



The Power of Positive Discipline

By Bronwyn Charlton, PhD

As parents, we're pretty good at telling our children what we don't want them to do. "Don't run, you're going to fall!" "No hitting, it's not nice!" "Stop throwing your food, it's meant to be eaten." Sound familiar? We use words like "no," "don't," and "stop" to get our kids to act more appropriately. We repeat, we nag, we punish, we give time-outs, but in the end, we just end up feeling frustrated and defeated. Most of us are left wondering whether discipline really works.

The truth: A lot of the conventional wisdom about how to discipline kids — like punishments and consequences — fall short when it comes to actually changing child behavior. Fortunately, though, more than 30 years of research, led by Alan Kazdin, director of the Yale Child Study Center, has highlighted parenting responses to misbehavior that work. Well-conducted studies show that positive discipline leads to positive changes in children's behavior on measures ranging from parent and teacher reports, to direct observation of child behavior at home and at school, and even school and police records. The trick, Kazdin says, is to use positive discipline techniques that focus on what you want your child to do — rather than waste your energy focusing on what you want your child to stop doing.

What is Positive Discipline?

Positive discipline recognizes that most of the behaviors we do in everyday life are learned through others' modeling and response to them. Children relish attention, regardless of the verbal message. As a result, bad child behavior is often unintentionally reinforced, because of all the attention it derives. If you say "no" to something, but eventually give in to the whining, you'll teach your child that whining is an effective way to get what she wants.

The key, therefore, to positive discipline is to focus on the behaviors you want children to develop rather than the ones you don't. For example, instead of saying "no hitting," say "play gently." Rather than constantly demanding "stop throwing your food on the floor," say "please keep your food on the table."

When you tell your child what to do, you are being clear about exactly what you expect and your child will be more likely to change her behavior accordingly. On the other hand, when you tell your child what not to do, as you have probably noticed, you often end up with even more unwanted behavior. You say "stop yelling at your sister," only to turn around and see the child hitting or pulling hair instead. A child who is told to "play nicely with your sister and use an inside voice," is more likely to do so.

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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!

October 2016

Special points of Interest

- ✦ Power of Positive Discipline
- ✦ Classroom updates
- ✦ Employee of the Month
- ✦ Pumpkin Pie Playdough

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Pixie Butterflies

The Pixies have been enjoying their journey through Brown Bear Brown Bear. We have had fun learning the colors brown, blue, yellow, and red and can't wait to explore with green, purple, orange, white, and black. We welcomed some new friends to the classroom and look forward to getting to know all about fall.

-Ms. Stacey & Ms. Stephanie



Julia & Buttercup Butterflies



As we dive into October we will continue to learn about letters and numbers. We will also be learning about the season of fall and the holidays that occur in the fall. Please work with your child on writing and knowing the letters in his/her name. Do not forget homework and library books are sent home every Tuesday and are due back the following Monday.

-Ms. Paige & Ms. Vicky

Blue Wave Butterflies

We had an excellent first month together, learning to be a school family. We worked on our school family rules and we spent time getting to know our new friends. This month, we will focus on recognizing numbers 1-20, practicing putting letters together to form our name, and continuing to focus on our social-emotional development. By the end of the month, our goal is to be able to recognize and write eight of the alphabet letters. Let's strive for success in the Blue Wave classroom!

-Ms. Jasmine



Elf Butterflies



We'd like to wish Ms. Theresa well on her new adventure! We would also like to welcome Ms. Amy J. and Ms. Vanessa as our new Elf teachers! We have been working on learning letters S, M, F, and B and this month we will be introducing four more. Fall is upon us so we will be discussing how the changing seasons affect the weather around the country, the trees and what we wear. Please remember to check your child's parent folder for homework and library books every Tuesday and return it the following Monday. We love working with your children and we are looking forward to an exciting October!

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

Monarch Butterflies

As October began, we said goodbye to Ms. Sophia, as she is moving away from Orlando. We will miss you! I will be the Monarch teacher until further notice and I am so excited to be back in the classroom! We are going to be spending time this month learning about what changes we can expect to see now that fall is here. We will also complete a unit on how to stay safe in regards to strangers. We will be practicing writing our names in new and unconventional ways that extend beyond pencil and paper. Expect to see science experiments weekly and lots of messy art and sensory activities. Happy fall!

- Ms. Rhiannon & Mr. Greg



Employee of the Month

Ms. Beryl

Ms. Beryl started coming to WPDN as a volunteer. Over time, WPDN recognized what a valuable asset she was to our team and offered her a position at our school. Ms. Beryl has spent the last two years as a float, working with all of the children, but primarily with the two and three year old classrooms. WPDN recognizes Ms. Beryl's flexibility and dedication to our students as one of her most valuable qualities. Please take time to congratulate Ms. Beryl on receiving Employee of the Month as we are so grateful to have her on our team!



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Positive Discipline Dos

- Praise behavior you like! Be specific, descriptive, enthusiastic and affectionate. Catch your child being good!
 - Ignore minor misbehavior. Ignoring minor misbehavior (that isn't dangerous) can effectively extinguish that behavior.
 - Redirect and distract when your child begins to misbehave.
 - Be clear about directions. Give commands that are statements, not questions (and use the word please!).
 - Stay calm and cool so you don't unintentionally reinforce behaviors by becoming overly emotional in response to them.
- Model good behavior. Children learn by copying, so always ask yourself what you are teaching your child by your own behavior.

**Reminder: Please do not wear Halloween costumes to school.
That includes accessories, capes, and masks.**

Pumpkin Pie Playdough

Pumpkin pie playdough smells just like fall! It's squishy and fun to play with. Want to know how to create some of your very own? No baking time needed!

Here's what you'll need:

- 15 oz. can of pumpkin
- 3 Tbsp. of pumpkin pie spice
- 2-3 cups of corn starch.
- Pumpkin pie pans

1. Mix together the canned pumpkin and the pumpkin pie spice. After you've mixed it up really well, slowly add the corn starch, 1/2 cup at a time, and be sure to mix it well after each addition.
2. The amount of corn starch that you need will vary depending on the canned pumpkin you use. Different brands have different moisture contents; it could possibly take up to 2 1/2 cups of corn starch.
3. Once the dough reaches the desired consistency, knead it with your hands.

Now you're ready to play!
Pumpkin Pie playdough is the perfect fall sensory activity.



Super Supper

**October 26th
Baked Ziti with
Tossed Salad**

**Super Suppers are
\$5.00 and can feed
1 adult and 2 chil-
dren!**

Upcoming Events

**Picture Day is on
October 25th and
26th.**

**We are having our
Fall Pajama Day on
October 31st.**

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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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