

Every Day Traditions

By: Great Kids, Inc.

December 2023

Traditions are often fun and can help to develop stronger bonds within families. Children who grow up with rituals and traditions are often more resilient and have a greater sense of self and family identity.

Below is a short list of easy rituals that you may want to try with your family. There is no need to do them all. Just pick one or two, be intentional, try them out for a time. Observe how your child responds.

Daily ritual and traditions:

- **Morning greetings.** Each morning, play a wake-up song on your phone, or greet your child by singing a little song from your own childhood.
- **Bath time fun.** Every time you wash their feet, count their toes, or play “little piggy”. Or sing a song when washing different parts.
- **Bedtime routines.** Read your child’s favorite book every night. Do a tight bedtime tuck. Give them butterfly kisses (kisses with your eyelashes). Sing a simple sleepy time song.
- **Think of a special way to say goodbye each day.** Build on something you are already doing. Maybe do three hugs, a fist bump, and a high five.



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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!

Caterpillars/Buttercup Butterflies



For the month of December, the babies will learn about the cold season, even though it is not in Florida. There will be snow and stars, as well as the colors red and green to celebrate the holidays. I'm working on Gross Motor Skills, standing, tummy time and sitting while also getting ready for our Winter Performance.

In the month of December, the Buttercups will spend lots of time building up their physical, language, and socio-emotional development by engaging in play and reading many books. We will also learn about the Winter season and Christmas by watching short educational videos, reading books, learning new songs, and creating art. Lastly, we will be rehearsing for the Winter showcase!

- Meme, Ms. Graciela & Ms. Yaxi

Pixie Butterflies

Ho! Ho! Ho! Pixie's families, for the month of December we will be learning about winter and the activities associated with it such as cookies, snow and the different holidays. We will also be learning about the colors black, gray and white, as well as learning about the number 4, and the shape circle. If your family celebrates a holiday other than Christmas let us know so we can talk about it in the classroom!

- Mx. Andi



Elf Butterflies



Happy December and Holiday Greetings Elf Families! For the month of December, we will be continuing our Tree Study. It will focus on what we can do with trees and different parts of the tree. Then towards the end of the month we will move into a clothes study. We are also so excited to share our winter showcase with you all!

- Ms. Felicity & Ms. Keyanni

Julia Butterflies

Happy December Julia Butterfly families. This month we will continue the clothes study. We will learn how and where clothes are made. What fabrics are used to make clothes and what designs are on our own clothes. We will also continue to work on writing and cutting skills as well as prepare for our winter showcase that will be on December 8th at 4:00pm. We hope to see you there!

-Ms. Joanne & Ms. Paige





Winter Showcase—December 8th at 4:00pm
Ms. Keyanni's Birthday— December 14th
Ms. Paige's Birthday—December 21st
Closed for Christmas— December 25th to 29th
Ms. Heather H's Birthday—December 27th

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Weekly and other rituals and traditions:

- Do Taco Tuesdays or soup and sandwich Sundays every week.
- Play board games together or build blanket forts on rainy Saturdays.
- Eat Dinner at the table together (at least one or two nights a week).
- Have a living room picnic every Sunday, or the first Friday of each month.
- Have a special secret way to say I love you, sign language, or other gestures.



Winter Paper Plate Wreath

Even though it really isn't cold here in Florida, I thought it would be fun to make these Winter Paper Plate Wreaths. It is simple to make and super cute when they are completed.

Supplies Needed:

- Paper Plate
- Scissors
- Ribbon
- Crayons or Markers
- Variety of Snowflake Stickers



Instructions:

Step 1: Cut the middle out of the paper plate.

Step 2: Once the middle has been removed, color the paper plate with markers or crayons. Blue, purples and grays are good colors for the winter.

Step 3: Once the coloring is complete, add the snowflake stickers. They can be layered for a more dimensional craft.

Step 4: Finally punch two holes at the top of the paper plate wreath. The holes are there so you can thread the ribbon through the paper plate. This enables you to create a loop to hang the wreath on a door or hook.



Super Supper

Shepherd's
Pie w/ Side of
Fruit

Pick-up day is
Thursday,
December
7th

\$7.00 each

Chicken
Salad

Pick-up day is
Friday,
December
22nd

\$5.00 each

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

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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.

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