



What Kids Worry About at Different Ages

By: Deborah MacNamara

April 2024

Kids have worries that can appear at random or may be triggered by everyday events. Their increasing awareness of the world and ability to anticipate bad things happening can create feelings of alarm. As a child ages, their fears can change in expression, with the following list containing the most common worries at different ages. Many of these fears are related to developmental changes and are existential in nature, indicative of the child's increasing independence as a separate self.

0 to 6 months—Babies can be afraid of loud noises and objects that loom over them. The loss of physical, visual, and auditory contact with adults is alarming as their brains are not capable of object permanence yet.

7 to 12 months—Shyness at this age is common and they may exhibit stronger protest to people they have been comfortable with before. This means the child's brain has locked onto a primary attachment and object permanence.

1 year— Separation from parents is a common source of alarm at this age and continues until age 6. They can be scared when they get hurt, as well as of loud sounds such as toilets flushing.

2 years—Young children often exhibit some fear of animals as well as of large objects. They may state they are afraid of dark rooms with separation at night becoming increasingly challenging.

3 to 4 years—A young child's increasing imagination gives them the capacity to anticipate bad things happening. Their dreams may include monsters and they can fear animals, masks, and lead them to seek comfort.

Main Article	1
Caterpillars/ Buttercup Butterflies	2
Pixie Butterflies	2
Elf Butterflies	2
Julia Butterflies	2
Important Dates	3
Thunderstorm Art Project	4

Please check Procure updates 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!

...continued on page 3

Caterpillars/Buttercup Butterflies



The infants will continue focusing on gross and fine motor skills for the month of April. They will learn about insects each week and they will do a lot of crafts for mom and dad.

For the month of April, the Buttercups will be introduced to basic shapes, like circles, squares and triangles. We will do this through toys, puzzles, and shape sorting activities. Learning to distinguish between different shapes helps develop visual discrimination skills, which are essential for tasks like reading, writing and identifying patterns. Recognizing and naming the shapes will help build cognitive skills by teaching them to categorize and differentiate objects based on their attributes. This lays the foundation for more complex thinking and problem-solving skills later on. They will be developing new skills while enjoying themselves and having fun!

-Meme, Ms. Graciela & Ms. Yaxi

Pixie Butterflies

Spring is in full bloom, and the Pixies classroom is a buzz with the magic of learning! This month, our Pixies are diving deep into exploring Nature! We are discovering topics like the life cycle of Caterpillars and Butterflies, how to grow and care for plants, fruits and veggies. We will celebrate Earth day by learning about recycling and the ways to keep our earth safe! As we nurture their curiosity, creativity, and love for the environment, look out for updates on our butterfly garden, plant experiments, and delicious adventures with fruits and vegetables. Let's make this season of growth and discovery truly magical!

-Ms. Victoria & Ms. Yeizary



Elf Butterflies



Happy Spring Elf Families! During the month of April, we will be finishing our study of insects. The first week of April will be celebrating all that we've learned about insects and our biggest takeaways to share with our families. Then we will move into the exercise study, focusing on how to get our bodies moving in a positive way.

- Ms. Joanne & Ms. Keyanni

Julia Butterflies

Hello Julia butterfly families, this month we will be starting the reduce, reuse, recycle study. We will learn about what things can be recycled and where they go when they are recycled. We will learn how you can reuse something and what things you can reduce using. If you have any recyclables at home we would love to use them to explore with. Please check your child's file folder daily and make sure there are extra clothes in their cubby in case of accidents or spills.



-Ms. Paige & Mr. Kalig



Ms. Jessyca's Birthday—April 7th
Ms. Joanne's Birthday—April 13th
Ms. Graciela's Birthday—April 17th
Orange Blossom Jubilee—April 19th

What Kids Worry About at Different Ages

By: Deborah MacNamara
...continued

5 to 6 years—They can fear being physically hurt and of 'bad people out to get them'. Their play can contain these themes and they may fear ghosts, supernatural beings, along with thunder and lightening.

7 to 8 years—Common fears include being left alone or left out. They may worry about things that can harm them like car accidents to plane crashes, and may be afraid of the dark.

9 to 12 years—The tween may express worries about school performance and be concerned with their physical appearance and being injured or dying. Some may be upset that they have to grow up.

13 to 18 years—For the teen, personal relationships can be a source of confusion and worry. They may have fears over their future, growing up, politics, along with natural disasters.

Don't Worry. Be Happy.
KEEP LEARNING.

Thunderstorm Art Project

Incorporate this thunderstorm process art project into your collection of weather activities for kids! This stormy art activity is made using paints and construction paper and is perfect for toddlers, preschoolers, and kindergarteners. Such a fun way to explore color mixing

Supplies Needed:

- Black and White Paint
- Paint Brushes
- White Art Paper
- Blue & Yellow Construction Paper
- Scissors
- Liquid Glue
- Paper Plate



Instructions:

Step 1: Place some black and white paint onto the paper plate for paint holding.

Step 2: Use the paint brushes to paint with both the white and black paint onto the white art paper. Paint the entire paper gray.

Step 3: Allow for the paint to dry.

Step 4: Use the construction paper to cut out some blue raindrops and yellow lightening bolts.

Step 5: Glue the raindrops and lightening bolts to the painting to create a thunderstorm!



Super Supper

Roasted
Chicken w/
Roasted Pota-
to Wedges &
Broccoli
Pick up day is
Thursday,
April 11th.
\$7.00 each

One-Pot Ham
& Veggie
Pasta w/ a
Side of Fruit
Pick-up day is
Thursday,
April 25th.
\$7.00 each

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

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

Find us on



EXCELLENCE IN EARLY EDUCATION

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.

Winter Park Day Nursery is a 501 (c)(3) tax exempt organization.