

APR. 2016

## SAVE THE DATES

**Apr. 8<sup>th</sup>** – Last day to pay for VPK  
Graduation cap and gown!

**Apr. 18<sup>th</sup>** – VPK Graduation  
Picture Day

**May 8<sup>th</sup>** – Mother's Day!

**May 30<sup>th</sup>** – CENTER CLOSED –  
Memorial Day

## CURRICULUM

### CREATIVE

Week 1: Ducks

Week 2: Tadpoles & Frogs

Week 3: Birds & Chickens

Week 4: Alligators

### SPECIAL LEARNING

Week 1 & 2:

Dinosaurs Long Ago with Mr. Q

Week 3:

Exploring Sounds with Mr. J

Week 4:

Planets & Stars with Mr. X

## DID YOU KNOW YOU CAN PAY TUITION ONLINE?

[www.tuitionexpress.com](http://www.tuitionexpress.com)



## DON'T KNOW WHAT TO REQUEST FOR A BIRTHDAY OR SPECIAL OCCASION GIFT?

How about a GIFT CERTIFICATE  
for use at our center! Great for  
tuition, camps, aftercare,  
evening care... Ask at the front  
desk for more information!



## 10 Simple Ways to Make Kids Feel More Confident

[www.parenting.com](http://www.parenting.com) - Joe DeProspero

We spend countless hours as parents trying to make sure our kids are behaving, eating their dinner, and doing their homework. But how often do we take the time to focus on building their self-confidence? Here are 10 simple ways to do just that.



### 1. **Never laugh at their ideas, no matter how outlandish they are.**

Like adults, kids want to be taken seriously. When they get the sense they're being mocked (or laughed at, to their face), their instinct is to get angry, shut down, and not share more ideas for fear of more of the same treatment.

**2. Put them in unfamiliar social situations.** My 6-year-old expressed a legitimate interest in football, so I invited him to come with me to a friend's Super Bowl party. No other children were coming, and I told him that. At the party, it was clear he wasn't comfortable and was unsure how to act. But after a while, he was talking about "Star Wars" and lounging on the couch like one of the guys.

**3. Have them learn to play a musical instrument.** Once they've reached an age where they're dextrally and mentally capable, learning to play an instrument not only relieves stress (yes, kids have stress, too) but it can also boost self-esteem in a major way.

**4. Include them in the kitchen.** Yes, most kids are far more interested in the eating rather than the preparing of foods, but you'll be surprised by how much one experience can turn things around. One morning we asked our son to be the "assistant chef" when we were preparing blueberry pancakes. He now often insists on being involved in the kitchen, and he's always incredibly proud of the end product.

**5. Celebrate their successes.** I'm not talking about giving them a gold star every time they eat a carrot. But in my experience, children react favorably to receiving praise for going above and beyond—naturally, anyone does. However, it's even more important to show children that extra effort will yield benefits in order to instill the idea within them that they're capable of greatness and that hard work pays dividends.

**6. Have them teach you something.** Very little empowers a child more than having them believe they know something you don't. A beginner's card trick, or anything that positions them as the subject matter expert will work.

**7. Enable their creativity.** I've found that most people don't think they're creative because they were never encouraged to be. Encourage your child to think, what's next?

**8. Show confidence in your own actions.** This one seems intuitive, but often gets overlooked. Whether we know it or not, we're our child's most pronounced role model.

**9. Make them talk about their problems.** The easy, instinctive thing to do is to punish your child for lashing out. The more forward-thinking approach includes sitting down afterward to talk and figure out the exact reason for the anger. It lets them know you'll listen to them.

**10. Let them fail.** While success is pretty easy to deal with, learning to cope with failure is not easy, especially when you're not used to it. "It's not what you do for your children, but what you have taught them to do for themselves that will make them successful human beings."

## DID YOU KNOW WE OFFER AFTERCARE?

### AGES 5-12 YEARS OLD!

Our aftercare is available 5 days a week. We DO provide pick-up service from most area schools.

#### We offer:

- Teacher assisted homework
- Arts & crafts
- Enrichment activities & more
- Computer room
- Games
- Snacks provided

To register or get more information, ask at our front desk or call us at 561-629-8005.



## DID YOU KNOW YOU WE OFFER EVENING CARE?

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#### NOW OFFERING

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Bright Beginnings now offers  
EVENING CARE Monday thru Friday from  
6pm-11:30pm!



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[Facebook.com/BrightBeginningsFlorida](https://www.facebook.com/BrightBeginningsFlorida)



Get info about our school at:  
[www.brightbeginningsprep.com](http://www.brightbeginningsprep.com)

## Guide to Great Play Dates for Preschoolers babycenter.com



If your child's like most, she's been playing with (or at least alongside) other kids for a while. But now that she's entering the preschool years her social life will pick up significantly, and play dates may take place with less familiar pals on less familiar territory. By keeping some guidelines in mind, you can help ensure that squabbles, scuffles over toys, and tears at pickup time don't mar your child's (or her guests') play date fun.

**Making a "date"** Let your child lead. Ask him who he'd like to invite over. If he doesn't have a preference, take your cues from who he seems drawn to at daycare, preschool, or your local playground. Remember, too, that playmates don't have to be the same age. Pairing kids of different ages has some advantages: The older child will help direct play for his young friend, and he'll also relish being the "big kid."

Keep it small. Three really is a crowd when it comes to preschool play dates, says Sara Wilford, director of the expert in early childhood education at Sarah Lawrence College in Bronxville, New York. Instead, limit play dates to one friend at a time. Otherwise it's too easy for one child to feel left out, and sharing toys becomes that much more difficult.

**Kids' Activities** Find fun games, activities, crafts, and more for your child.

Keep it short. An hour is fine for a first visit, and two hours is plenty for a get-together between seasoned preschool pals, says Hollidaysburg, Pennsylvania, teacher Lisa Church, author of *Everyday Creative Play*. Any longer than that and you're likely to have two bored, tired, and cranky kids on your hands.

Get the facts on food. Because play dates often involve snacks, be sure to ask your guest's parents about food allergies or sensitivities — or what their possibly picky preschooler likes to eat. Knowing a child's preferences ahead of time can help head off a snack-time showdown.

Consider inviting parents, too. For very young children who aren't used to being away from Mom or Dad, and even for older kids making their first visit to your home, consider making the play date a family affair. Invite the other parent (or caregiver) to join you for coffee and a chat while the kids play, or let her know that it's fine to hang out for a while until her child settles in. Many kids need to work up to the "drop-off" play date, and many parents are wary about leaving their children in the home of someone they don't know very well.

## SUMMER CAMP – A LEARNING EXPERIENCE!

General camps are what many parents experienced as children – sports, games, arts & crafts, plenty of free play and often a weekly field trip to a nearby swimming pool, park or other community destination. Summer camp is an opportunity for your child to explore a world bigger than his/her neighborhood and a chance for you and your child to practice "letting go." Letting go allows children to develop autonomy and a stronger sense of self, make new friends, develop new social skills, learn about teamwork, be creative, and more. This time also allows parents an opportunity to take care of themselves so that they will feel refreshed when their child returns home! **Sign-up for one or more of our Bright Beginnings Summer Camp weekly sessions – for ages 5-12 years old!!** We offer weekly themes, outdoor fun, field trips and more! **Bring a friend – ask at our front desk about referral bonuses!**



### APRIL BIRTHDAY CORNER A special HAPPY BIRTHDAY goes out to...

Ms. Tania – 4/1

Juliana L. – 4/12

Donovan G. – 4/15

Alexa Z. – 4/26

Neysa J. – 4/6

Neveah L. – 4/13

Leonardo A. – 4/22

Nicolas B. – 4/27

Jayden C. – 4/11

Ms. Mary – 4/14

Ms. Sandra – 4/23

Jeremiah D. – 4/29

