



## 13 HABITS THAT RAISE WELL-ADJUSTED KIDS

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I keep seeing posts about “entitled kids” making the rounds lately. In fact, you don’t have to look hard before you see things written about how “lazy” and “narcissistic” and “downright terrible” kids are these days.

As a parent of younger kids, you read these articles and feel paralyzed by overwhelm and fear and mixed messages. What exactly is the right thing to do? Where am I going wrong? Should I give up and start a savings account for my kids’ future therapy sessions?

The part that scares me the most is we are so overwhelmed by the judgement in modern parenting that it feels safer (and by far easier) to do nothing, to turn on the tv and hide in technology Never, Never Land.

### **You should know something.**

Change starts with one parent and one child at a time. You have a beautiful window of opportunity to build the foundation that your child desperately needs but also craves. The foundation for things like generosity, responsibility, appreciation, warmth, kindness, helpfulness and hard-work ethic all starts during the early years.

### **Here’s the hard part.**

It starts with us — *the parents*. Kids cannot even think at the maturity level needed to break a behavior cycle, let alone do anything about it. So, as the parents, it has to start with us. The foundation for well-adjusted kids *always* starts with us.

Here are 13 simple ways that help raise well-adjusted kids. **Let’s get back to basics.**

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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 diapers/pull-ups, if necessary. Thank You!

## Caterpillars/Buttercup Butterflies



As we continue exploring the colors of the world around us, we will start mixing them, first with paint brushes then our hands and feet like in the story Mouse Paint. By pointing out the different colors, your child is wearing each day, it will help them connect the word and color because it becomes personal. Our infants will begin to explore their 5 senses with activities planned from different textures to smells and sounds.

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

## Pixie Butterflies

We hope that you and your family had a happy new year! This month we will learn more about our 5 senses: sight, smell, hearing, taste and touch and how important they are because they allow us to enjoy the world around us. Our Pixies will participate in a variety of activities to explore these senses.

**- Ms. Maria & Ms. Vanessa**



## Elf Butterflies



As we approach the new year, students are on a new study of bread! We will be discussing the process of bread making, ingredients used, and different types of bread we eat. We had a great time learning during our study of balls and a successful Holiday Program with the students and staff. We appreciate your support and participation. Have a safe & happy new year!

**-Mr. Steven & Ms. Jessica**

## Julia Butterflies

Happy New Year! We are excited to start the year 2020 as we also start a new study on clothes. We will be talking about where you purchase clothes, who makes clothes and how to take care of our clothes. We will also be working on our handwriting skills and writing our name. Please practice this at home with your child.

**-Ms. Paige & Ms. Vicky**



## January EVENTS

**WPDN is Closed for New Year's Day– January 1st**

**Ms. Ali's 15th Work Anniversary– January 3rd**

**Ms. Ali's Birthday– January 4th**

**Ms. Shay's 1 Year Work Anniversary– January 17th**

**WPDN is Closed for MLK & Teacher Work Day– January 20th**

**Ms. Meme's 1 Year Work Anniversary– January 21st**

### 13 HABITS THAT RAISE WELL-ADJUSTED KIDS continued...

- 1. Boundaries-** The world is a very chaotic place. Boundaries help your child, not only feel grounded, but thrive. Check yourself and think about what your real boundaries are. Then remember, they're brick walls, not doors.
- 2. Routines-** Knowing what to expect at mealtimes, mornings and bedtimes can bring a sense of relief to even the most carefree child.
- 3. Early Bedtimes-** Sleep is the building block for healthy brain development. It helps us process the days events and learn from it.
- 4. Empathy-** New research shows that empathy plays a major role in predicting kids' happiness and success.
- 5. Hugs-** Hugging triggers the release of oxytocin, also known as the love hormone. This feel-good hormone has many important effects on our bodies. One of them is growth stimulation.
- 6. Playful Parents-** Taking the time to put down our phones and realize that our kids need. us. to. play.
- 7. Outdoor Time-** Movement through active free play, especially outside, improves everything from creativity to academic success to emotional stability.
- 8. Chores-** Research by Marty Rossman shows that involving children in household tasks at an early age can have a positive impact later in life.
- 9. More Screen-time Limits-** When a young child spends too much time in front of a screen and not enough getting required stimuli from the real world, her development becomes stunted.
- 10. Experience, Not Things-** When they grow up, it's not the stuff in their life they will remember.
- 11. Slow Moving Days-** I encourage parents to take some time to just watch their children, whether they are playing, doing homework, or eating a snack.
- 12. Books Read to Them-** Study after study shows that early reading with children helps them learn to speak, interact, bond with parents and read early themselves.
- 13. Music-** Science has shown that when children learn to play music, their brains begin to hear and process sounds that they couldn't otherwise hear.



## Melting Ice Science Experiment

Melting ice with salt and then adding liquid watercolors is a simple kids' science experiment. It truly is a beautiful and fun learning experience. Here's what you'll need:

- ◆ Bowls/dishes (for making the ice) & a large tray with sides
  - ◆ Salt, liquid watercolors or food coloring, droppers/spoon
1. Fill several different sizes of bowls with water and let them freeze overnight. Make at least one of them shallow.
  2. Set up your melting station. Loosen the ice from the bowls with a little warm water and set them in a big plastic finger paint tray with a raised edge. A baking tray with sides works as well. Set the trays over old towels.
  3. Add salt! Give each child a bowl of table salt (a modest amount, not too much) and let them sprinkle it over the tops of the ice domes.
  4. Time to add color to the melted ice. Once you can tell the salt was melting the ice, squeeze a little bit of a few different colors into jelly jars and add a dropper to each.

# JANUARY

### Super Supper

Meatloaf with oven-roasted potatoes & green beans.

Payment is due Wednesday, January 15th and pick-up is Thursday, January 16th.

Baked Ziti w/ Ground Beef and a Side Salad.

Payment is due Wednesday, January 29th and pick-up is Thursday, January 30th.

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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