



## January is Positive Parenting Awareness Month

By: Child Parent Institute

January 2024

Another year has flown by, leaving me wondering where the time went. As I think about my family's milestones and memories over the past year, I'm reminded of how often I get consumed by work, my family's hectic schedule, and the never-ending list of household chores. It's easy for my family to go through the motions of our daily routines – get up, go to school or work, come home, eat, do homework or work, go to bed, repeat, repeat, repeat – and even be in the same room without really noticing and appreciating each other. It takes deliberate and constant effort to be a positive parent (and partner), and the new year is a good time for a fresh start.

Positive Parenting Awareness Month is a time to recognize the vital role that “parents” – including birth, foster, and adoptive parents, grandparents, and other relatives or family friends – play in raising happy, healthy, thriving children. It's a chance to encourage all types of families to seek and accept support from friends, family members, neighbors, and local resources, such as the Triple P – Positive Parenting Program. And it's a time to let go of past parenting mistakes or regrets and start the new year with new tools in the “parenting toolbox.”

We encourage everyone to use and share these tips to renew, refresh, and recharge their commitment to positive parenting not just in January, but every day of the year.

**What is positive parenting?** It's an approach to raising children that strengthens family relationships, increases parents' confidence and promotes children's healthy development. Research shows that the quality of parenting and caregiving throughout a child's life is one of the most powerful predictors of their future social, emotional, and physical health and well-being.

There isn't one “right” way to be a parent, but there are many parenting programs and strategies that have helped families across the world. One program in Sonoma County is Triple P, which is based on these five principles of positive parenting:

**Principle 1: Provide a safe, interesting environment.** This gives children and teens the opportunity to play, explore, discover and experiment. This is how they learn and develop important life skills, such as communicating with others, solving problems, and being independent. The amount of supervision and limit-setting will change as children get older, but even teens (and young adults) need to know they have people in their lives who will keep them physically and emotionally safe.

Main Article	1
Caterpillars/ Buttercup Butterflies	2
Pixie Butterflies	2
Elf Butterflies	2
Julia Butterflies	2
Important Dates	3
Snowman In A Bag	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



Welcome to the New Year! The Caterpillars are going to learn the first letter of their first name, incorporated in arts and crafts. Working on gross motor skills (standing with support and without support, walking and more).

Buttercups will focus on literacy and language development. We will work on practicing our writing skills using a variety of writing tools. We will develop an appreciation for books to help expand our vocabulary.

-Meme, Ms. Graciela & Ms. Yaxi

## Pixie Butterflies

Pixies are learning about social emotional skills such as personal space, emotions, communication, and self care. We will be learning about the colors purple and gray/silver, the number 5, and the rectangle shape. We can't wait to start the new year off together!

- Mx. Andi & Ms. Yeizary



## Elf Butterflies



Happy New Year Elf Butterfly Families. We are so excited to embark on this new year together with new learnings experiences as a school family. This month we are continuing the clothes study. We will explore different features of clothes, how clothes are made, and how we take care of our clothes.

- Ms. Felicity & Ms. Keyanni

## Julia Butterflies

Happy New Year to all of our Julia families! We hope everyone had a safe and relaxing winter break. As we enter 2024, the Julia class will be investigating the bread study! This will be such an exciting study that will touch on important topics and concepts such as: measuring, adding, different cultures and traditions, texture, and learning about our five senses (sight, taste, smell, touch, sound). Please keep a look out for important information regarding VPK graduation, which should be sent to families in the coming weeks. Thank you for being such amazing families!

-Ms. Joanne & Ms. Paige





Ms. Ali's 19 Year Anniversary— January 3rd  
Ms. Ali's Birthday—January 4th  
CLOSED for Martin Luther King Jr's Birthday—January 15th  
Ms. Meme's 5 Year Anniversary—January 21st

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**Principle 2: Create a positive learning environment.** Help children and teens feel safe and confident to explore and learn new skills by noticing their efforts, giving positive attention and descriptive praise, and modeling healthy, appropriate behaviors. These tips might seem too simple or obvious to mention, but many times it's the smallest efforts that make the biggest difference

**Principle 3: Use assertive discipline.** Remember that discipline is not the same as punishment. Assertive discipline is a calm, consistent approach to teaching children and teens new ways of thinking and behaving. When used as a teaching tool, assertive discipline helps children and teens accept responsibility for their choices, become aware of other people's needs, and develop self-control. Someday, your children's employers and partners will thank you for teaching them these skills.

**Principle 4: Have realistic expectations.** Every child and teen is unique in the way they learn and develop. Conflict and frustration can occur when parents expect too much too soon of their children. Likewise, children and teens miss opportunities to learn and grow when parents don't expect enough of their children. It's also important for parents to have realistic expectations of themselves. Remember there's no such thing as a perfect parent or child.

**Principle 5: Take care of yourself as a parent.** Many parents and caregivers feel unprepared or uncertain, and asking for help is often seen as a weakness. Fear of being blamed or shamed prevents many people from seeking support. And yet, the non-stop job of parenting is easier when our own physical, social, emotional, and intellectual needs are met. This recharges our "parenting batteries" so that we have energy to be patient, consistent, and available for our children.

**FINAL THOUGHTS:** Let's make positive parenting a daily habit and start the new year with a renewed focus on our family relationships and parenting practices. We're in – are you?

## Snowman In A Bag

Whether you have snow and freezing temperatures or don't, here is a simple and fun sensory activity for kids. Make your own snowman in a bag when the weather turns chilly or not so cold, it is time for some playful winter activities for your preschooler.

### Supplies Needed:

- Orange Construction Paper
- Red Buttons
- Googly Eyes
- Shaving Cream
- Glittery Snow
- Quart—sized Slider Storage Bags
- Glue



### Instructions:

**Step 1:** Glue the googly eyes to the bag.

**Step 2:** Then cut a triangle out of orange construction paper and glue it to the bag as a nose.

**Step 3:** Glue the red buttons to the bag to create a mouth.

**Step 4:** Add the glittery snow, filling the bag about halfway full.

**Step 5:** Add the white foam shaving cream to the bag until it's full.

**Step 6:** Seal the bag and now it's time to have squishy fun with your snowman in a bag.



### Super Supper

Navy Bean  
Soup w/ Ham  
& Cornbread  
Pick-up day is  
Thursday,  
January 11th  
**\$7.00 each**

Chicken  
Enchilada  
Casserole w/  
Side of Fruit  
Pick-up day is  
Thursday,  
January 25th  
**\$5.00 each**

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

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Find us on



#### 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.*