

Bright Horizons at Minnetonka News



January – February - March 2015



From the Director

- Note the High Demand Days to reserve care when schools are closed
- Check out our Classroom Highlights on page 2 for photos and to find out what is happening in each of our programs
- Going to the Doctor? Update your child's [Medical Forms](#) , [Allergy Action Plan](#) , [Asthma Action Plan](#)
- Last minute care needs happen...don't wait to register! Registration materials can be found on the [homepage of our website](#) or you can visit www.brighthorizons.com/backup
- Read about how your child learns to write throughout their various developmental stages in READY for SCHOOL News on page 3

Register & Reserve Back-Up Care

Your child must be fully registered before a reservation can be made. Our online system makes it simple to:

- Edit/update registrations
- Request a reservation
- Cancel a reservation
- Print daily information sheets

www.brighthorizons.com/back-up

High Demand Days

March 16-20, 27, 30-31

April 1-3, 17

May 25th – Center Closed

Don't wait... reserve 30 days in advance.



Bright Connections is a web resource that provides relevant information for you and your family's caregivers — from articles to webcasts — on caring for infants to adults.

Find us at

www.brighthorizons.com/brightconnections.

Important Dates

February 23-27: [Potty Learning Camp](#)

March 9-13: [Dinosaur Roar Week](#)

April 13-17: Week of the Young Child/Science Fair

May 11-15: STEM Week

Click [here](#) to view the full classroom calendars.

Classroom Highlights



Infants

Through the curriculum within *Our World*, teachers encourage a baby's natural sense of curiosity by guiding their exploration of the world around them. Throughout the day, infants are exposed to experiences that promote an awareness of self and others while engaging in the natural world. Although this winter weather keeps us indoors, the infants had opportunities to explore their first snow in the *Sensory Area* as their teacher guided them through new senses and vocabulary.

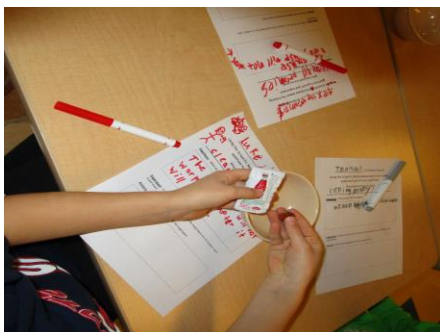


Toddlers

Our *Science Rocks* curriculum nurtures a toddler's natural instinct to learn how things work and make sense of the world by offering meaningful learning experiences that foster scientific thinking and reasoning skills. Children are given the opportunity to conduct their own experiments under their teacher's support. They are challenged mentally with questions like "What do you think will happen?" or "What if...?". Through these activities, teachers help children become skilled observers, inquisitive investigators, and life-long researchers.

Preschool

The preschool years are an exciting time of robust language development. Vocabularies blossom from a few hundred words to a few thousand and word comprehension takes off. Literacy and *Language Works* experiences in our preschool program collectively contribute to the development of a child's emerging speaking, reading, and writing skills through continuous challenges and opportunities. Children participate in a daily group session where they are exposed to the calendar, stories, discussion, and activities such as "Mat Man", which is part of our *Handwriting without Tears* curriculum.



School-Age

Enthusiastic, engaged, and curious school agers are poised for scientific discovery. As their cognitive and physical abilities develop, they are increasingly able to advance scientific reasoning, to develop and test their own theories, and to engage in long-term experiments. Our school age program has a stocked *Science Rocks* area of "do it yourself", safe experiments which children can grab and go! These activities build important scientific competencies and enhance critical learning by nurturing curiosity, perseverance, and critical thinking skills.

READY for SCHOOL Parent News: Building Emotional Intelligence for a Lifetime of Emotional Well-Being

Emotional intelligence, or the ability to process both emotions and thoughts to make optimal choices, begins to develop in early childhood and has profound implications for later life success. Children who have strong emotional intelligence perform better academically in school, are less likely to engage in risky behavior, and have lower incidents of depression or violent behavior later in life, according to a study published in the Archives of Pediatric and Adolescent Medicine.

At Bright Horizons Family Solutions, educating the whole child has always been our mission. We believe that positive, nurturing environments set children on the path to healthy social and emotional growth. Below are a few tips for fostering emotional intelligence:

- **Set a positive example.** Emotional intelligence develops from a combination of environment, relationships, experiences, and biological and genetic traits. When children see adults working out problems, expressing emotions appropriately, and building nurturing relationships, they're more likely to gain those skills themselves.
- **Respond to children's needs promptly.** Young children can't always verbalize their needs and feelings. They may cry, fuss, or even have a meltdown to express hunger, fatigue, fear, or frustration. Responding to a baby's cry doesn't spoil her, but teaches her that the world is a safe place and that she can trust the adults in her life.
- **Help children identify and express their feelings.** Identifying and expressing emotions is part of a healthy emotional response to life. Help children understand that emotions aren't scary or bad, although they can feel powerful. Verbally identify emotional responses and offer solutions. For example, you might say, "You're crying and I can tell you feel really sad and mad that Jessie took your car. I'm going to help you solve this problem."
- **Help children consider someone else's point of view.** Children are naturally somewhat egocentric, so this one takes time and practice, but once children can identify their own emotional responses, they can begin to walk in another's shoes. Label how you're feeling for children and help them begin to think about others' perspective.
- **Set age-appropriate expectations.** Sharing is very hard for toddlers and twos, but as children head into the preschool years, they can begin to learn turn taking with support from caring adults. Help children by modeling the words to use. For example, "Ask Jamal if you can play with the car."

Like every aspect of a child's development, emotional intelligence develops at an individual rate. However, caring adults can support and maximize growth, ensuring a happy, productive future.

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Hawkins, J. David, Jie Guo, Karl G. Hill, Sara Battin-Pearson, and Robert D. Abbott, "Long-Term Effects of the Seattle Social Development Intervention on School Bonding Trajectories," Applied Developmental Science: Special Issue: Prevention as Altering the Course of Development, Vol. 5, No. 4, 2001, pp. 225-236.

Bright Horizons News



Join us for the next installment in our Family Matters Webinar Series in March!



School Readiness: Beyond the Basics
Coming in March 2015

School readiness is so much more than knowing colors, shapes, and ABCs. It's also about social/emotional development, motor skills, and self-expression—which are especially important during those critical first five years, and can determine how well a child does in school and in life. A school-ready child is engaged, eager to learn, willing and able to follow directions, and happily adjusted to group life in a classroom setting.

The next *Bright Horizons Family Matters* webinar will explore how parents and teachers can work together to shape early experiences that provide the foundational skills for confidence and school success.

Registration details will be available in the next couple weeks. You can sign up to be notified when registrations open by visiting www.brighthouse.com/schoolready.