



## Bright Horizons Chairman Pens The Working Mother's Guide to Life

November 19, 2002

WATERTOWN, Mass.--(BUSINESS WIRE)--Nov. 19, 2002--Bright Horizons Family Solutions (NASDAQ: BFAM) today announced the release of Chairman and Founder Linda Mason's newest book, *The Working Mother's Guide to Life: Strategies, Secrets, and Solutions*. The result of several years of research and the contributions of working mothers across the country and around the world, the book is a resource for all mothers, including expectant and new mothers, trying to balance the demands of work and motherhood.

In *The Working Mother's Guide to Life*, Mason, herself a working mother of three, shares her own experience and that of more than 100 women, ranging from single mothers working overnight shifts to senior executives. They all reveal the ups and downs of working while parenting, with a sharp focus on the strategies that have worked for them. Mason has collected the wisdom of these successful working mothers who not only survive, but truly thrive at work and at home, demonstrating that working mothers can have what really matters - a healthy family life and meaningful career. She shares strategies to help women tackle such challenges as returning to work with a newborn at home, choosing the right child care, creating a supportive environment at work, developing a strong family culture, and much more.

Working mothers at some of the nation's leading companies offered praise for *The Working Mother's Guide to Life*. "It's important to me to do a great job as a mother and as a professional. Linda Mason's powerful and comprehensive book covers every aspect of working motherhood, and she helps us to see that it's possible to succeed and find satisfaction in both worlds," said Indra Nooyi, President and Chief Financial Officer at PepsiCo, Inc.

Mason's book also has earned acclaim from a variety of experts in parenting and work-life balance. "A working mother can thrive only if her children are thriving. Linda Mason's compassion for both mothers and young children is the very heart of this practical, uplifting guide for everyday life," said renowned pediatrician, Dr. T. Berry Brazelton.

Published by Three Rivers Press, a division of Random House, *The Working Mother's Guide to Life* is now available in bookstores and from online booksellers across the country. A portion of the proceeds from sales of the book will be donated to The Bright Horizons Foundation for Children and The Horizons Initiative, which support programs to provide child care and early education for homeless children.

### About Linda Mason

Linda Mason is Chairman and Founder of Bright Horizons Family Solutions. She has been recognized as one of the "25 Most Influential Working Mothers" by *Working Mother* magazine and was named one of Redbook's "Ten Amazing Women of 1998." Together with her husband, Roger Brown, Mason was named among the "Best Entrepreneurs" by *BusinessWeek* and "Entrepreneur of the Year" by *USA Today/Ernst & Young*. Mason was also a recipient of the Ron Brown Award for Corporate Leadership for her work in founding The Horizons Initiative to provide child care and early education to homeless children in the Greater Boston area.

### About Bright Horizons Family Solutions

Bright Horizons Family Solutions ([www.brighthorizons.com](http://www.brighthorizons.com)) is the world's leading provider of employer-sponsored child care, early education and work/life consulting services, managing more than 460 child care and early education centers in the United States, Europe, Canada and the Pacific Rim. Bright Horizons serves more than 375 clients, including 84 FORTUNE 500 companies and 54 of the "100 Best Companies for Working Mothers," as recognized by *Working Mother* magazine. Bright Horizons is one of FORTUNE magazine's "100 Best Companies to Work for in America."

This press release may contain forward-looking statements, which involve a number of risks and uncertainties. Bright Horizons Family Solutions' actual results may vary significantly from the results anticipated in these forward-looking statements as a result of certain factors. These factors are discussed in detail in the Company's filings with the Securities and Exchange Commission, including the "Risk Factors" section in the Company's Annual Report on Form 10-K for the year ended December 31, 2001.

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