



“I’m Bored!” 5 Tips for Parenting When Boredom Strikes By Positive Parenting Solutions

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“Mom, I’m so bored,” your eight-year-old whines from across the room.

You fight back the urge to whine right back as your eyes roll to the back of your head. You’ve hit your wall. The jig is up. Your mind is blank. There’s absolutely nothing left in your arsenal of ideas.

You’ve played board games, gone on walks, read books, but it’s never enough. The boredom continues.

And the worst part? Despite being home all day, you’ve never felt busier. The last thing you want to do is figure out a way to keep your daughter entertained.

Oh, sweet friend, I know exactly where you are coming from. Stuck between wanting to make your child happy and trying to encourage her sense of independence. Fighting the guilt of not dropping everything to entertain her while juggling everything else on your list of to-dos.

Believe me, this is a problem so common no parent is immune. Those two little words (I’m bored!) may drive you absolutely up a wall, but you can take comfort in knowing that you are not alone. Countless parents—myself included—have dealt with our children’s boredom and lived to tell the tale.

So what exactly can you do when you hear those two dreaded words? **Here are 5 helpful tips for parenting kids when boredom strikes.**

#1. Get to the Root of the Issue

Sometimes, things go a little deeper...

Before you immediately assume your child is merely begging for something to do, consider this: There could be an underlying issue—outside of general boredom—that is causing him to identify as “bored.”

Is it... a need for attention? Give mind, body, and soul activities a try. All you need to do is spend 10-15 minutes, once or twice a day, doing something that he wants to do — one-on-one and distraction-free. Is it a need to become more self-sufficient? “I’ve been noticing that you get bored sometimes, but I also know you’re capable of coming up with something fun to do all on your own. Why don’t you make a list of your favorite activities and then next time you’re bored, you’ll have a few great things to choose from?”

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



New year new fresh ideas! The babies will be learning about their letters and colors, also lots of sensory activities! Activities such as making their own slime, experimenting with food color and the texture of new foods.

In the month of January, our Buttercups will engage in lots of manipulative play which includes puzzles, blocks, play dough, and more. We will also learn about colors!

- Meme, Ms. Graciela & Ms. Cynthia

Pixie Butterflies

Happy New Year families! For the month of January, we are creating our Shapes book. We will be doing a variety of learning activities that will include all of the different shapes.

- Ms. Tiara & Ms. Megan K.



Elf Butterflies



Happy New Year parents! In January, we will continue our Reduce, Reuse and Recycling study. The children will continue to observe, gather data, explore the community, and learn new information on how to make our community better. Though children are fascinated by what is in garbage cans and often pick up trash against our wishes. This natural curiosity provides a good starting point for finding out what happens to trash after it's thrown away.

-Ms. China & Ms. Keyanni

Julia Butterflies

Happy New Year! We are so excited for all the things that we have in store for the remainder of the school year. This month we begin the Garden study and will be learning and exploring the different plants that we have in our garden as well as ones that other people have in their gardens! We will also learn how to grow plants from seeds. We would love to have a few parents or family members who know about gardening or who work at a plant store to come talk to the students and share what you know! Please let us know on Brightwheel if you are interested in coming.

-Ms. Paige & Ms. Fallon





Ms. Ali's 18th Anniversary—January 3rd
 Ms. Ali's Birthday—January 4th
 Wear Your Favorite Sports—January 13th
 Ms. Tiara's Birthday—January 16th
 Ms. Meme's 4th Anniversary—January 21st

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#2. Limit Screen Time

When kids are exposed to too much screen time, the instant gratification leaves little to the imagination. Without screens, kids are forced to think outside the box, using their own imaginations to fill their leisure time. Instead, try encouraging your daughter to write a story, come up with a play she can put on for the family, or go on a nature hunt. Anything that gets her mind away from the screen and engaged in the real world is going to do wonders.

#3. Don't Become a Source of Entertainment

Do you immediately put down your book and start listing all the options he has for entertainment? Do you take him out of the house to some place more fun? If so, you may want to consider pumping the brakes just a tad. Because as naturally as it may be for you to automatically jump into problem-solving mode, you're not doing your son any favors by doing the work for him. All you've done is become his own personal source of entertainment. You are his parent. And when you give up on the tireless task of trying to keep him entertained every moment of every day, you're going to discover a magnificent secret few parents know about, but every parent should.

#4. Let Them Be Bored

Because boredom idles the mind, giving kids the opportunity to slow down and quiet the world around them. It also gives them the chance to come up with things to do on their own—without our help. This is also known as a boredomtunity! By allowing her the freedom to personally fill that unstructured time throughout her day, you're giving her a huge dose of power and responsibility. And bonus! She'll also get a healthy lesson in time-management on the side.

#5. Establish Your Family's Go-To Boredom Busters

You can put these ideas in a boredom jar, write them down on the family chalkboard—whatever! That way, when the moment strikes and they cannot come up with anything to ease their boredom, you'll know where to direct them. Go for a bike/scooter ride, bake a healthy treat, draw a comic book that's filled with things you WANT to be doing., make a scavenger hunt., put on a play, write a letter to a friend or family member., call your grandparents or other relatives, complete a random act of kindness, or have a dance party/dance-off with a sibling..

Boredom gets a bad rap. But trust me when I say, it's NOT a bad thing! In fact, allowing your child to be bored and rest in a certain amount of unstructured time will certainly prove beneficial in the long-run.

DIY Marshmallow Igloo

Living in Florida makes it impossible to build a snow fort, aka igloo. We do not get snow! Also, snow forts are not entirely safe either. So, there is an alternative way kids can build igloos, and it's with one of their favorite, gooey treats; marshmallows. What you need:

- Foam plates and bowls, Popsicle stick, and Toilet paper roll
- Elmer's Glue or Edible Icing
- Mini Marshmallows
- Scissors and Xacto knife
- Hot glue gun and hot glue



Step 1: Cut around the foam bowl. Cut a toilet paper roll into 2-3 inch pieces with the Xacto knife. Next, slice each of those pieces in half. At this point, you should have mini arches.

Step 2: Trace the shape of the dome against the foam bowl, and cut it out. Slide the arch into the bowl, and hot glue it in place. This is the entrance to the igloo. Hot glue the igloo to the bottom side of a foam plate.

Step 3: Cover the entrance to the igloo with glue using the stick, & glue marshmallows onto it in a horizontal pattern, then stack the layers.

Step 4: Use the stick to add glue along the bottom edge of the bowl, and stick marshmallows until the bottom row is full. Add marshmallows layer by layer until the entire thing is covered.



Super Supper

Chicken and Rice w/ Green Beans
Pick-up day is **Thursday, January 12.**
\$5.00 each

Baked Ziti w/ Salad
Pick-up day is **Thursday, January 26.**
\$5.00 each

Payment is due before pick-up.

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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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