



## Tantrum-Tamer Phrases to Use With 3 & 4 Year-Olds in Meltdown Mode

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### Special points of Interest

- ✪ Tantrum-Tamer Phrases
- ✪ Classroom updates
- ✪ Employee of the Month
- ✪ STEAM Autumn Leaves

The trick to communicating successfully with three and four year-olds is to be clever, funny, clear, rested, and to have a method to calming yourself down as fast as possible.

Children this age are often more aggressive and frustrated than they were as toddlers, so being aware of this and meeting their challenging behavior with strategies and patience are very helpful for all involved. Please remember that children do better with a full attachment tank and the use of positive discipline. When a child feels important and is guided with limits, boundaries, a friendly tone and empathy, much of the reasons children blow up are eliminated.

1. **Negotiating-** “You asked, and I already answered.” or “You are upset that I won’t give you another cookie. What is a good thing to do when we feel upset?”
2. **When Tempers Flare-** “I’m curious what happened here.” or “It is okay to be mad, but it is not okay to be mean.”
3. **Picky Eating-** “You do not need to eat, but you do need to sit at the table with the rest of the family.” or “What can we add to this food to make it super-tasty?”
4. **Sleep-** “Sleep is where our body and brain grow! I can’t wait to sleep tonight.” or “Later, after I tuck you into bed, I can’t wait to read my book and climb into my own cozy bed and sleep.”
5. **Frustration– 4 Steps** “You threw the care– I see you are upset.” “Your brother took the car and now you look angry. Is that right” Pause and give your child time to process the first two steps. “Do you need a 1) Break, 2)To try again, or 3) Help?”
6. **Diffuse a Power Struggle-** “Shoes.” “Potty.” “Teeth.” One-word cues. or “Do you have a way you want to do this?”
7. **Whining/Demanding-** “I can hear your frustration, but can’t hear what you need. Try again, I’m listening.” or “I’ll be able to hear you when you use your regular talking voice.”

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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!

## Pixie Butterflies

Pixies are having a blast meeting new friends and discovering the toys purchased for the new school year. We are learning the rules and expectations of how to be safe in our classroom and focusing on our breathing techniques. We will begin in September our color exploration through our Brown Bear Book.

-Ms. Stacy & Ms. Stephanie



## Elf Butterflies



Our new school year is off to a great start; learning our classroom rules and daily routines and expectations. We have made new friends that have joined our school family and said goodbye to some that have moved up or away. We wish them well and miss them. We anticipate a year that's filled with the wonder and excitement of learning!

-Ms. Beryl & Ms. Jessica

## Julia Butterflies

Welcome to all of our new friends! It's been a great two weeks of getting to know our school family and all of our centers in the classroom. This month we will begin our letter of the week and focus on writing and sounds. We will also work on being creative in art and have lots of fun doing science projects. We will start sending homework home the second week of September. Please make sure your child has extra clothes in their cubby for accidents.

-Ms. Vicky & Ms. Vanessa



## Buttercup Butterflies



We will start the letter of the week this month! Each week, we will talk about and learn a different letter, the sound it makes and things that start with that letter. We will also start journaling our letters too! Be on the lookout for homework as this starts this month as well.

-Ms. Paige & Ms. Lauren

## Employee of the Month

### **Ms. Natalie**



Ms. Natalie joined the Winter Park Day Nursery team in October 2016. Ms. Natalie is one of WPDN's most versatile floats; she is able to work effectively in any classroom in the school and with any age group. Ms. Natalie's easy-going, positive attitude is a blessing to have on a daily basis in our school!



15th Work Anniversary– Ms. Shirley

16th Work Anniversary— Ms. Jinger

&

Mr. Jared's Birthday– September 11th

Ms. Crystal & Ms. Vanessa's Birthday– September 12th

Ms. Milena's Birthday– September 15th

### STEAM Autumn Leaves

This science meets art project is almost magical, at least that's what my kids thought as they watched fall colors transform their plain white coffee filter into a work of art fit for an autumn day. It's so easy to do that if your kids are like mine you will end up with a big leafy pile in no time. You probably have all the supplies so the next thing you need to do is gather the kids and start crafting.

**Here's what you'll need:**

Coffee Filters, Markers, Cup of Water, Scissors, & Leaf Cookie Cutter/ Stencil

1. Trace the leaf cookie cutter on the coffee filters and cut them out. I would grab about 5 coffee filters at a time, trace the leaf on the top filter, and then carefully cut 5 coffee filters at one time.
2. Have children use the markers to make a doughnut ring in the middle of the leaf. I drew a circle in the middle and then had the kids trace around it a few times. Make sure the inside of the circle is not filled in as well as the rest of the leaf because you want to leave room for the color to travel up the leaf. Fold the leaf 3 times (in half, in half and in half again) making a point in the middle of the circle.
3. Have children carefully dip their leaf in the water so that only the white tip of the circle touches. The water should start to travel up the coffee filter leaf and spread the ink throughout. It only takes a minute for the leaf to be completely saturated. My kiddos accidentally dropped a few leaves in the water which ended up turning the water colors instead of the coffee filter so you may want to have a few extra coffee filters on hand just in case.
4. Remove the leaf from the water and hang to dry. I taped them to a box but you could always clip them on a clothesline. Once the leaf is dry carefully unfold it and enjoy.



**Important Dates To Remember**

WPDN will be closed on Monday, September 4, 2017 in observance of Labor Day.

WPDN will also be closed on Monday, October 16, 2017 for Teacher Professional Day. Please be sure to find child care for that day.

**Super Supper**

Thursday, September 7, 2017  
Chicken Pot Pie with Fruit

Thursday, September 21, 2017  
Beef Meat Lasagna with Side Salad

Feeds 1 adult & 2 children.

\$5.00 each

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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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