



9 Things Every Parent Should Know About Play

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1. Children learn through their play.

Don't underestimate the value of play. Children learn and develop:

cognitive skills – like math and problem solving in a pretend grocery store

physical abilities – like balancing blocks and running on the playground

new vocabulary – like the words they need to play with toy dinosaurs

social skills – like playing together in a pretend car wash

literacy skills – like creating a menu for a pretend restaurant

2. Play is healthy.

Play helps children grow strong and healthy. It also counteracts obesity issues facing many children today.

3. Play reduces stress.

Play helps your children grow emotionally. It is joyful and provides an outlet for anxiety and stress.

4. Play is more than meets the eye.

Play is simple and complex. There are many types of play: symbolic, sociodramatic, functional, and games with rules—to name just a few. Researchers study play's many aspects: how children learn through play, how outdoor play impacts children's health, the effects of screen time on play, to the need for recess in the school day.

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



The babies are getting ready to learn about Farm Animals and explore Holiday activities, meanwhile, the Buttercups will be exploring things associated with this time of year. From fragrant pine boughs, jingle bells and “snow”. Thank you for the pictures and the leaves from our Family Participation actives. Hope you are enjoying them with your child.

Happy Holidays! -Ms. Natalie, Ms. Stacey, & Ms. Jessica

Pixie Butterflies

Where has the time gone? We hope everyone had a good Thanksgiving. As we move into the month of December, we will be learning about Christmas and other holidays that we get to celebrate during this time period. We will be singing Holiday songs and we will also have a lot of hands on activities. It is going to be a month full of joy!

- Ms. Maria & Ms. Vanessa



Elf Butterflies



We have begun our study on gardening. The students have liked talking about all the different plants, and vegetables we know. This has been helpful in encouraging our class in trying new foods to help our bodies stay healthy and grow. We have also investigated how many water cans we need (split amongst peers) full of water to water all of our plants and vegetables in our school garden. Our class really likes covering the seeds with dirt and raking the mulch and leaves. We will continue our garden study over the next few weeks talking about how our garden helps people and the environment.

-Mr. Steven & Ms. Shay

Julia Butterflies

Our class will continue our Pet study and continue to improve our fine motor skills. We will also create some Holiday artwork for the month of December.

-Ms. Paige & Ms. Vicky





Ms. Amy's 9th Work Anniversary— December 7th
Ms. Paige's Birthday— December 21st
School Closed: Christmas— December 23rd-25th
Ms. Heather's Birthday— December 27th
School Closed: New Year's— December 31st -January 1st

9 Things Every Parent Should Know About Play continued...

5. Make time for play.

You can make sure they have as much time to play as possible during the day to promote cognitive, language, physical, social, and emotional development.

6. Play and learning go hand-in-hand.

They are not separate activities. They are intertwined. Think about them as a science lecture with a lab. Play is the child's lab.

7. Play outside.

Remember your own outdoor experiences of building forts, playing on the beach, sledding in the winter, or playing with other children in the neighborhood. Make sure your children create outdoor memories too.

8. Trust your own playful instincts.

Remember as a child how play just came naturally? Give your children time for play and see all that they are capable of when given the opportunity.

9. Play is a child's context for learning

Children practice and reinforce their learning in multiple areas during play. It gives them a place and a time for learning that cannot be achieved through completing a worksheet. For example, in playing restaurant, children write and draw menus, set prices, take orders, and make out checks. Play provides rich learning opportunities and leads to children's success and self-esteem.

Gingerbread Man Button Counting Busy Bag

This simple, holiday-themed busy bag reinforces counting and colors, while helping children with their pincer grasp and fine motor skills!!

Here's what you'll need:

Gingerbread Man cookie cutter, brown foam paper, scissors, colorful buttons, Velcro dots, zip-lock bag & glue.



1. Trace the Gingerbread Man cookie cutter on brown foam paper , then cut them out. You will need 5 of them.
2. Label the Gingerbread Men from 1 to 5 with a permanent marker.
3. Attach Velcro Dots to the back of our little color - coordinated buttons with glue and to the foam paper.
4. Put your cute little Gingerbread Men and the buttons in a Ziploc bag, ready to go for a time when you need a quick activity for the kids!

Super simple, reinforcing counting skills and one to one correspondence, and color recognitions. Enjoy!!

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Super Supper

Shepherd's Pie and a Side of Fruit.

Pick-up is Thursday, December 10th \$5.00 each.

Ms. Shirley's Savory Chicken Salad

Pick-up is December 18th & 21st \$5.00 each.

Payment is due before pick-up.

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.

Winter Park Day Nursery is a 501 (c)(3) tax exempt organization.