



How to Create Quality Time with Your Family
As a Busy Mom or Dad
By: Monica Foley, M. Ed.

Spending quality time with your child has more to do with ordinary daily life than what you might initially expect. It's simple and meaningful interactions, such as bedtime stories and family dinners, that are essential for your child's development and future relationships.

As a parent, you're preparing your kids for academic success and rewarding careers. You're also helping to set the patterns for their adult friendships and romances.

Even if you feel like you're short on time and juggling multiple responsibilities at home and/or the office, you may be surprised at how many opportunities there are to incorporate quality time into your daily routines. Start with these practical ideas.

Keep these things in mind when it comes to spending quality time with your child:

1. **Be authentic.** Do you feel a little guilty when you see Facebook posts from parents who take their children on exotic vacations or treat them to expensive hobbies? Instead of making comparisons, it's more constructive to focus on activities that suit your family budget and lifestyle. Kids enjoy and appreciate family activities that are simple and they don't have to be extravagant.
2. **Pay attention.** Let your child know how much you care about them. Listen carefully to what they have to say. When you're together, try to be fully present instead of looking at your phone or thinking about your to-do list. Those things will always be there, and watching your child grow up happens quickly.
3. **Show appreciation.** Give your child plenty of praise and positive reinforcement. Congratulate them when they raise their grades in a subject that has been particularly challenging for them. Thank your child for being patient with their younger siblings or for setting the table without being asked.
4. **Discover your child's interests.** Find out what they like to do so that you can participate as well. You may both enjoy playing video games or listening to classic rock music, for instance. Be open to trying something new together that you just might find you both enjoy.

August 2021

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**Please check
Brightwheel
every day. There
is important
information
there! Also,
make sure your
child always has
a change of
clothes and/or
diapers/pull-ups,
if necessary.
Thank You!**

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Caterpillars/Buttercup Butterflies



What a great Summer we are having this year! In August we are getting ready to welcome our new friends and new classes for the 2021—2022 school year . We are looking forward to seeing some new faces!

-Ms. Natalie, Ms. Stacey & Ms. Bailey

Pixie Butterflies

We are so excited to welcome our new Pixies to our class for the month of August! Pixies will be introduced to classroom routines, rules, and expectations! They will also be introduced to new materials and learn how to use different kinds of toys! We look forward to an exciting new school year!

- Ms. Vanessa & Ms. Beryl



Elf Butterflies



We have had fun this past month and enjoyed our summer themes. We have been astronauts and bug catchers these last few weeks. We have also enjoyed specials with Ms. Chloe and Ms. Stacey. Water days are also always fun. It is hard to believe that our summer program is almost done. We are preparing to welcome new friends and say goodbye to our old ones as they move up to VPK. Please remember to keep extra labeled clothes in cubbies, just in case. We hope you all are having a safe healthy summer!

-Ms. Stephanie & Ms. Madison

Julia Butterflies

This month, as we prepare for the new school year, we will say goodbye to some students who are off to kindergarten and we will say hello to new students joining us for VPK. We will start the new school year learning the centers in the classroom and the schedule. We will also learn about where things are in the school! We look forward to a great month!

-Ms. Paige & Ms. Fallon





Ms. Lakishia's Birthday—August 4th
Ms. Dara's 5 Year Anniversary—August 11th
Ms. Shirley's Birthday—August 12th

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- 5. Make updates as needed.** Remember that your child's needs will change over time. As they grow from a toddler into a teenager, they expect more independence, but they'll probably still welcome an invitation to practice driving or watch a favorite sport together.
- 6. Remain available.** Quality time can happen anywhere and at any time. You're bound to find promising opportunities as long as you make yourself approachable and accessible to your child:

Following are some practical examples of quality time:

- 1. Eat family meals.** Dine together as often as possible. If you run into frequent conflicts with weekday dinners, try gathering for breakfast or catching up on weekends.
- 2. Share chores.** Ask your children to join you, whether you're shopping for groceries or organizing the garage. You'll have a chance to talk, and they'll learn valuable life skills along the way.
- 3. Schedule individual time.** Arrange to spend some one-on-one time with each of your children regularly. You'll learn more about them and enjoy meaningful conversations that you may otherwise miss.
- 4. Travel together.** Whether it's a family vacation or driving to soccer practice, both provide time to talk while you're on your way to your destination. Check in with each other and let the conversation flow naturally.
- 5. Volunteer as a family.** Helping others can draw you closer to your children. Support a cause you both care about. Browse the internet with your child for a local volunteer agency where you can explore your options.
- 6. Take pictures.** Face to face communications are the most significant but sharing pictures can help you stay in touch too. Send each other funny or moving images you come across during your day. Build an album you can look through together.
- 7. Connect daily.** Even if you work outside of the home and see your child for only a few hours most days, quality time pays off as long as you're consistent. Make it a habit of chatting for about 15 minutes when you arrive home or before you go to bed.

Use the quality time to build a positive relationship with your child and give them a solid foundation for becoming a happy and productive adult. Savor the moments you spend together and create memories you will both cherish.

Pasta Sun-catcher Craft

Turn your old pasta into a sun-catcher! The translucency of the pasta makes it look especially pretty as light filters through it.



What you will need:

- Dyed Pasta
 - Glue
 - Recycled Plastic Lids or Embroidery Hoop/Mason Jar Lid
1. Pour glue in the bottom of a lid. The more glue, the more sturdy your final sun-catcher will be. If doing the lid/hoop version run a thick bead of glue around the edge of the lid/hoop.
 2. Add your pasta! The hoop lid is suitable only for long pasta shapes that can span the open center.
 3. Let dry. Depending on how much glue you used, these will take a few days to completely dry. The hoop ones will only take a couple of hours to dry.
 4. When completely dry, gently pop your sun-catcher out of the lid and hang it in a window!



Super Supper

**Baked Ziti
w/ Ground
Beef and
Tossed Salad
Pick-up is
Thursday,
August 12th
\$5.00 each.**

**Chicken &
Yellow Rice
Casserole
w/ Fruit
Pick-up is
Thursday,
August 26th
\$5.00 each.**

**Payment is
due before
pick-up.**

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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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