



12 WAYS TO BE A HAPPIER, MORE EFFECTIVE PARENT THIS YEAR

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As a teacher, I've had the chance to observe and learn from many parents over the years. I've been struck repeatedly by how happy, positive and empowered some of them are, even in difficult times. But there are also those who are stressed and often don't seem to enjoy parenting — the ones who left me with the impression they are barely hanging on.

Here are strategies for an easier and more empowered parenting existence, based on watching happy parents and trying their techniques.

Parent from wisdom, not fear. That phrase come from Tim Elmore, who notes that a great deal of parenting behavior stems from fear. We might fear other people, our own inexperience and imperfections, or any number of terrible things that could befall our children.

Elmore suggests consciously replacing fear with wisdom. He talks about it in the context of modeling this for our kids, but I find the process helpful for parents, as well. We can't simply wish away fear or guilt. But we can resist acting on those feelings. I've noticed that acting on feelings of fear or guilt increases their hold on me, while resisting them minimizes it.

Find a mentor. Seek guidance from someone who can help you determine what battles need to be fought and when you can let things go a bit.

Keep in mind, though, that anyone who has enough experience to help you will likely be older and may see the world in fundamentally different ways. That's okay. You don't have to do everything they suggest. Even if you disagree, they can still give you useful perspective and advice.

Trust yourself. Parenting is not an exact science, it's more a process of using specific strategies at specific times to get specific outcomes.

Do something you enjoy. Finding small things to do for ourselves can have a big impact.

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Please check your child's folder & 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!

Caterpillars/Buttercup Butterflies



February is the month of love and our babies are learning the meaning of love and teaching our parents how to say "I love you" in sign language. In our Buttercups class, all of the students have gone home blue, green, and purple as our exploration of colors continue. Reading about colors is helping us by saying and signing the color names. After colors, we will start exploring our senses.

-Ms. Stacey, Ms. Shay, & Ms. Natalie

Pixie Butterflies

This month of February we are going to have fun while learning about shapes. This is also the month of celebrating love and friendship. You are more than welcome to send little cards, pencils, and stickers, anything that is not food. Thank you for your support.

- Ms. Maria & Ms. Vanessa



Elf Butterflies



Thank you for your support on another great topic study of bread. Students overall learned about various assortments of bread, the science of bread and also made different types of bread using different ingredients. After we are finish our study of bread this week, students will begin a new study of gardening as we will be utilizing the school's garden for the curriculum study.

-Mr. Steven & Ms. Jessica

Julia Butterflies

This month our class study will be all about roads! We will learn how roads are made and how they help us get to places. We will be sending more information in our letter to families so please check your child's file folder. Our class will also be celebrating Valentine's Day Friday, February 14th. Please continue to keep practicing writing skills with your child as well as letter recognition. Make sure your child has weather appropriate change of clothes in their cubby.

-Ms. Paige & Ms. Vicky



FEBRUARY EVENTS

Ms. Jinger's Birthday– February 10th
Ms. Jessica's 3rd Work Anniversary– February 13th
WPDN is Closed for Presidents' Day– February 17th
Ms. Megan's Birthday– February 19th
Ms. Jessica's Birthday– February 24th
Ms. Beryl's Birthday– February 26th

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Instead of following a road map, successful parents engage their children based on their experience, judgment and values. They say no when they need to. And if you get something wrong, use it as an opportunity to model for your child how to fix mistakes.

Don't gossip. Whether it's discussing another parent, a teacher or a child's peer, gossip has a negative effect on those who engage in it. That is true whether it's in person or via text chains.

Try a social media fast. Fasting gave me the clarity to see how I could better align social media use with my priorities and values.

Allow your child to experience consequences. It helps us focus on what we can control, and it empowers our children, because failure, difficulty and obstacles are what create and hone the skills and abilities they need to be successful as adults.

Declutter your child's schedule. Being overscheduled can have negative consequences for families and children.

Connect. It's easy, in the press of all we have to do, to lose sight of the need to connect with our children, but building those relationships can help prevent or mitigate any number of serious problems.

Make memories. Family memories are a currency we share with our children, something that cannot be dimmed or taken away.

Act instead of worrying. Channel your fear, worry, or outrage into action.

Do something old-school. We tend to focus on our current lifestyle and modern conveniences, but our ancestors had tens of thousands of years of living without all the resources we have.

Valentine's Day Fine Motor Gluing

Before kids learn how to write, they need to develop the hand strength and hand-eye coordination they'll need to make their pencil do what they want it to do. Today's activity is a low prep way to help kids build those skills as they get in the Valentine's Day spirit. Here's what you'll need:

- ◆ Construction Paper, Glue, Pen or Sharpie
 - ◆ Table Scatter Hearts (Dollar Store)
1. Cut out a construction paper heart and draw small black dots on it.
 2. Have your child put glue on the black dots then stick a sparkly heart on top.



Your child's definition of "a little glue" might be different. As their fine motor skills continue to develop, the glue dots will get smaller and smaller.



Super Supper

Veggie or Ham & Cheese Quiche with a Side Salad.
 Payment is due Wednesday, February 5th and pick-up is Thursday, February 6th.

Black Bean Chili with Corn Bread.
 Payment is due Wednesday, February 26th and pick-up is Thursday, February 27th.

Feeds 1 adult and 2 children.
 \$5.00 each
 Sign-up at the front desk.

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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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