooking activities.

### **May 1, 2014: Potty Training Parent Seminar**

Parents will learn multiple approaches for potty training, will have access to early childhood experts for support and questions, will connect with other parents, and will leave with the confidence to support their children towards potty training success.

### **May 5-9, 2014: Potty Learning Camp**

Is your child...showing interest? Staying dry for 3-4 hours? Your child may be ready for potty training. We're here to help you and your child master this important early childhood milestone.

### **Summer 2014:- Preschool Summer Adventures Summer Camp and X-treme School Age Summer Camp**

Can you believe summer is quickly approaching and we will be ready for a fun filled, exciting summer! There are so many fun fieldtrips, activities, and projects planned. Stay tuned for more information to come!

Go to our center web site [www.brighthorizons.com/losangeles](http://www.brighthorizons.com/losangeles) and visit the calendar section to see specific activities planned for each age group.

Register and Reserve for Back-Up Care online: [www.brighthorizons.com/backup](http://www.brighthorizons.com/backup)

**Bright Horizons Los Angeles Hope Street**  
550 South Hope Street Suite T-235  
Los Angeles, CA 90071  
213-623-0072  
[hopestreet@brighthorizons.com](mailto:hopestreet@brighthorizons.com)  
[www.brighthorizons.com/losangeles](http://www.brighthorizons.com/losangeles)  
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**Bright Connections**  
A Family Care Web Resource

[www.brighthorizons.com/brightconnections](http://www.brighthorizons.com/brightconnections)

  
**Back-Up Care Advantage**  
A Bright Horizons Solution at Work

