



HOW TO TEACH KIDS TO SAY SORRY

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Thanks to nine-year-old Braydon, little Emily’s Barbie lost her head while getting ready for an evening out. But even as Braydon dutifully – and immediately – apologizes to Emily and her doll, the stolen glances he’s giving his video games leave the Nintendo getting more eye contact than anyone else in the room.

So how do we teach kids to say sorry in a meaningful way?

While forcing kids to apologize in the heat of the moment often makes parents feel better, it does little to help children truly understand the effects of their misbehavior. Instead, put the “sorry” on standby and—when everyone is calm and collected—follow these 3 steps:

1. Lose the lecture

Forego the diatribe about your child’s misbehavior and replace it with questions to help your child understand her emotions and actions. Start with, “What were you feeling when you ripped John’s homework in half?” This helps to teach that she should take responsibility for her emotions and that while it’s okay to feel mad, sad or frustrated, the action that resulted was not. Next, tie that feeling and action to the effect it had on the other person. “How do you think it made your brother feel when you tore up her homework?”

By using questions, you can help your child understand the feelings that triggered the bad behavior and give him tools to respond appropriately next time.

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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 diapers/pull-ups, if necessary. Thank You!

Caterpillars/Buttercup Butterflies



We're enjoying exploring the wonderful colors of the world around us; Brown Bears, Red Birds & Yellow Ducks, by saying and signing the colors! Pumpkins to Christmas trees these next few months will be full of Holiday experiences like working with feathers and fall leaves to decorating our own Christmas tree. Our smaller friends are painting turkeys and other fun, fall sensory things like pinecone play.

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

Pixie Butterflies

November is here and the weather is changing daily. This month we will be learning about harvest time, Thanksgiving & families. We will be talking about how the pilgrims and American Indians started our Thanksgiving traditions. We will continue to work on our Brown Bear book. We cannot wait to share it with you!

- Ms. Maria & Ms. Vanessa



Elf Butterflies



Thank you for a great teacher/parent conference on your child's progression for the fall term. We had a great learning experience on the subject of buildings and have had successful read alouds, choice time and small/large group activities. Students will continue to practice their social skills, fine motor skills and cognitive thinking. Winter is coming up so please bring warm clothes!

-Ms. Jessica & Ms. Steven

Julia Butterflies

As we enter the holiday season, we will be spending the next several weeks studying pets, how they are part of our families, and how we take care of pets and each other. We are excited to learn about these special members of our families. Be mindful of the constant weather changes that are part of Florida at this time of year, and make sure you have weather appropriate clothing in your child's cubby. We are thankful for each and every one of you and the opportunity to work with your children each day!

-Ms. Paige & Ms. Vicky



NOVEMBER *events*

Ms. Lonni's 2nd Work Anniversary- November 6th
Ms. Natalie's Birthday- November 8th
Mr. Steven's Birthday- November 10th
Ms. Bailey's 1st Work Anniversary- November 14th
Ms. Crystal's 5th Work Anniversary- November 19th
Ms. Stephanie's Birthday- November 27th
WPDN is Closed for Thanksgiving- November 28th & 29th

HOW TO TEACH KIDS TO SAY SORRY continued...

2. Pass on punishment

Instead of throwing down the gauntlet, take a deep breath and focus on solutions to make amends. Start by asking "What could you do to make it right?"

A verbal apology is a great start, but since children best learn through action, it's good to pair it with an act of kindness such as helping fix what was broken or drawing a fridge-worthy picture for the injured party.

3. Role-play the "re-do"

Give your child the opportunity to make a better choice next time he has the urge to decapitate Barbie. "If you could do things over, what would you do differently in this situation with Emily?" Give him time to think and then brainstorm constructive ways to handle his emotion, then role-play them together.

Your kids will be more likely to use these positive tactics next time if they've had the chance to practice them first with you.

Final Thoughts

Although it may be hard at first, putting some much-needed time between the misbehavior and its apology will lead to a considerably more sincere "sorry." You'll find your kids better understand their actions, and take responsibility, by developing the empathy needed to learn from their mistakes. And that's worth the wait!

But like anything in parenting—once you get the apologies under control, you may see other issues arise.

Turkey Cones

We all love party hats and thought why not make a turkey cone hat?! You could always just make the cones to play with as well. It's a great activity for the kids to do on Thanksgiving! Gobble gobble!

Here's what you'll need:

- ◆ Feathers
- ◆ White, Red, Orange & Brown Paper
- ◆ Scissors & Glue/Tape
- ◆ Elastic String (optional) & Black Marker

1. Start by drawing a half-circle on a piece of brown paper then roll up the pieces into cones and tape/glue them together. Try to make tip pointy as possible.
2. Glue on some tall colorful feathers in the back and add a face! I love making big goofy eyes by just cutting out white circles and using a black sharpie to color the pupils in. If you want to make a hat out of these, punch the sides with a hole and put an elastic string through!



Super Supper

Vegetable OR Ham & Cheese Quiche with Side of Peaches.
Payment is due Wednesday, November 13th and pick-up is Thursday, November 14th.

Ms. Shirley's Delicious Pumpkin Pies.
Payment is due Friday, November 22nd and can be picked-up on Monday, Tuesday or Wednesday Thanksgiving Week.

Sign-up is at the front desk.

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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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