



Ages & Stages

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Children go through distinct periods of development as they move from infants to young adults. During each of these stages multiple changes in the development of the brain are taking place. What occurs and approximately when these developments take place are genetically determined. However, environmental circumstances and exchanges with key individuals within that environment have significant influence on how each child benefits from each developmental event. Ages and Stages is a term used to broadly outline key periods in the human development timeline. During each stage growth and development occur in the primary developmental domains including physical, intellectual, language and social – emotional. Our goal is to help parents understand what is taking place in their child’s brain and body during each period with the hope that they will be able to provide the necessary support, encouragement, structure and interventions to enable a child to progress through each stage as easily and successfully as possible based on each child’s unique set of traits and interests.

- **Infants/Babies (0 – 2 years)**

Raising a baby, especially for the first time, is both exciting and challenging. This is a time for developing the bonds that will last a lifetime providing the child with the inner resources to develop self-esteem and the ability to relate positively with others. It is also the time for parents to begin to discover who this new person really is. Each child is unique and it is imperative that parents learn to understand, respect, support and encourage the unique characteristics and abilities of each child.

- **Toddlers/Preschooler (2-5 years)**

When a child takes the first step on his or her own, a new phase in development begins. At this stage children are now free to roam around their world. It is a time for active exploration of their environment. Language development takes major leaps which leads to learning the names of objects of interest, the ability to ask for things and as they discover their independent nature, yes, they develop the ability to say “NO!”.

During this developmental stage, a major challenge is developing what psychologists call emotional regulation. “Meltdowns” are common during this period but parents can use the bond developed during infancy to help the child learn to modulate their emotional expression and begin to grasp the difficult concept of delay of gratification. While they instinctively seem to be able to say “NO” toddlers also need help in learning how to accept “No” from others.

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October 2015

Special points of Interest

- ✪ Development stages
- ✪ Calendar
- ✪ Classroom updates
- ✪ Fresh Stop-Healthy Bus

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Please check your student folder every day, there you will find important information! Also, make sure your child always has a change of clothes and pull-ups. Thank You!

Pixie Butterflies

Ms. Stacey & Ms. Nicole

This month, along with welcoming new friends, we have been learning all about the wonderful colors in the world around us. We have also been busy learning about authors and illustrators as we make our own "Brown Bear" books! We've been using our other senses to explore colors by making blue jello, brown pudding and lemonade. Yummy!



-Ms. Stacey & Ms. Nicole

Julia & Buttercup Butterflies

Ms. Paige, Ms. Vicky



The Julia and Buttercups have been working on learning our letters and recognizing the sounds each letter makes. We have been strengthening our fine motor skills by cutting, writing and drawing. Continue working on these skills with your child at home. Using paint brushes to paint and threading beads are both excellent ways to strengthen your child's fine motor skills.

Monarch Butterflies

Mrs. Gillian

We are fluttering through the school year! We watched our caterpillars eat and eat until they turned into chrysalises and finally transformed into beautiful pink, painted butterflies! We have been busy learning to write our names and practicing uppercase and lowercase letters and the sounds each letter makes. We will be reviewing our academics by playing memory games,



Elf Butterflies

Ms. Giselle, Ms. Taylor & Mrs. Beryl



October is here and we are ready for fun! This month we are excited are excited to learn about fall and what it means to have different seasons. We will continue to review letters A-D. We also have special outdoor play scheduled. We will have outdoor learning time in our school garden planting pumpkins seeds! It's going to be a great month in the Elf classroom!

-Ms. Giselle, Ms. Taylor & Ms. Beryl

Blue Wave Butterflies

Mrs. Rhiannon

This month the Blue Waves have been busy! We learned about metamorphosis which gave a great opportunity to practice observation and recording. We planted an eggplant seedling that has already grown an eggplant. Our radish seeds have sprouted and we are busy tending to our baby plants weekly. We are working hard to learn our letters and numbers and are getting better at gripping a pencil properly. We have a lot of fun stuff coming up for October, including weekly cooking lessons (no bake items that are safe for classroom). Observation, Recording, and Data Analysis will continue to be integrated in to many of our activities. It is important for students to reflect on their experiences in order for them to truly be meaningful.

-Mrs. Rhiannon



The Fresh Stop Bus Will Be Visiting WPDN On **October 21**

In Central Florida more than 90,000 of our neighbors live in food deserts, areas without easy access to fresh, nutritional foods. Limited food choices often result in poor nutrition as families rely on fast food or processed foods sold by neighborhood convenience stores.

Families are forced to substitute foods usually high in fat, sugar and salt, which in turn leads to increased rates for diabetes, higher blood pressure and other diet related diseases.

As envisioned by Hebni Nutrition Consultants, the Fresh Stop bus is a mobile farmers market created to serve these in-need neighborhoods. The program offers fresh fruits and vegetables in community-centered locations and at budget-friendly prices.

By providing expanded food options to targeted communities, Fresh Stop will drive positive health outcomes and create a road map for generational change for families hardest hit by diabetes and heart disease.

Continued This is also a stage of rapid physical and intellectual development preparing these children for starting school which includes interacting cooperatively with peers while at the same time being able to compete physically and intellectually. A child’s parent is in the position to be a coach providing just the right combination of encouragement, support and guidance. Parents also need to serve as primary teacher for the mastery of basic learning skills and encourage active discussion and experimentation of new concepts and skills.

• **School Age Children (6-12 years)**

Raising school age children can be awesome. Watching them try new activities, cheering them on at athletic events and applauding their accomplishments at recitals are usually some of the high points for most parents. However, achieving success is often preceded with frustration and sometimes learning to accept one’s weaknesses as well as celebrating and building on strengths. When well equipped parents can be excellent coaches for their child no matter what the endeavor.

While toddlers and preschoolers need constant supervision, school age children become gradually ready for more independence. However, learning to make good choices and exercise self-discipline does not come easily for many. Parents need to impart a moral code that the child gradually internalizes. As children struggle with these important tasks parents must be able to provide praise and encouragement for achievement but parents must also be able to allow them to sometimes experience the natural consequences for their behavior or provide logical consequences to help them learn from mistakes.



*Super
Supper!
Oct 16
Meatloaf w/
yellow rice and
broccoli*

*Oct 6 & 21
Fresh Stop Bus*

*Oct 22
Nemours
Healthy Eyes
(free eye
screenings)*

*Oct. 23
School Closed
Teacher Work
Day*

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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.