



## The Five Principles of Positive Parenting

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The foundation of Positive Parenting rests on five principles. These principles go hand in hand to help you build a strong bond with your children and to position you as the effective leader your child needs throughout childhood.

### Principle # 1: Attachment

To develop a strong attachment, trust is essential. When they feel we are for them, not against them; when they feel we are safe to run to; and when they feel that they are loved and valued, we will have their hearts.

### Principle # 2: Respect

Children learn how to show respect best by living it. We respect a child's mind when we develop a secure attachment and when we are positive and affirming.

### Principle # 3: Proactive Parenting

Proactive parenting means building the relationship and allotting sufficient time for play and connection each day. It also means responding rather than reacting to our children's behaviors.

### Principle # 4: Empathetic Leadership

Empathy is an important part of leadership because it draws us closer and provides that important attachment.

### Principle # 5: Positive Discipline

Positive discipline moves beyond punishment and toward problem-solving. Children do not learn life lessons with their noses in a corner. It holds them accountable by teaching them how to own up to and fix their mistakes.

**February 2018**

#### Special points of Interest

- ✦ Positive Parenting
- ✦ Classroom updates
- ✦ Employee of the Month
- ✦ Dissolving Candy Hearts

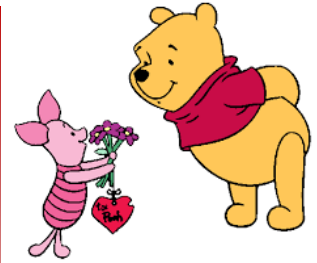
Main Article	1
Pixie Butterflies	2
Elf Butterflies	2
Julia Butterflies	2
Buttercup Butterflies	2
Employee of the Month	3
Dissolving Candy Hearts	4

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!

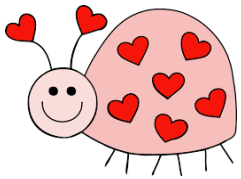
## Pixie Butterflies

We have been busy exploring our five senses. Tasting sour lemons, seeing flowers change colors, making sandy playdough and using our listening ears. We will begin our shape theme this month. As we begin our shapes, we will be lacing hearts and creating a special heart shape surprise for our families. Be sure to have fun with your own shape exploration at home.

-Ms. Stacy & Ms. Stephanie



## Elf Butterflies



We will be working on the letter I and our letters of the week this month, while still incorporating and reinforcing how to regulate and respond to our emotions appropriately. Problem-solving skills are increasingly being demonstrated among peers. We are proud of them! Much love.

-Ms. Jessica & Ms. Beryl

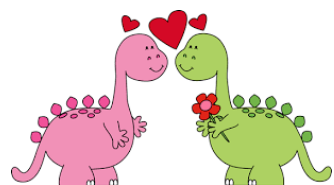
## Julia Butterflies

This month our class will work on letters, numbers, shapes, and continue with fine motor skills. Our class will celebrate and talk about Valentine's Day, we are asking each child to bring in valentine cards to share with their friends on Wednesday, February 14th. Please only include your child's name on the back of the cards. Thank you!

-Ms. Vicky & Ms. Naomi



## Buttercup Butterflies



This month we will talk about lots of very fun things! We will learn about Valentine's Day and different artists. We will also practice writing and recognizing the letters in our names.

-Ms. Paige & Ms. Lauren

## Employee of the Month

### **Ms. Alex**



Ms. Alex is a champion for music and the arts not only for our students, but for the community. As our Creative Director, Alex helps our teachers implement more STEM discoveries, bring in creative elements and encourage an inspired classroom environment. Ms. Alex always brings with her a sense of calm and positivity that helps to rejuvenate all who encounter her. Congratulations to Ms. Alex on being Employee of the Month!

### *February* **EVENTS**

- Ms. Jinger's birthday– February 10th
- Ms. Megan's birthday– February 19th
- Ms. Jessica's birthday– February 24th
- Ms. Beryl's birthday– February 26th
  
- Ms. Jessica's 1 Year Work Anniversary– February 13th
- Ms. Sierra's 1 Year Work Anniversary– February 27th

Congratulations to Ms. Megan & family on the birth of their baby girl, Daphne!

## Dissolving Candy Hearts Experience

You are going to love this experiment! This simple experiment takes only 2 minutes to set-up and is super fun.

### Here's what you'll need:

Water  
Oil  
Vinegar  
Lemon Juice  
Candy Hearts  
Timer/Stopwatch



1. Fill 4 cups up with the same amount of liquid in each glass.
2. Place the candy hearts in a bowl near the glasses for easy access.
3. Make your predictions as to which liquid will make the candy heart dissolve the fastest.
4. Compare a new candy heart to the size of the dissolved candy heart after 5 minutes.

Pretty cool, huh? There are so many variations to this experiment. You can always change up the liquids, test what happens when you shake the container, change the temperature, and change the candy.



### Important Dates To Remember

Valentine's Day is on Wednesday, February 14th.

WPDN will be closed Monday, February 19th in observation of President's Day.

### Super Supper

Ham & Potato Casserole with a Side Salad

\$5.00 each  
Feeds 1 adult and 2 children.  
Sign-up at front desk.

Pick-up is Wednesday, February 21, 2018.

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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.

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