



Best Parenting Books: Top Picks for 2019

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January 2019

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Whether you are in the trenches of potty training, are trying to teach your kids empathy, or need the magic formula to co-parent with your ex, one thing is certain: You. Want. Answers.

With the overwhelming amount of information on the internet and the slew of parenting books that make their home on Amazon, it's nearly impossible to sift through the online bookshelves to find the help you need.

As an author myself, I get asked all the time, "Amy, what are your favorite parenting books?!" Well, my friend, it's nearly impossible to give you all of my favorites, but here are a FEW that I know you will love.

From general parenting advice to tackling specific struggles, this list of books will help you navigate many of the parenting issues you're facing.

1. **Positive Discipline: The Classic Guide to Helping Children Develop Self-Discipline, Responsibility, Cooperation, and Problem-Solving Skills** By Jane Nelsen, Ed.D.

Jane Nelsen is the mother of Positive Discipline – the books, training and methodology based on the work of Alfred Adler, MD.

2. **Mindset: The New Psychology of Success** By Carol S. Dweck, Ph.D.

After a quick search of the title, you may be thinking, "Wait a second! That's not a parenting book!" Before you stop reading, my friend, let's get something straight: parenting, like most things in life, is all about mindset. If YOU want to be a successful parent and you want to raise successful kids, then this book has EVERYTHING to do with parenting.

3. **The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind** By Daniel J. Siegel, M.D. and Tina Payne Bryson, M.D.

By understanding what's happening in your child's brain, Dr. Siegel and Dr. Bryson give you strategies that work with your child's brain instead of against it. By implementing these 12 strategies, you'll help foster healthy brain development which leads to

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 diapers/pull-ups, if necessary. Thank You!

Caterpillars/Buttercup Butterflies



Happy New Year! The Buttercups and Caterpillars are so excited to start 2019 with your children! Over the next several weeks we will be spending our time exploring our senses through messy play activities, so make sure your child has extra changes of clothes in his/her cubby! We are looking forward to establishing our School Family after the holidays, hearing about how your children spent their time away from school, and seeing how much they learn and grow in the coming months!

-Ms. Natalie, Ms. Stacey & Ms. Milena

Pixie Butterflies

Happy New Year! This month we will welcome 2019 with our 5 senses, this will include sight, touch, hearing, taste, and smell. Activities will be winter based to help our friends further enjoy this season. We look forward to this fantastic new year!

-Ms. Maria & Ms. Vanessa



Elf Butterflies



We will begin the New Year with lots of fun activities. We are continuing to work on letter awareness and various activities associated with each letter! We are off to a bright start and hope you had a wonderful holiday time. We wish you all a Happy New Year!

-Ms. Jessica & Ms. Beryl

Julia Butterflies

Happy New Year! This month our class will continue to work on fine motor skills, letter and number recognition and we will also talk about winter animals and hibernation. Please check your child's folder daily and make sure they have extra clothes in their cubby.

-Ms. Paige & Ms. Vicky





Ms. Ali's 14th Work Anniversary– January 3rd
Ms. Ali's birthday– January 4th

Ms. Natalie will be having her baby this month!
Congratulations!!!

Best Parenting Books: Top Picks for 2019 continued...

4. **The Conscious Parent: Transforming Ourselves, Empowering Our Children** By Dr. Shefali Tsabary
In this book, Dr. Tsabary helps parents get in tune with their own psychological and emotional awareness.
5. **Oh Crap! Potty Training: Everything Modern Parents Need to Know to Do it Once and Do it Right** By Jamie Glowacki
Jamie is my go-to gal for all things potty training. Her no-nonsense approach to potty training is effective and informative, humorous and heartfelt. Jamie is a mama and social worker who has been there and helped thousands of parents cheer their toddler onto success in the bathroom.
6. **How to Talk So Kids Will Listen & Listen So Kids Will Talk** By Adele Faber and Elaine Mazlish
This gem is a must-read for any parent who frequently finds themselves in the throes of a power struggle.
7. **Siblings Without Rivalry: How to Help Your Children Live Together So You Can Live Too** By Adele Faber and Elaine Mazlish
Adele and Elaine bring sound wisdom again in this second book! As parents themselves, they were determined to help their children get along. The result was *Siblings Without Rivalry*.
8. **Peaceful Parent, Happy Siblings: How to Stop the Fighting and Raise Friends for Life** By Dr. Laura Markham
I couldn't choose my favorite book on Sibling Rivalry, so I had to include them both!
9. **The Gift of Failure: How the Best Parents Learn to Let Go so Their Children Can Succeed** By Jessica Lahey
This book is a must-read for any parent of school-aged children!
10. **Parenting Apart: How Separated and Divorced Parents Can Raise Happy and Secure Kids** By Christina McGhee
Oh, sweet friend. If you are co-parenting or parenting apart from your ex, you NEED this book. This is the book every child of divorce wishes their parents would read!

New Year's Resolution

You may not be making any resolutions this year, but that doesn't mean you can't have your child(ren) make one. And let me tell you something, talking with a preschooler about his/her goals for the new year is pretty stinkin' cute.

Here's what you'll need:

- ◆ Blue, yellow, and flesh-colored construction paper
- ◆ Stickers
- ◆ Tape
- ◆ Googly Eyes
- ◆ Small rectangle paper for goal writing

1. Cut out a large circle with the flesh-colored paper. Add googly eyes and a simple mouth.
2. Cut a large triangle from the blue paper and decorate with stickers.
3. Cut out a yellow circle and snip some fringe.
4. Tape everything together.



welcome,
january

WPDN will be closed on Monday, December 31st and Tuesday, January 1st in observance of New Years Eve and New Years day. We will also be closed Monday, January 21st for Martin Luther King Jr. Day & staff training.

Super Supper

Ms. Shirley's Award Winning Black Bean Chili with Corn Muffins.

Feeds 1 adult and 2 children.

\$5.00 each

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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.