



7 Parenting Mistakes That Can Ruin Your Children's Amenclinics.com

Raising children has always been a challenge. Parenting in the age of COVID has made everything harder. How can you know if you're doing it right or getting it all wrong? Based on 30-plus years of child psychiatrists treating children and their parents at Amen Clinics and on the science-backed techniques from Love & Logic, here are 7 parenting mistakes that can ruin your children's lives and make your life miserable.

1. Notice what's wrong.

When we get stressed or feel scared and depressed, we tend to zero in on the negative. Focusing on what your child is doing wrong is one of the worst things you can do to them. Kids crave attention, and if the only time you give them attention is when they're doing something you don't like, you're basically training them to become a little monster.

2. React immediately any time your child makes you upset.

When your child has pushed your buttons and you're feeling angry, frustrated, or highly emotional, it's actually the wrong time to dole out consequences. In stressful times, you're more likely to yell, scream, or make rash decisions. Modeling this behavior teaches your child to act out in similar ways.

3. Stay on top of their homework.

If you're convinced it's your job to ensure that your child's homework is done, but if you do so, you're sabotaging their development. When you hold all the anxiety for them, it derails their ability to develop independence and to take responsibility for their own lives.

4. Be permissive.

You may think that letting your children be free to do as they please is a surefire way to make them love you. Wrong! Permissiveness is bad for developing brains. Children need routine and authority. The frontal lobes—which are involved in decision-making, judgment, and impulse control—aren't fully developed until a person's mid-20s.

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**Please check
Brightwheel
every day.
There is im-
portant
information
there! Also,
make sure your
child always has
a change of
clothes and/or
diapers/pull-ups,
if necessary.
Thank You!**

Caterpillars/Buttercup Butterflies



Now that we are all done with our back to school introduction to friends and family, the babies will be learning fun arts and crafts, colors, numbers and shapes, using their tiny fingers this month.

The Buttercups have been welcoming new friends and exploring new toys. These next few weeks, we will be exploring colors, using the popular book Brown Bear by Eric Carle as our guide.

-Meme, Ms. Megan & Ms. Brittany

Pixie Butterflies

Hello pixie families! We are so excited to start a new month! For the month of October pixies will continue to work on learning different colors while also working on their brown bear book. During this month we will have parent-teacher conferences. We look forward to speaking to you all!



- Ms. Vanessa & Ms. Tiara

Elf Butterflies



Hi Parents! As we end the month of September and enter into October, we will continue our Exercise Study. We are learning that our bodies are made to move. They wiggle, stretch, bend, jump, hop, bounce and climb. Moving makes children feel capable and confident, releases stress and builds strong bodies and minds.

-Ms. China & Ms. Keyanni

Julia Butterflies

As we welcome fall this month we will be doing a study all about pets. We will learn all about what kinds of animals can be pets, what are some characteristics of pets, where pets live and what pets eat. We will also be working on writing our names, other letters and knowing the letters in our names. Please be sure to check your child's file folder daily and keep their cubby full with extra clothes in case of accidents or spills. Thank you and have a great month of October.

-Ms. Paige & Ms. Fallon





Ms. Heather's 5 Year Anniversary—October 3rd
Ms. Stacey's Birthday—October 11th
Annual Staff Pumpkin Decorating Contest—October 24th-28th
Pajama Day in lieu of Halloween Costumes — October 31st

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5. Tell your child what to do.

Hey, parents, here's a tip: you talk too much! So many moms and dads are constantly lecturing their kids and telling them what to think, what to say, and how to act. Sometimes more important than what you say to your young ones, however, is listening to what they have to say.

6. Skip self-care to cater to your kids.

During the pandemic, parenting has gotten so much harder. You may be tempted to avoid workouts, meditation, journaling, and other forms of self-care so you can focus all of your attention on your children's needs. This is a big mistake because if you aren't taking care of your own brain health and physical and psychological well-being, you won't be at your best to care for them.

7. Don't worry about screen time.

If you use tablets, phones, or TVs as pseudo-babysitters, you're in for trouble. Screen time has gotten out of control, and new research shows that using screens for long periods changes children's brains in a negative way. Researchers at the National Institutes of Health performed brain scans of 4,500 children. Those who had daily screen time usage of more than 7 hours showed premature thinning of the cortex, the outermost brain layer responsible for processing information from the physical world. Other studies show that too much screen time is associated with an increased risk of depression, anxiety, low self-esteem, and other mental health issues.

Easy Fall Art With Melted Crayons

What you will need:

- Crayons in fall colors
- Cheese or spice grater
- Cardboard
- Aluminum foil
- Blue paint
- Paintbrush
- Tape
- Baking Sheet



1. Start by making your “canvas”. Cover a piece of cardboard with aluminum foil. Secure the foil to the back of the cardboard with tape.
2. Next, paint your sky on the foil. Set the canvas aside to dry.
3. While your paint is drying, grate your crayons onto a plate.
4. Once the paint has dried, lay out the crayon shavings on your canvas. Start with a brown trunk and branches of the tree, and then scatter the other colors all over the branches. Sprinkle some “fallen leaves” at the trunk of the tree as well.
5. Set your canvas on a baking sheet and place it into a 200 degree oven and leave in the oven for about 2 minutes.
6. Lastly, take out your painting and let it cool. You can punch 2 holes on the top of your canvas, and loop some string through to hang up.



Super Supper

**Chicken,
Broccoli &
Pasta
Casserole**
Pick-up day is
Thursday,
October 5th.

**Spaghetti w/
Ground Beef
& Tossed
Salad**
Pick-up day is
Thursday,
October 20th.

\$5.00 each
**Payment is
due before
pick-up**

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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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