



5 TIPS TO HELP KIDS DEVELOP THE KINDNESS ADVANTAGE

By: www.positiveparentingsolutions.com

Do you ever remember hearing a friend or relative complain that their kids are too kind? No, neither do we.

Kindness is one of those qualities that we can never have enough of. There are so many reasons that kindness is important. At its essence, kindness allows us to develop awareness of and sensitivity to others. Having concern for others and being able to show that concern through our thoughts and actions helps us feel connected to the people and world around us.

When we use the word kindness, we are referring to several, specific behaviors. Let's think of them as the "kindness-ecities":

Pay Attention, show patience, communicate respectfully, show compassion and concern for others. These behaviors are ones that everyone, kids included, can practice and then, they can become habits.

Research shows that from a very young age, kids are actually wired to be kind. As parents, we can nurture that inclination in our kids.

Regardless of where your kids fall on the kindness spectrum, the five tips below will increase kindness in their everyday lives...and in yours too!

1. Be a kindness role model. Our kids are soaking in everything we do and say. Make sure your child catches you being kind. You might offer to help someone struggling to hold packages in line at the post office, call or send a card to a relative who is sick, or any number of other things. If you volunteer your time in a more formal way, make sure your child knows what you do and why it is important to you. Talk about kindness as an important value in your family.

March 2020

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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,

Caterpillars/Buttercup Butterflies



Caterpillar babies are going to be doing Dr. Seuss activities all week. Happy Birthday Dr. Seuss! Buttercups have had plenty of fun exploring Baa, Baa Black Sheep. We are now focusing on the Cat in the Hat, counting 1,2,3, and exploring colors.

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

Pixie Butterflies

This is a very exciting month with a lot of fun activities. Our mission is to keep children learning while they have fun. Our themes this month are Dr. Seuss & St. Patrick's Day. We are going to read different Dr. Seuss books each day and support the story with an activity. We will incorporate shapes into these themes as well.

- Ms. Maria & Ms. Vanessa



Elf Butterflies



The Elf class is excited to start a new investigation on gardening! We will be exploring gardening as a hobby and we will learn the growth process. We are spending time daily in our school family garden and have already harvested cabbage, dill, and cranberry hibiscus leaves. Keep your eyes out for more items from our garden in the upcoming weeks.

-Mr. Steven & Ms. Jessica

Julia Butterflies

This month we will continue our roads study. The students have enjoyed learning about characteristics of roads and how people use roads everyday. We will also be working on writing our names and letters. Please make sure your child has extra clothes in their cubby!

-Ms. Paige & Ms. Vicky



MARCH EVENTS

Ms. Maria's 2nd Work Anniversary– March 5th
Ms. MeMe's Birthday– March 12th
Ms. Paige's 9th Work Anniversary– March 22nd

5 TIPS TO HELP KIDS DEVELOP THE KINDNESS ADVANTAGE continued...

- 2. Use story or TV time to teach kindness.** Reading a book or watching a TV show with your child provides a great framework for talking about kindness. Help your child think about what motivates a character by asking, “What were they thinking or how were they feeling when they said or did that?”
- 3. Make a kindness chart.** Research shows that people who keep track of their own acts of kindness toward others are more likely to be grateful, happier, and engage in more acts of kindness. Make a chart with your child that can hang on the refrigerator (or any place where you and your child will see it frequently). Have your child count and record each act of kindness she does throughout the day.
- 4. Listen with kindness.** Listening carefully is a great way to show kindness to another person. Help your child hone this skill by having him interview someone like a new friend, a relative they may not see often, or you! Brainstorm a list of questions together before the interview. Basic questions like “What is your favorite food? What is your favorite color? What is your favorite thing to do when you have free time?” are fine. The point is for your child to have practice listening to someone else as a way to learn about him.
- 5. Make kindness a family activity.** Volunteering can be a great activity for “family time”. As new activities begin in the fall, think about scheduling formal volunteer opportunities. Talk to your kids about starting the tradition of volunteering as a family. Some families participate in a food drive every year during a particular holiday time like Thanksgiving or Yom Kippur. Others commit to a particular walk-a-thon or park clean up each year. Let your kids be part of the planning process by helping choose an activity and/or a population to support.

Fruit Loop Marshmallow Rainbows

With St. Patrick's Day coming up, these rainbows are a fun craft to do with your little ones. I am not going to pretend these are healthy, but they are great for developing fine motor skills, the kids love them, and they are super easy to do. So 3 out of 4 isn't bad. Here's what you'll need:

- ◆ Fruit Loops, Large Marshmallows (or Bananas), & White Pipe Cleaners
1. Cut the white pipe cleaners in half & stick one end into a large marshmallow. The large marshmallow helps the pipe cleaner stand upright, making it easier for little ones to string on the Fruit Loops. If it keeps falling over, try wetting the bottom of the marshmallow a little to get it to stick.
 2. Then let your kids string on the Fruit Loops. Not only can they practice stringing them, but you can also go over your colors. You can either encourage your child to do the colors in order or just have fun with it. Once they are done, top it off with another marshmallow & bend it into shape.



Super Supper

Chicken Enchilada & Black Bean Casserole with Side Salad.
 Payment is due Wednesday, March 11th and pick-up is Thursday, March 12th.

Beef Stroganoff with Peas & Biscuits.
 Payment is due Wednesday, March 25th and pick-up is Thursday, March 26th.

Feeds 1 adult and 2 children.
 \$5.00 each

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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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