



“10 Ways to Shape a Kind, Well-Adjusted Child” By Rebecca Eanes

Parenting is a very complex task. If we’re not careful, we will become too focused on one aspect and let the others fall by the wayside. Many times, I see parents who are intently focused on discipline, and I’m talking about the traditional use of the word here with regard to modifying behavior. Sometimes we get very caught up in “What do I do when...” or “How do I get my kid to...” and we lose sight of the bigger picture.

The truth is that there are many things that are more important in shaping our children than the methods and techniques we use to modify their behavior.

Here are 10 things that are more important than any method you choose, in no particular order.

1. **Relationship**– Our attachment helps wire healthy brains and our responses set the tone for how they respond to us.
2. **Your lens**– The way you think about them influences the way you treat them.
3. **Your relationship with your significant other**– Every single ounce of energy that you put into your relationship will come back to you ten-fold through your children.
4. **The atmosphere of your home**- You want your home to be a haven, a safe, warm, inviting, and loving place for all family members
5. **How you relate to others**– Remember that they are watching your example.

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April 2017

Special points of Interest

- ★ 10 Ways to Shape
- ★ Classroom updates
- ★ Employee of the Month
- ★ Caterpillar Necklace

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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

From tasting lemons to using our sense of hearing by telling what something is by its sound, we have explored our 5 senses. Now they are ready to become Illustrators and create their own number book as we jump into numbers.

-Ms. Stacey & Ms. Stephanie



Elf Butterflies



As we hop into April, which traditionally brings showers. We will learn about the water cycle, condensation, and evaporation where water goes up to the sky in a different form and all comes back to earth as rain or snow.

-Ms. Vanessa & Ms. Beryl

Monarch & Blue Wave Butterflies

For April, we will focus on the season Spring. We will be spending time in our school garden and planting different types of seeds. As a class, we will learn about Earth Day and Arbor Day. This month we will also start back with reviewing our alphabet letters, our numbers 1-20 and what city we are located in. Please remember to send extra clothes. There will be days where we will get messy or wet. Let the flowers bloom and our hearts sing this month.

-Ms. Jazzy & Ms. Jasmine



Julia & Buttercup Butterflies



Happy Spring! It's hard to believe school is almost over! Our class will continue to work on skills for Kindergarten and we are also looking forward to graduation in May.

-Ms. Paige & Ms. Vicky

Employee of the Month

Ms. Stacey



Stacey has been employed with WPDN for 9 years this month! She is a strong and steady two year old teacher, whose loving guidance gives our two year olds the support they need to be successful as they move into the older classrooms. Her knowledge and implementation of Conscious Discipline makes her a valuable employee and we are so grateful to have her. Please congratulate Ms. Stacey on being Employee of the Month!



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- 6. Community-** Seeing how their acts can influence many lives will give them a sense of responsibility and reinforce good values.
 - 7. School-** Peers have a big influence on children, but if our relationship is where it should be, our influence will still be stronger.
 - 8. Your cup-** A child who sees their parents respect themselves will learn to have self-respect.
 - 9. Media, television, video games, and social media-** Be aware of what your kids are getting from what they are watching.
 - 10. Basic needs-** Adequate nutrition, sleep, and exercise are not only essential for the well-being of your child but also influence behavior.
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The Very Hungry Caterpillar Necklace

We love **spring crafts for kids**, and this is one of my absolute favorites! Children will have fun creating a caterpillar necklace (based off The Very Hungry Caterpillar) while also practicing their patterns and fine motor skills!

Here's what you'll need:

Red, yellow, and green construction paper

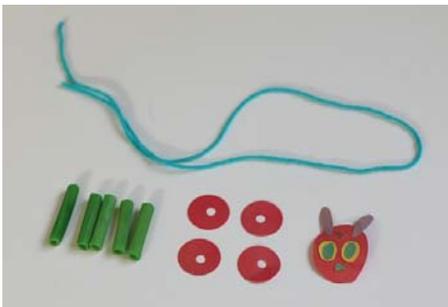
Dyed pasta (pasta, 2tbsp alcohol, 1-3 drops of food color, shake in bag, sit for 10 mins)

Yarn or string

Liquid glue

Single hole punch

1. Cut out red paper circles about 1 inch in diameter. Punch a single hole in each one..
2. Make the caterpillar's head. (You can be as simple or fancy with this as you want. We tried to make it look similar to the caterpillar in the book.) Cut out construction paper face and glued on some eyes and antennae. Punch a hole in the face for stringing later.
3. Now it's time to assemble the necklace! Cut your piece of string or yarn to the size you'd like for your child. (I usually go a little longer than I think~ you can always cut it off later!)
4. Place some tape at one end of the yarn or string to make it easy for threading.
5. Have you child first thread a green pasta onto the thread. Next they add one red circle, then green pasta etc. forming a pattern.
6. When your child is happy with his or her caterpillar length, add the caterpillar head.
7. Tie the string together to form a necklace. (Cut off the tape).



Super Supper

**Wednesday,
April 12, 2017**

**Meatloaf with
scalloped potatoes
and green beans.**

**Feeds 1 adult & 2
children.**

\$5.00 each

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



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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