

Health, Wellness, and Safety at Bright Horizons



Health and safety are a parent's top priorities. At **Bright Horizons**[®], they're our priorities, too.

Our standards are the highest in the industry, designed to meet or exceed all local and state guidelines.

Across the country, our centers take important steps to ensure the very best for every child, and our Well Aware program – part of our *World at Their Fingertips*[®] curriculum – ensures that lessons about health and wellness are incorporated into every classroom, every day. Here's how:

- **Security:** Front desk check-in, secure areas, and place-to-place tracking (from classroom to playground, and playground to inside) are part of our extensive policies that are standard at every center.
- **Cleanliness:** All surfaces are cleaned and sanitized nightly per strict Bright Horizons policies.
- **Self-Care:** Handwashing and healthy food selection are built into daily lessons.
- **Outdoor Play:** Designated areas, including playgrounds, give children the opportunity to safely explore new environments.
- **Movement Matters:** Curriculum-delivered experiences (structured and unstructured) follow national recommendations and get children up and moving every day. This includes enrichments such as yoga and gymnastics.
- **Healthy Eating:** Discussions about food, family style dining, and healthy menus (based on dietician recommendations for young children) promote new food choices and help children learn how to guide their own eating practices.
- **GardenWorks:** Planting seeds and watching them grow into fruits and vegetables gives children an inside look at where their food comes from.