



From the Front Desk

Happy Spring Everyone!

With spring in Minnesota comes unpredictable weather. Please make sure your child (ren) brings appropriate outdoor gear as we go outside daily.

Believe it or not, it's time to think about summer. Bright Horizons' updated **Camp Explorations** is a fun and exciting camp designed to meet both children's interests and parent's expectations.

Our **Camp Explorations** for preschool and school-age programs both have focus areas, activities and special events to engage children but with the flexibility our parents need. We even have some fun themes planned for the toddler program!

Don't forget you have 20 uses per calendar year and the summer is a great time to use your benefit in addition to your child getting to experience our summer explorations programs!

Now is a great time to update your child's file. Some items to think about:

- ✓ Have there been any changes of phone numbers since you enrolled?
- ✓ Is your child due for updated immunizations or a Health Care Summary?
- ✓ Do you still need to sign the registration forms, update dentist information or turn in photographs?
- ✓ If your child has a severe allergy or medical condition do we have a care plan on file or does it need to be updated?

Through our Staying Healthy campaign we are doing our best to help keep everyone healthy. Please help your child wash their hands upon entry to the classroom. Just a reminder that ill children need to be out of the center symptom free without the aid of medication for 24 hours.

We look forward to your family's next visit soon!

Mayo Employee Back-Up Child Care Center

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.careadvantage.com/mayoclinicmn

Important Dates

Adventure Days-Summer Preview

March 25-29

Week of the Young Child

April 8-12

- *Music Monday
- *Tasty Tuesday
- *Work Together Wednesday
- *Artsy Thursday
- *Family Friday

Treasure Hunters

April 22-26

Become a Junior Chef Wednesdays

May 1, 8, 15, 22, 29

Camp Explorations

All Summer

High Demand Days

March 22, 25-29

April 19, 22

June 1-August 31



Infant

The Infant Program explored a large variety of instruments or sounds through an array of ArtSmart activities. The older infants were able to practice completing two activities at once as they shook the music makers and moved or walked around the room. Our younger infant friends practiced tracking and grasping skills under the musical gym that created smiles and squeals!



Toddler

The Toddler Program spent one week learning about rainbows. They conducted science experiments like “Magic Rainbows”. In the Movement Matters Zone, the toddlers practiced their large motor skills of balance and coordination while walking across “the rainbow” mat. Our toddler friends utilized hand-eye coordination while exploring colors of the rainbow with dot markers in creating unique works of art!



Preschool

The Preschool Program celebrated Dr. Seuss with a wide range of activities. During Math Counts, the preschool friends completed an activity using dice to create a colorful picture. Depending on their skill level, the preschoolers either worked on number recognition or developing basic adding skills. This activity was also an excellent venue for hand-eye coordination and small finger muscle control. The preschoolers proudly showed their parents the finished product!



School-Age

The School Age Program celebrated their inner writer and illustrator throughout the Writer’s Workshop Week. One of the favorite activities was the creation of their own comic strips in the Art Studio. We saw a large array of ideas for their comic strips. Each of the school age children chose their own format, and from there our friends either chose to only illustrate while others designed full comic books. It was fun to listen to them use story telling skills to read or tell the story!

It's all in the Family! Activities to Build Memories

Enjoying family activities is a precious gift to give our children and ourselves. Time with people we love fosters feelings of belonging and intimacy, builds trust, instills a sense of security, and creates lifelong memories. Below are fun, inexpensive activities for all ages:

- ▶ **Gaze at stars:** Explain to children that stars form patterns that we call constellations and then research them online and in books. Go outside on a clear evening and try to identify constellations or have fun making up your own. Draw the formations on paper or lay them out using pipe cleaners and small rocks. With younger children, focus on the shape of the moon.
- ▶ **Visit farmers markets:** An excursion to a farmers market provides an opportunity to smell the scents of fresh produce, enjoy tasty samples of nutritious foods, hear local musicians playing music, and participate in the coming together of the community.
- ▶ **Go for a hike or walk:** Hiking or walking connects family members to nature, as well as each other. On walks, you might take photographs, collect special rocks, leaves, and sticks, or just enjoy the world's natural wonders and time with each other.
- ▶ **Institute a family fitness program:** This could include age/stage-appropriate push-ups, sit-ups, stretching, walking, hopping, skipping, jumping, or jogging. Family members might keep a fitness log, use a pedometer to count steps, or count your heartbeats before and after exercise.
- ▶ **Volunteer:** Have you considered making volunteering part of your family culture? Adults inspire empathy and compassion by volunteering as a family at a soup kitchen, nursing home, homeless shelter, or other local organizations. For activity suggestions browse sites such as Doing Good Together: doinggoodtogether.org.
- ▶ **Build a cozy fort:** You might use branches and wood, blankets and chairs, or a giant carton (from an appliance store), to design a cozy den. After you build this comfy place to congregate, your family can cuddle up to read, snack, tell stories, or play games.

All the activities above enhance relationships because family members enjoy simple activities, share rewarding adventures, and make memories.

Ask About Our Summer Camp Program!

Join us for a Summer of Fun, Friendships, and Exploration

Through Camp Explorations, our summer camp program at **Bright Horizons**[®], your child will have the opportunity to enjoy everything summer has to offer. During action-packed days, your child will experiment with science and technology, engage in the creative arts, discover nature, and explore the world. With experienced teachers, a curriculum based on each child's interests, engaging projects and activities, special visitors, and more, summer will be fun and educational at the same time.

Camp Explorations Highlights

- ▶ Programs for two different age groups:
 - Preschool Adventures (ages 3 – 5)
 - School-Age Adventures (ages 6 –12)
- ▶ Age-appropriate, engaging themes that incorporate children's interests
- ▶ Field trips, special guests, and daily fitness activities
- ▶ Flexible weekly schedules with full- and part-time options
- ▶ Health, safety, and security policies that meet or exceed local, state, and national standards

Featured Family Webinar

Working Moms, Natural Leaders

Whether you're a new mom getting ready to return to work, or you've been a working mom for a while, you might be curious about the expectations — or lack thereof — you'll face in the office. Watch this recording of our webinar, as we discuss results from the **Bright Horizons**[®] Modern Family Index survey and learn what research says about working motherhood.

Family Webinar Recording –

Working Moms, Natural Leaders

brighthorizons.com/webinarWMNL



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