



## Helping Little Ones with Big Emotions

by *Tamara Patterson* [www.huffingtonpost.com](http://www.huffingtonpost.com)

Children are honest about how they feel. When they see something new or exciting, their eyes light up as they exclaim an awed “wow.” They express their love joyfully with hugs and kisses. They also whine about not getting what they want, cry deeply when they get hurt, throw something in anger, hide in shame when they fail, display jealousy freely, and express fear at unexpected or loud noises. Unfortunately, not every parent knows how to validate the full spectrum of their child’s feelings.

How do we help our children navigate difficult emotions?

You want to hug them when they’re upset. Sometimes you may want to yell at them when they get angry. Perhaps it even makes you chuckle a little when they cry just because they look so cute and the issue seems so small relative to the big picture of life. Sometimes you may want them to stop feeling so deeply because you are too busy to comfort them in this moment.

According to Leslie L. Greenberg, one of the founders of emotion-focused therapy, someone who is emotionally intelligent knows when and how to move in and out of emotions.

The following are a few tips to help you teach emotional intelligence to your child.

1. **Identify the Feeling**– Help your child describe the situation and the feeling (s) that arose as a result of the situation. Empathize with them, and let them know that it is normal to feel what they are feeling.
2. **Assess Your Own Feelings**- How do you want to respond to your child’s feeling? What does this tell you about yourself or your expectations? Try not to base your immediate response to your child’s feeling on your own response to the situation.
3. **Help Your Child Choose an Appropriate Verbal and Behavioral Response**– If your child is sad, allow them to cry until they’re done. If they’re angry, allow them to express their anger by using words, jumping, squeezing a pillow, or in another non-destructive way.

Finally, one of the best gifts you can give to your child is to continue growing and developing your own emotional intelligence. The better you are at expressing and understanding your feelings, the better you’ll be able to teach your children to do the same.

### August 2017

#### Special points of Interest

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- ✦ Classroom updates
- ✦ Employee of the Month
- ✦ Back To School Apple Craft

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Please check your child’s parent folder every day. There is important information there! Also, make sure your child always has a change of clothes and pull-ups, if necessary. Thank You!

## Pixie Butterflies

The Pixie's have enjoyed their "water day" summer. We welcomed new Pixies in July and are getting ready to explore the different aspects of weather and the world of pets! With the new school year approaching, please check folders and sign up for the Parent Orientation on August 1st or August 10th.

-Ms. Stacy & Ms. Stephanie



## Elf Butterflies



As our summer program ends, please check your child's cubby for water day belongings to take home. We will begin the month learning about transportation and where we live. We are so excited about the new school year and are looking forward to having your children in our class and to share many learning experiences with them.

-Ms. Beryl, Ms. Jessica & Ms. Naomi

## Julia Butterflies

Welcome to a new school year! We will miss our friends moving on to kindergarten and welcome our new friends to our class. We are looking forward to creating and learning new things this year. Reminder: please check your child's folder daily and please keep a bag of labeled, extra clothes in your child's cubby in case of accidents and spills. Thanks for a great summer!

-Ms. Vicky, Ms. Jazzy, & Ms. Vanessa



## Buttercup Butterflies



This month we are getting ready for the new school year!!! We will talk about table manners, class rules and expectations. We will also talk about helpful vs. not helpful choices. Have a great month!

-Ms. Paige, Ms. Jasmine & Ms. Natalie

## Employee of the Month

### **Ms. Jessica**

Jessica joined our team in February of this year. In just a short time, Jessica has embraced our mission and our School Family philosophy with open arms. Her high energy and positive personality make her a wonderful addition to our three year old class. Ms. Jessica truly has the mission of Winter Park Day Nursery in mind at all times. She is an exemplary employee. We are so grateful she is part of our School Family!



**1st Work Anniversary— Ms. Alexandra, Ms. Dara,  
Ms. Vanessa, and Ms. Jazzy**

**&**

**Ms. Shirley's Birthday— August 12th**

**Mr. Kyle's Birthday— August 19th**

## Back To School Apple Craft

Today I am sharing with you a simple Paper Plate Apple Craft. Kids will adore adding the special touch of the cute little worm sticking out of the apple. In fact, you can move the worm up and down in the paper plate so it's makes for a fun way for kids to play after making the craft.

Here's what you'll need:

- 1 Regular Paper Plate & 1 Small Paper Plate
- Red and Lime Green Paint
- Green and Brown Paper
- Googly Eyes, Glue, Scissors, & Black Marker

1. Start by cutting a small half circle out of the top and bottom of your paper plate to make the shape of an apple. Also, cut along the rim of your small paper plate to make a worm shape. .
2. Paint your large paper plate red and your worm shape lime green. Set them aside to dry completely. While they dry, cut out an apple stem and leaf from your brown and green cardstock paper.
3. Cut a slit on your paper plate for the worm to slide into. (This step must be done by an adult!)
4. Glue your apple stem and leaf onto your paper plate. Slide your worm through the slit in your paper plate so his head sticks out of the front of the plate.
5. Finish your apple craft by gluing googly eyes onto your worm and drawing a smile on it with your black marker. That little worm is too cute isn't it?!



### Important Dates To Remember

**Parent Orientation will be on Tuesday, August 1, 2017 and on Thursday, August 10, 2017.**

**First day of school will begin August 14, 2017.**

### Super Supper

**Wednesday, August 30, 2017**

**Meatloaf with Mashed Potatoes and Green Beans**

**Feeds 1 adult & 2 children.**

**\$5.00 each**

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**Mission:**  
The Winter Park Day Nursery provides a secure, nurturing and educational environment that is affordable and supports family diversity.

**Vision:**  
The Winter Park Day Nursery will build a stronger community by providing high-quality, affordable early childhood education that will prepare our children to succeed in school and life.

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