



9 Tips to Make This the Best Summer Ever with Your Kids

Brought to you by ahaparenting.com

Summer lives in our imaginations throughout the year because it nourishes our souls. The warmth....the fun...the sheer deliciousness. But mostly, the luxury of time, unbounded by school. Time to explore, to make new friends, to lie on your back and watch the clouds billow. The vivid aliveness and freedom of a child's summers can change her forever.

Does this sound like the summer your child is having? Or is he glued to an electronic screen, or having to get up early for camp so you can get to work? Or has he gotten so used to constant stimulation that he's complaining he's bored?

You CAN reclaim summer for your family. In fact, you can make this the best summer ever with your kids. It doesn't take travel or a lot of money. All it takes is your time. That's right, your time. I know that sounds like the one thing you don't have enough of. If you're anything like most parents, you have a long list of things that need to get done and you feel a little (or a lot!) overwhelmed. But it's summer. Your kids won't be kids forever. This is the stuff their childhood memories are made of. These are the experiences that shape who they become.

Of course, your kids also need plenty of lazy summer afternoons with not much happening. So finding that sweet spot of "just enough" activity without over-scheduling is the goal. As George R.R. Martin says, "Summer will end soon enough, and childhood as well." Why not decide now to make the most of this opportunity to connect with your kids? Here are ten simple tips to make this summer your best summer ever with your kids:

1. Set aside some time every day to have fun with your child.

Whether it's running through the sprinkler together on a hot afternoon or counting the stars on a blanket in the backyard before bedtime, do at least one thing a day to connect and have fun. Remember, what matters is always how it FEELS, not how it LOOKS. Your child doesn't need a Martha Stewart activity; just a loving connection with you.

2. Find the "sweet spot" for structure.

Research shows that kids get stressed during the school year from academics, homework, the social scene, and all the activities. They really need time to chill and relax. But they also need structure, meaning they need their day and week to have a shape -- so they know what to expect. For instance, every morning after we play, we do errands or pick up the house together for an hour, and after lunch we have reading time and then quiet time. Every afternoon we run through the sprinkler or go to the pool.

3. Commit to de-stressing and just enjoying your life this summer.

Kids pick up our attitudes. If you're stressed, they'll be stressed, and they'll fight with each other and drive you crazy. Even if you have to go to work, can you find a way to dial down your stress for the summer? And if you're lucky enough to be home with the kids, don't you deserve a delicious summer as much as your children do? Your positive attitude will create a relaxed, happy mood in your house.

4. Help your kids develop a healthy relationship with time

...one that includes the important life skill of being comfortable with their own company, without technology. Time is, after all, what life is made of. To help kids learn to reclaim their time, set up a Boredom Buster Jar.

Continued on page 4

Please check your child's folder every day, there you will find important information! Also, make sure your child always has a change of clothes and pull-ups. Thank You!

June 2016

Special points of Interest

- ★ The Best Summer Ever
- ★ Calendar
- ★ Classroom updates
- ★ Water Days

| | |
|-------------------------------|---|
| Main Article | 1 |
| Pixie Butterflies | 2 |
| Julia & Buttercup Butterflies | 2 |
| Monarch Butterflies | 2 |
| Elf Butterflies | 2 |
| Blue Wave Butterflies | 3 |
| Calendar | 4 |

Pixie Butterflies

We had so much fun expanding upon our numerical awareness. We counted, read and even created our very own 1-10 number book! Throughout the summer we will continue to review all the colors, shapes and numbers we learned during the school year. This month the Pixie Class is going to have some fun in the sun. We will take our learning outdoors with water days and fun playground activities.

-Ms. Stacey & Ms. Stephanie



Julia & Buttercup Butterflies



As we welcome summer, we would like to thank you for a great year! It has been a pleasure teaching your child and watching him/her grow over the course of the school year. WPDN's VPK graduation will be held at 6:30 pm on Wednesday, June 8th at First United Methodist Church of Winter Park. Please style your child's hair in a way that we can comfortably and easily secure the graduation cap. We will see at the ceremony!

-Ms. Paige & Ms. Vicky

Monarch Butterflies

The school year has come to an end. What a busy and fulfilling year we've had. We are wrapping up our review of letters, sounds, numbers and writing. The children are excited and eager about their upcoming graduation. They all have worked hard. Get ready for a fun and adventurous summer. We've planned lots of exciting activities!

-Ms. Megan and Ms. Sarah



Elf Butterflies



As we finish up the school year, we are looking forward to exploring fun, sensory activities for the summer! We will officially begin water day this coming Monday, June 6th. Please be sure to provide a bathing suit and towel for your child. Additionally, you may want to supply sunscreen and/or bug spray for your child. Please have a completed permission form on file allowing us to apply the provided lotions/sprays. Simply request the form from Mrs. Crystal at the front desk. We are incredibly excited to learn about outer space, volcanoes, and other interesting natural occurrences during the month of June. Get ready for a summer of fun! Please welcome Ms. Lori who will be teaching with me this summer!

-Ms. Taylor

Blue Wave Butterflies



The Blue Wave class is so excited for summer! We will continue to review all letters and numbers to prepare for VPK in the fall. We will also be having water days and movie days weekly. As always, there will be lots of science infused into our activities, especially on water days!

-Mrs. Rhiannon

From the Desk of Tammy Surrine, Director of Education

WPDN Summer Schedule 2016

Water Days (start at 9:00am)

Buttercup & Julia Butterflies – Tuesday

Monarch & Blue Wave Butterflies – Thursday

Elf Butterflies – Wednesday's and Fridays

Pixie Butterflies – Monday's, Wednesday's and Friday's

Movie Days

Buttercup & Julia Butterflies – Wednesday

Monarch & Blue Wave Butterflies – Friday

Elf Butterflies – Monday

Pixie Butterflies – Thursday

****Keep your eyes out for other special activities being brought to WPDN
in the afternoons this summer from 3—5pm****



9 Tips to Make This the Best Summer Ever with Your Kids

5. Encourage your child to try something new this summer.

There's no time like the summer to dabble, experiment, and play with creativity. Maybe she wants to try painting, or self-defense classes, or horseback riding. Maybe he wants to try writing a short story or learn how to throw a frisbee well. New activities encourage brain development and build your child's focus, frustration management and impulse control.

6. Strictly limit technology to certain times of the day.

When kids are bored and it's hot outside, screen time has a way of swallowing up all their time. It may be a good babysitter, but we all know that's not what kids need. The more you limit screen time, the better kids get at finding creative things to do with their time -- and the less they bug you to watch TV or play computer games.

7. Institute daily reading time and regular library visits.

Books open the imagination, make time disappear, and give kids a wholesome alternative to screens. (Reading is also highly correlated with school achievement.) Reading to your child develops a love of stories and books, which is what starts them wanting to read on their own.

8. Be aware that you'll need some transition time.

If your child is starting a summer program or camp with new counselors and kids, you can expect some anxiety. Take time to play with your child in advance, because those belly laughs reduce anxiety and will help them feel less nervous that first day or so. And if your child is just home enjoying some down time, remember that sometimes when kids are released from structure, all those stressed feelings they've been carrying during the school year bubble up and they suddenly get a bit high-strung.. So be aware that you might have a few grumpy days, plan on a few meltdowns, and make sure to build as much roughhousing and laughter as possible into your days.

9. Plan some fantastic family memories, even if you don't have the money or time to head off on vacation.

Don't wait. The key is to get out a calendar and schedule the things you really want to do. Start at dinner tonight by asking everyone what they've loved most about this summer so far. Then ask each person to pick one thing for the whole family to do that will make their summer complete. Set parameters before you start. For instance, no hotel stays, and the total cost of each activity must be under \$40 (or whatever your budget is.)



Last Day of VPK

Wed, June 8

VPK Graduation

**Wed, June 8
6:30pm @
FUMCWP**

Coming Up...

**WPDN Closed
Mon, July 4**

741 S. Pennsylvania Avenue
Winter Park, FL 32789
Phone: 407.647.0505
reception@wpdaynursery.org



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)