



10 Insights of Remarkable Parents

By Angela Pruess

At any given time you'll find four or more parenting books on my Amazon wish list, a few by my nightstand, and an email box chock full of insightful parenting theories and approaches. Granted, child development is my career, but I speak with plenty of parents in my practice who find themselves in similar circumstances. With information around every corner and our culture projecting constant messages (many times contradictory) regarding how we should raise our kids, feeling like a confident and intentional parent can seem out of reach many days. In my 12 years as a family therapist, I've seen many well-intentioned parents mistakenly employing strategies that aren't meeting the emotional or developmental needs of their children or families. I've also observed an increasing number of parents that are successfully mapping out new and healthier ways of raising children. These insights, collected over time and gleaned from experience, parallel what we know from current brain and behavioral research about what kind of parenting is most likely to contribute to the healthy development of children.

1 | Know that kids will act like kids.: Often parents forget that the way a child's learning begins is by screwing up. Making mistakes. Behaving immaturely. The 'magic' happens when a supportive caregiver then steps in to steer them in the right direction. We get frustrated and impatient, becoming annoyed with whininess and 'back talk' when really, this is how kids are wired.

2 | Set limits with respect, not criticism. : Due to the fact that our kids need to learn literally *everything* about the world *from us*, they will require many limits throughout their day. Without **proper limits in their environment, kids will feel anxious and out of control.**

3 | Be aware of developmental stages.: Have you ever questioned where your easy-going toddler disappeared to as he was suddenly screaming bloody murder while getting dropped off at daycare? Hello separation anxiety!

4 | Know your child's temperament and personality.: It seems pretty obvious, but if we are in tune with the characteristics that make our child unique, we will have a better understanding of when they may need additional support, and when and where they will thrive.

5 | Give your child plenty of unstructured play time.: Unless you studied play therapy in school, most adults will never fully understand and appreciate the power of play.

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Please check your child's parent folder every day. There is important information there! Also, make sure your child always has a change of clothes and pull-ups, if necessary. Thank You!

November 2016

Special points of Interest

- ✪ 10 Insights of Remarkable Parents
- ✪ Classroom updates
- ✪ Employee of the Month
- ✪ Fall Leaf Painting

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Pixie Butterflies

The Pixies have been working hard on learning our colors through the Brown Bear, Brown Bear book. We have made lemonade, orange juice, and even got to see what's inside of a pumpkin. With the fall holidays approaching, we will be beginning our journey to learn how every one celebrates the holidays!

-Ms. Stacey & Ms. Stephanie



Elf Butterflies



This month we would like to welcome a new teacher to the Elves classroom, Ms. Cindy. To better serve our students, Ms. Amy & Ms. Cindy have divided the class into two groups; one teacher for each group. Our goal this month is to work on ways to handle our emotions and to figure out what they mean, and by doing so finding out how this can better serve our class.

-Ms. Amy J, Ms. Cindy, & Ms. Beryl

Blue Wave Butterflies

We have had a great month exploring different science experiments that use higher order thinking. We also had a fun-filled day of being in our pajamas and learning through play. This month, we will focus on identifying how many syllables are in our names and in the names of our friends in the Monarch class. We will be introducing compound words, while still focusing on being able to write our name. As we enter into November, we will discuss the changes we see in our environment and what major holidays are approaching.

-Ms. Jasmine



Julia & Buttercup Butterflies



Happy November! This month we will continue to work on letter recognition and letter sounds. We will also learn about what Thanksgiving is and what it means to be thankful. We would like to thank our parents who have been working on homework each week with their child! We appreciate that you take time to do these activities with your children.

-Ms. Paige & Ms. Vicky

Monarch Butterflies

Mr. Greg is very excited to be the new Monarch teacher with Ms. Amy. We look forward to working with your children and helping them succeed as much as possible. Over the course of the year, we will touch on many different tangible skills. We plan to implement individual and group social skills and hands-on projects. Our goal for our classroom is to instill confidence in the children to understand that when they believe, anything is possible and achievable. We look forward to a great year of teaching, participation, and working hands on with your children.

- Ms. Amy W. & Mr. Greg



Employee of the Month

Ms. Amy W.



Amy Wenner has been with WPDN for nearly five years! Amy started as a volunteer and her kind-hearted and gentle approach with the children compelled WPDN to invite her to be a part of our school family. Amy engages and interacts consistently with the children while keeping the school's mission in mind. She loves the children equally, always recognizing the full potential they have. Her positivity is vital to the school's daily function. WPDN is so grateful to have Amy with us!

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6 | Know when to talk and when to listen.: Kids learn to be pretty good problem solvers if we let them. Because we love the life out of them and want them to succeed, it's hard not to jump in and solve problems for them by virtue of lecture or criticism.

7 | Have an identity outside of your child.: Many of us often claim that our children are our world, and this is certainly true in our hearts. In terms of daily life however, parents need to have more. We need to nurture the friendships, passions and hobbies that make us who we are as individuals.

8 | Understand that actions speak louder than words.: The way you interact with your child and live your life will be your child's greatest teacher. Kids are incredibly observant and way more intuitive than we give them credit for. They are *always* watching.

9 | Recognize that connection, fun, and creativity are the best ways to promote positive behaviors and a cooperative attitude.: Fear and control aren't effective long-term teachers for our kids. While those dynamics may appear effective in the short-term, they won't equip our kids with a strong moral compass, or effective problem-solving skills.

10 | Set the overall goal to shape a child's heart and not just their behavior.: We often get the impression from the world around us that the goal of parenting is to produce a compliant, well-behaved child. While these are certainly desirable qualities for most parents, they are not core qualities that contribute to a happy and healthy human.

Fall Leaf Painting

With all of the beautiful colored leaves and the perfect weather we have been having, it is such a wonderful time of year! The next time your family is out on a walk be sure to pick up some of those leaves for this fun project!

Here's what you'll need:

Paper

Several leaves of all shapes and sizes

Tape

Paintbrush

Red & Yellow Paint

1. Put a loop of tape on the bottom of the leaves and stick them to the paper.
2. Squirt some yellow and red paint into a cup without mixing them, and let your child mix the paint as they go so the picture will have a variety of yellow, red, and orange with the leaves. Let dry when finished.
3. Carefully peel off the leaves and tape.

The final product is even more beautiful and can be a festive painting used to decorate for the season for many years to come!



Super Supper

Come and get Ms. Shirley's famous pumpkin pies for the Holidays! They will be ready for pick-up on November 21st, 22nd, and the 23rd.

Pumpkin Pies are \$3.00 each. Sign up will begin on Tuesday, November 8th.

Upcoming Events

WPDN is closed for the Thanksgiving holiday on Thursday, November 24th and Friday, November 25th.

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



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The Winter Park Day Nursery provides a secure, nurturing and educational environment that is affordable and supports family diversity.

Vision:
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