



Seven Tips for a “Shy” Child

By: Amy McCready with Positive Parenting Solutions

I am frequently asked how to help children who are shy by nature. Many parents feel they have to defend their child’s hesitation to speak up, or worry their child might miss opportunities, or not lead as full a life as a result of their social anxiety.

The truth is children have different temperaments. Some are less outgoing than others and that’s just fine.

The good news is we can teach ALL kids how to feel more comfortable when meeting new people and feel at ease in social settings.

Here are seven ways to help ease social anxiety for your child:

- Lose the labels– When we label children as “shy” they are more likely to “assume” that label and act “shy”.
- Arrive early for parties or gatherings– This is a good way to give your child a little buffer of time to warm up and connect with a couple people and his or her surroundings before others arrive.
- Practice social skills– Role play with your child how to politely talk to people by looking into their eyes. Practice focusing on the color of the person’s eyes, as this makes your child appear more interested and confident. Practice using a “big” voice when you meet someone new and extending a hand for the other person to shake. Practice the words to use when meeting new friends such as, “Hi, I’m Emily – what’s your name?” Some children don’t feel comfortable in new situations or with meeting new people, but role playing these social skills can increase their confidence, even for very young children.

September 2021

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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!

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Caterpillars/Buttercup Butterflies



The caterpillars are still getting to know their friends, play centers, and classroom routine. Our buttercups are learning their new schedule and exploring new toys added to the room. We're cooking in our new kitchen, making music with our new instruments & dressing up in our fun smocks. Please send in your completed houses.

-Ms. Natalie, Ms. Stacey & Ms. Bailey

Pixie Butterflies

Pixies, pixies, what do you see? We see colors looking at us! For the month of September, our Pixies will be working hard on creating their brown bear book. Pixies will have a color of the week each week to truly recognize a variety of colors. Based on the color they get that week, they will work accordingly to create a page for their book, which they will take home when finished.

- Ms. Vanessa & Ms. Beryl



Elf Butterflies

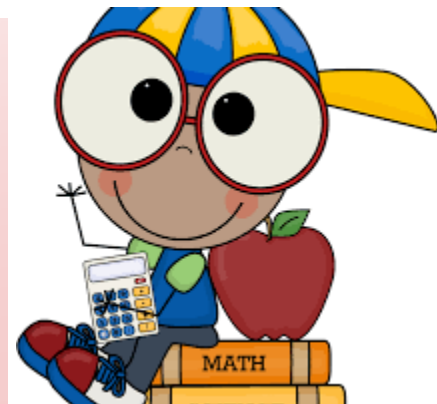


While these first few weeks of school have been a little different, we are busy learning our routines and expectations. We have spent time exploring the different centers in our classroom. We will continue to explore more and read stories about our families and our school family. Please remember to check your child's folder daily and be on the lookout for a family assignment a new family house, we will use these to decorate our Dramatic play area with pictures of our families.

-Ms. Stephanie & Ms. Madison

Julia Butterflies

Despite having a tricky start to the school year because of COVID, our Julia Butterflies are enjoying their time in VPK. We will continue to focus on building relationships with our teachers and peers, learning the school rules and expectations, and learning how to make safe and helpful choices. We will continue to explore topics such as who works at our school and how we can be part of a school family as we continue building our classroom community.





Ms. Ally's Birthday— September 3rd
Ms. Crystal's Birthday—September 12th
Ms. Madison's Birthday— September 19th
Ms. Vanessa's 3 Year Anniversary— September 24th
Ms. Shirley's 19th Anniversary— September 25th

Seven tips for a “Shy” Child ... continued

- Don't rescue—When the child refuses to answer, don't coax or answer for her. Simply wait in silence to give her a chance to think of her answer. Giving her an opportunity to struggle just a bit reinforces you have faith that she will speak up and it will give her practice responding. The more opportunities she has to speak for herself, the easier it will be for her in the future.
- Encourage all facets of your child's personality—Being slow to warm up to others is just one aspect of who he is. Remember to encourage all the other character traits that make him the amazing person he is: kind, helpful, resourceful, thoughtful, etc.
- Don't over-protect—Expose your child to as many new experiences as possible, but don't pressure him to “perform.”
- Use family meetings as an opportunity to get outside the comfort zone – Children as young as four can take the role of “Meeting Leader” which offers practice speaking up and taking a leadership role in a safe, comfortable situation. We all want what's best for our children. When we recognize their growth opportunities and work with them to learn new skills and feel more confident – amazing things can happen. You are your child's best teacher and advocate – he/she is lucky to have you!

Popsicle Stick Minions

Popsicle crafts are so fun and easy to make! Here is one making Minions. Watching the movie while doing this craft can help you get ideas for their faces.

What you will need:

- Jumbo Popsicle Sticks (nine per minion head craft)
 - School Glue
 - Yellow Craft Paint
 - Foam Paint Brush
 - Small Paper Plate
 - Craft Scissors
 - Black/Gray/White Cardstock
1. Glue the nine popsicle sticks together to look like a fence. Set aside to let it dry completely.
 2. Paint the front of the popsicle sticks completely yellow. Set aside to let it dry completely.
 3. Cut out the cardstock embellishments to give the minion pieces life. Use a black strip and gray circles for the goggles and white/black circles for the eyes.
 4. Glue on the paper embellishments and add some black hair and a black or white smirk.



Hello
September

Super Supper

Meat or
Vegetable

Quiche

W/ Fruit

Pick-up is

Thursday,

September

16th

\$5.00 each.

Cheese or
Pepperoni

Pizza W/

Side Salad

Pick-up is

Thursday,

September

30th

\$5.00 each.

**Payment is
due before
pick-up.**

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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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