



Five Tips to Motivate Your Kids to Pitch In—Without Pitching a Fit

By: Amy McCreedy www.powerofmoms.com

Have you ever noticed when your kids want something, they're front and center—about an inch from your nose, sometimes with a healthy dose of non-stop nagging? But when YOU need something done, all of sudden they're in stealth mode or worse—defiant and uncooperative? Been there, seen that. So have most parents.

Is it too much to ask kids to make their bed, toss in a load of laundry, or at least pick up their shoes? No. It's not too much to ask. But in today's world where kids often feel entitled to have everything done for them—from cutting crusts off bread to helping with 7th grade science projects to delivering snacks to the sofa so they don't miss a minute of their show—the division of labor is certainly NOT in favor of the adults. The good news? This trend is totally reversible and not at all tough to implement.

Are you ready to motivate YOUR kids to pitch in without them pitching a fit? Check out these five tips to get started:

1. Watch your words. *There's a big difference between a chore and a contribution. While it is just semantics, what you call the tasks in your kid's to-do list is vital. Here's why: call it a chore and it oozes work, burden, and un-fun. As a "family contribution" however? You're empowering your kids, making them part of the bigger picture, and teaching them that everyone in the family contributes. After all, everyone enjoys the privileges.*

2. Show your appreciation. *Let's face it: no one likes dusting, emptying the dishwasher, or cleaning toothpaste from the sink. But, when your kids step up to contribute and you SHOW them you're paying attention and appreciate their efforts, they get that they're a valuable part of the team. That's priceless. And it will go a long way towards defusing power struggles and promoting future cooperation. Continued on page 3...*

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Please check Brightwheel every day. There is important 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



These first few weeks of school have been focused on keeping safe. Gentle hands, and listening ears are two ways of doing that. Please help your child decorate their family tree house. It will help your child to feel safe at school.

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

Pixie Butterflies

For the month of September we are going to work on colors. Each week we will focus on one color and each color goes along with Brown Bear, Brown Bear. We will also make our own Brown Bear book. The Pixies will be able to take it home and read it with their parents. We are looking forward to an amazing month.

- Ms. Maria & Ms. Vanessa



Elf Butterflies



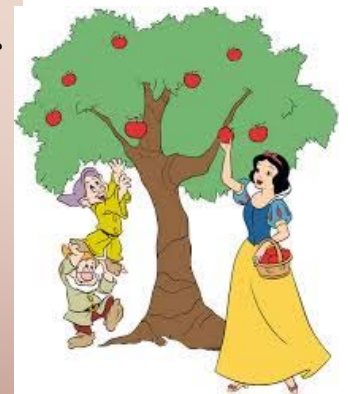
Last month, we introduced students to different centers, class routines, jobs, and group activities and now we are looking forward to starting our building study. During the study, we will continue to focus on learning to socialize with each other, keeping each other safe, and using our words. We are looking forward to continuing our learning adventure!

-Mr. Steven & Ms. Jessica

Julia Butterflies

Happy September! This month we are excited to continue our first six weeks study where we will learn about who works at our school, how do we make and keep friends, and how can we be a part of a group. We will also start working on writing skills! The Julias are looking forward to a great month in VPK!

-Ms. Paige & Ms. Vicky



SEPTEMBER

Closed for Labor Day– September 7th
Ms. Crystal's Birthday- September 12th
Ms. Shirley's 18th Work Anniversary– September 25th

Five Tips to Motivate Your Kids to Pitch In—Without Pitching a Fit continued...

3. Cause and effect of the positive kind. Explain to your kids that their contributions make a difference: "You really helped the family tonight when you cleared the table and did the dishes. That gives us extra time to play a game or throw the ball; which would you like to do?" Through family contributions, each child will gain a sense of personal significance, as well as a feeling of belonging to a special team—namely, your family.

4. Re-think rewards. Don't hinge your kids' allowance on their day-to-day family contributions or use other rewards to motivate them. Here's why: when you use rewards as motivation, YOU set the expectation that kids should be paid for things that should be expected family responsibilities. That's the opposite of what you want, right? (Remember, we're trying to un-entitle our kids!) Allowance is an important tool to teach kids about spending, saving, and giving—but allowance shouldn't be the "carrot" to get cooperation. Remind your kids how important their contributions are to the family and that everyone must pitch in to keep things running smoothly.

5. Make contributions an "all-in" adventure. Even toddlers can do simple tasks, like passing out napkins at dinnertime or wiping down chairs with a sponge. Being "all-in" shows that no matter your age or skill level, everyone's contribution matters. Kids of all ages will enjoy a sense of belonging, purpose, and satisfaction in being part of what makes your family hum—not to mention gain important skill development as well. How's that for a win-win?

Try putting these five tips in place to promote more pitching in from your kids, and a lot less pitching fits! And that makes family life a lot more fun for everyone!

Apple Stamping Tree Craft

The best part about fall is the apples are in season! If you could spare one of them for art, try this apple stamping tree craft with your kids! It's a unique painting idea that represents the tree's leaves. This art project can definitely be done by toddlers and preschoolers as well!

Here's what you'll need:

- ◆ 1 apple, a tree printable (or you can make your own), red, orange, and yellow paint, and a knife (to cut the apple)
1. Start by cutting an apple in half. Print off a fall tree coloring page or draw your own on a white piece of paper!
 2. Have the kids dip their apples in paint and stamp it on top of the tree making the "leaves." We washed off one apple when switching from yellow to orange paint.
 3. Finish the art project by painting the tree trunk brown and let dry!



REMINDERS

Latest drop-off is at 9:30AM.

Please wear your mask at drop-off and pick-up.

Please let WPDN know if you have been exposed to COVID-19 or have tested positive.

741 S. Pennsylvania Avenue
Winter Park, FL 32789
Phone: 407.647.0505
reception@wpdaynursery.org



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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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