



RESISTING REWARDS: WHEN TREATS TURN SOUR  
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**October 2019**

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Times are tough, and some days it seems that we live in an increasingly “What’s in it for me?” society. Worse, we see it in our kids, too—they won’t so much as empty the dishwasher without trying to bargain for some extra TV time. What does a parent have to do to get good behavior and a child who’s willing to help out?

The best solution? Quit rewarding your kids for behavior you should be able to expect. For instance, a child should not need a candy bar to make it through the grocery store without a tantrum, or a movie ticket as motivation to study for a test. And if we give our kids treats for such things, why would we expect these kinds of accomplishments in the future without offering yet another—probably steeper—reward?

Worse, plenty of studies have shown that kids who are rewarded actually lose interest in the activity they’re being rewarded for, from preschoolers making art to older kids reading. Yikes!

What does all this mean? In a nutshell, you’re doing your child no favor by doling out treats for his accomplishments or behavior. Instead, you’re setting him up for a “What’s in it for me?” attitude down the road.

By making a few changes, however, you can help your child develop a healthier mindset when it comes to good behavior and a “can-do” attitude.

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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



The Buttercups have been working on rescuing animals and beginning to match colors. These next few weeks will be all about the colors in our world, learning their names and signs! The Caterpillars have been exploring fall by painting trees and using cloud dough.

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

## Pixie Butterflies

Happy October! Everyone seems to be adjusting well and we are getting into our classroom routine with the children and hope that they are enjoying school as much as we are. This month we will be doing some Halloween artwork, as well as harvest activities. We will focus on fall colors such as orange, red, yellow and brown.

**- Ms. Maria & Ms. Vanessa**



## Elf Butterflies



We have welcomed fall and in our new Creative Curriculum we have read and discussed several books including The Gingerbread Man, Crazy Pizza and The Three Little Pigs. The students engaged in musical activities and are learning about the sounds produced by different animals.

**-Ms. Jessica & Ms. Beryl**

## Julia Butterflies

This month we are going to do a study on balls! We will explore if balls bounce, if balls roll, what makes balls move, who uses balls and more! Please be sure to read our letter to families that will be in your file explaining the study. Have a happy October!

**-Ms. Paige & Ms. Vicky**





Ms. Heather's 2nd Work Anniversary- October 4th  
 Ms. Maria's Birthday- October 6th  
 Ms. Stacey's Birthday- October 11th  
 Ms. Valorie's Birthday- October 18th  
 Ms. Natalie's 3rd Work Anniversary- October 18th  
 Ms. Stephanie's 4th Work Anniversary- October 23rd  
 Ms. Shay's Birthday- October 28th  
 Ms. Vicky's Birthday- October 29th  
 WPDN's "Something to Talk About" Breakfast- October 31st  
 Pajama Day at WPDN- October 31st

## RESISTING REWARDS: WHEN TREATS TURN SOUR continued...

**Here are a few things that will help:**

### 1. Develop When-Then Routines

Schedule key parts of your children's day so that when they've completed the not-fun stuff (emptying the dishwasher, completing homework, practicing the piano), then they can do the fun stuff (join the family for dinner, play with their friends or enjoy their allotted TV time). This isn't a reward - it's placing the less desirable activity before the more enjoyable parts of your daily routine.

### 2. Use Encouragement to Foster Internal Motivation

Be sure to notice your child's hard work, good manners or helpful spirit—and tell her how much you appreciate these things. Then watch her beam with pride!

### 3. Use Consequences to Enforce Positive Behavior

When you've told your kids what kind of behavior you expect—whether that means picking up their toys before dinner or returning home before curfew—make sure they understand what happens if they fail to follow through.

If you regularly use rewards with your kids, the idea of stopping them could be daunting. But trust that they'll do just fine under the new system.

To start, let your kids know that since they're growing up, they don't need sticker charts and other rewards anymore. Express confidence in their ability to cooperate without these treats. Hold a family meeting to discuss individual responsibilities, and then develop a when-then routine to help your kids get off on the right track. Make sure they know the consequences they'll face for negative behavior. With a little tweaking, your home can be one that's free from the "What's in it for me?" mindset. Even better, your kids will develop into the caring, responsible adults you know they can be.

### Wrapped Mummy Craft

This yarn wrapped mummy craft is perfect for little ones to work on strengthening those fine motor muscles in their fingers and hands. Here's what you'll need:

- ◆ Mummy Cutout on Cardboard
- ◆ Black Paint & Paintbrush
- ◆ White Yarn, Scissors, Glue, Tape, & Googly Eyes

1. Start by tracing then cutting out your mummy on the cardboard. Paint the front of your cardboard with black paint then let it dry completely.
2. Use glue to glue on your googly eyes (using glue dots works best).
3. When it is dry, cut small slits all along the shape to help with the wrapping.

Tape the end of your white yarn to the back of the cardboard (at the top) & begin wrapping the yarn around the face leaving a space for the eyes. Continue wrapping all the way down and tape the end to the back of the mummy.



### Super Supper

**Pepperoni OR Cheese Pizza with a Side Salad.**

**Payment is due Wednesday, October 9th and pick-up is Thursday, October 10th.**

**Taco Pie with a Side of Fruit.**

**Payment is due Wednesday, October 23rd and pick-up is Thursday, October 24th.**

**Feeds 1 adult and 2 children. \$5.00 each Sign-up 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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