



## 5 Foods that Negatively Affect Your Child's Mood

By: Monica Foley, M. Ed.

Parents intuitively know that food can impact their child's behavior and mood. We know that sweets, for example, can cause bouts of hyperactivity. But mood-altering food isn't limited to sugar – there are other culprits in the snacks and meals that we feed our little ones. The following five foods are the most common contributors to mood and behavioral changes in children.

### 1. Dairy.

If your child is lactose intolerant or allergic to the proteins found in dairy, you may see changes in her mood and behavior. Many children become irritable, cranky, or aggressive. Children with dairy allergies or intolerance also tend to suffer from frequent colds and ear infections. Babies may exhibit colicky symptoms, whereas toddlers and older children may become inconsolable and irritable.

### 2. Artificial Coloring.

Many countries have banned artificial coloring due to the detrimental effects these chemicals have on children. Linked to ADHD, anxiety, hyperactivity, and headaches in children, artificial coloring can also cause significant behavioral changes. Because artificial coloring is in many sugary foods, parents often blame behavioral changes on sugar. Artificial coloring is often hidden in unexpected foods such as bread and yogurt. Avoid products with yellow No. 5, red No. 40, and blue No. 1 if you're concerned about your child's mood swings after consuming food with artificial coloring.

### June 2021

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**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!**

## Caterpillars/Buttercup Butterflies



Hello June! The babies are learning about ocean animals and getting ready for water days through the summer. Please bring your child's clothes for water days.

The Buttercups have been exploring transportation, dinosaurs, birds and boats. Please send in a bathing suit, towel and Swimmers (I recommend the reusable swim diapers available at Amazon and Target) and sunscreen.

-Ms. Natalie & Ms. Stacey

## Pixie Butterflies

Hello Pixie families! For the month of June our pixies will splash into different summer activities! Starting June 7th Pixies will participate in water day on Mondays, Wednesdays, and Fridays. Pixies will learn and talk about water and the ocean and what animals live under the sea! We look forward to introducing summer to our classroom!

- Ms. Vanessa & Ms. Beryl



## Elf Butterflies



We have been enjoying our clothes study. We have learned how clothes are made and all about zippers snaps and buttons. We read funny books like Caps for Sale and The Girl Who Wore Too Much. We are so excited for our water days beginning on Wednesday June 9th. Please remember to send in labeled bathing suit, towel, bug spray and sunscreen by June 4th.

-Mr. Steven & Ms. Stephanie

## Julia Butterflies

Congratulations to our VPK graduates! This month we look forward to a lot of new activities such as water days, movie days, Art specials, drama specials and nutrition classes! Please make sure to bring a swim suit and towel labeled with your child's name on it to keep at school for us to use for water days.

-Ms. Paige & Ms. Fallon





**Ms. Beryl's 7 Year Anniversary—June 10th**  
**Ms. Fallon's Birthday—June 20th**

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### **3. Sugar.**

Sugar can cause a child to be hyperactive. Unless they're eating a whole foods-based diet, sugar is in just about everything the average child eats. Sugar has been shown to cause long-term health damage, and a diet high in processed foods has been linked to depression, cognitive delay, and sleep problems.

### **4. Preservatives.**

Several preservatives may cause behavioral problems in children. They include but are not limited to nitrates, nitrites, and sodium benzoate. Monosodium glutamate (MSG) is a flavor enhancer that also causes mood and behavior changes, including headaches and hyperactivity. Sodium benzoate is commonly found in juice products marketed toward children.

### **5. Food Allergens.**

Common food allergens are dairy, nuts, eggs, soy, and corn. When a child has an intolerance or an allergy to a particular food, it can cause significant health and behavior issues. However, it can be difficult to pinpoint which allergen is making your child sick without the help of an allergist. A food intolerance, for example, is often missed and a child is instead diagnosed with ADHD.

If you notice behavior changes or mood swings in your child, consider keeping a food journal. Track what they eat and when they exhibit concerning behavior. Try eliminating suspicious foods to see if the behavior changes. While food isn't the cause of all behavioral issues and conditions, it's important to make sure that your child is not suffering from something that can be easily remedied.

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## Mix-n-Match Snake Craft

Allow the kids to get creative with their designs and have a sssssu-per time! This popsicle sticks craft project is pretty easy to do and will require very little help from adults. You're welcome.

### What you will need:

- Colored Craft Sticks
- Glue
- Velcro Dots
- Red Felt
- Googly eyes
- Buttons (optional)



1. Arrange 4 or 5 sticks in the order you want them to be for your snake body.
2. Take Velcro dots and stick them to the sticks on each end, either the top or the bottom depending on how you ordered your sticks.
3. For the snake's head, cut one stick into thirds. Lay the end pieces side by side, and glue the middle third to the back of them so they are secured together.
4. Using the red felt, cut a small rectangle. Then cut a small "V" shape out of one end of the rectangle. Glue this to the back of the snake's head.
5. Decorate all your sticks with markers, glitter glue and buttons.
6. Let dry for about an hour. Make all different colors and styles of sticks and interchange them. Have Fun!

Hello  
**JUNE**

### Super Supper

**Baked Ziti w/  
Tossed Salad  
Pick-up is  
Thursday,  
June 10th.  
\$5.00 each.**

**Quiche:  
Vegetable or  
Meat (Bacon  
& Sausage)  
w/ Side of Fruit  
Pick-up is  
Thursday,  
June 24th  
\$5.00 each.**

**Payment is  
due before  
pick-up.**

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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.

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