



Alternatives to Time-Out

By: Amy McCreedy, Founder of Positive Parenting Solutions

While it's nearly impossible to cover all alternatives to time-out, here are 3 simple tools you can implement now to reduce the need for active consequences.

1. *Fill the Attention Bucket*

Kids need attention, plain and simple. If we don't keep that "attention bucket" filled with positive attention, kids will seek out any attention they can get – even negative. They'll push our buttons with negative behaviors because, to a kid, even negative attention is better than no attention. This doesn't mean you have to be at your child's side 24/7 – just take a few intentional minutes a day to spend one-on-one with your child, distraction-free and do something they want to do.

It will reap immense rewards in their behavior. Let the phone call go to voicemail. Ignore the incoming text alert. Focus that time on your child. You won't regret it.

When you fill your child's attention bucket positively and proactively, your kids will become more cooperative and less likely to seek out attention in negative ways.

Life is busy for everyone, and finding extra time in the day may be daunting at first, but think of this as an investment in your relationship with your children and in improving their behavior. When it comes to knowing how to discipline your child, giving them what they need to avoid poor behaviors can have a great impact.

2. *Take Time for Training*

The root word of discipline is *discipulus* which simply means "pupil" or "student." If we are disciplining our children, we are essentially trying to teach and instruct them – not

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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 babies are learning how to love and be kind to their friends as a school family.

The Buttercups are enjoying shapes. From eating hidden stars to circle foods and drawing shapes with chalk. What shapes can your child name?

-Ms. Natalie & Ms. Stacey

Pixie Butterflies

Happy February Pixie Families! This month our pixies will be discovering new ways to use their senses. They will participate in new sensory activities including art, cooking, and water tables! We look forward to our pixies learning more about their senses!

- Ms. Maria & Ms. Vanessa



Elf Butterflies



This month, we are starting a new study about "buildings", where we will be exploring different kinds of buildings that we see around us and some that we can only see in different parts of the world. We are currently investigating which tools would be best to build a building using such things as foam blocks or magnets. We will continue our study by exploring how we keep ourselves safe when we build and how we can continue to keep our school family safe at school.

-Mr. Steven

Julia Butterflies

This month we look forward to starting a new study of exercise! As we start this study we will learn what exercise is and different ways to get exercise! We will also talk about what love and friendship is as we learn about Valentine's Day is!

-Ms. Paige





School Closed - February 15th
Ms. Jinger's Birthday— February 10th
Ms. Megan's Birthday—February 19th
Ms. Beryl's Birthday— February 26th

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The best way to discipline your child is to help her make better choices. Role playing is a great strategy to help children learn other ways of responding. For example, you could talk through the following scenarios using a calm voice and take turns playing each role.

Sharing: "I'd really like to play with that tractor when you're done."

Snack time: "I'd like a snack, please."

Clean-up: "It's time to clean up our toys."

Switch roles and pretend you're the child, and let your little one direct you through making better choices.

When you see them making the right choices, be encouraging. "I see you worked hard to clean up the playroom all on your own! That's such a big help. I really appreciate it." or "Thank you for sharing the book with your brother. How kind!"

3. *Set Limits and Stick to Them*

Kids thrive when they have structure and know their boundaries. Don't go overboard with hundreds of rules, but focus on what's most important for your family. Be clear about the ground rules and what happens when someone breaks the rules - make sure that everyone understands the consequences ahead of time and that the consequence is related to the misbehavior.

If they forget to put away their dishes after dinner, they have to load and unload the dishwasher. But cleaning their room because they didn't do their homework isn't related, and therefore, not an appropriate consequence.

Most importantly, be consistent. Follow through every time with the agreed-upon consequence when kids push the rules.

Bee Mine Valentine's Day Craft

I love reusing toilet paper and paper towel rolls in crafts, because they are free and they seem to always be on hand. Here is a fun Valentine's Day craft to make!

What you will need:

- Yellow paint
- Black piper cleaner
- Yellow, black, white & red card stock or construction paper
- Tape
- Glue
- Black marker



1. Paint the toilet paper roll yellow and allow it to dry.
2. Cut 3 long stripes of black paper and wrap around the toilet paper roll to make stripes.
3. For the eyes, cut out 2 white circles and 2 smaller black circles. Glue the white circles onto the toilet paper roll and then the black circles on top of the white.
4. Cut the pipe cleaner into 2 pieces about 3 inches each. Twist the pipe cleaners and tape to the inside of the toilet paper for the antennae.
5. Cut 2 small hearts from the yellow paper and glue onto the back of the toilet paper roll to make wings.
6. Cut a small heart from the red paper. Using a black marker write "Bee Mine" on the heart and glue it to the top of one wing.

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Super Supper

Shepherd's Pie
w/ Peaches
Pick-up is
Thursday,
February 11th
\$5.00 each.

Chicken &
Black Bean
Casserole
w/ Side Salad
Pick-up is
Thursday,
February 25th
\$5.00 each.

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

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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