



January Blues and Parenting

By: Parenting Expert

January 2025

The January blues: when parenthood meets post-holiday melancholy. The twinkling lights have been packed away, the sugar rush has faded, and a distinct grey hue seems to have settled over the world. While the January blues can touch anyone, for parents, the post-holiday slump often carries an extra weight, a unique blend of exhaustion, unmet expectations, and the inevitable comedown from the festive frenzy. The 13th of January 2025 is ‘Blue Monday’—the day that is regarded by many as the most depressing day of the year.

A Perfect Storm of Challenges:

The reasons for this amplified blue are manifold. The holidays, despite their joy, can be an emotionally and physically draining period. Between juggling extra commitments, managing heightened expectations, and battling holiday-induced illness, many parents arrive in January feeling depleted. Combine this with the natural letdown after the seasonal excitement, the return to a familiar but perhaps monotonous routine, and the financial reality of holiday spending, and you have a recipe for a potent case of the January blues.

A Different Kind of Blue:

It’s important to acknowledge that this melancholy for parents isn’t just a case of missing the festive cheer. It can be laced with the guilt of overindulging, the disappointment of unfulfilled holiday wishes (both yours and your children’s), and the anxiety that creeps in as we face another year of unknowns. The pressure to maintain the warmth and togetherness of the holidays can also clash with the reality of everyday life, leading to feelings of inadequacy and frustration.

Strategies for Navigating the January Blues:

But fear not, weary parents! Here are some ways to navigate the January blues and emerge on the other side feeling refreshed and renewed:

Acknowledge your feelings:

Suppressing your emotions only amplifies them. Talk to your partner, friend, or therapist about what you’re going through.

Prioritize self-care:

Schedule time for activities that nourish your soul, whether it’s a long bath, a walk in nature, or a quiet read. Remember, a recharged parent is a better parent.

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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.

Caterpillars/Buttercup Butterflies



Happy New Year! In January, our babies will be increasing their infant language and literacy skills by introducing them to new books. We will also continue to work on fine and gross motor skills.

-Meme

During the month of January, the Buttercups will be introduced to the concept of boxes, the winter season, and bears through interactive, play-based activities. They will explore boxes of different sizes, shapes, and textures, encouraging spatial awareness, problem-solving, and imaginative play. Winter-themed activities, such as sensory bins with “snow” (like cotton balls) and discussions about cold weather, support cognitive development and language skills as they learn new vocabulary related to the season. The inclusion of bears, through storytelling, puppet play, or bear-themed art projects, will promote emotional development by exploring concepts like hibernation and feelings of comfort and safety.

- Ms. Denisse & Ms. Yaxi

Pixie Butterflies

Happy New Year! This month in Pixies, we are going to be exploring our feelings and discovering new things. We will be learning all about our friends and ourselves, and engineering excitement with a fun STEAM project! We can't wait to start the new year together and make new friends and memories.

-Ms. Ashlynn & Ms. Victoria



Elf Butterflies



Happy New Year! This month in the Elves classroom, we will focus on fine motor skills like writing, buttoning, and zipping. The children have also been enjoying sensory play recently, so we will have lots of fun and messy activities for them to explore! Lastly, we will practice our class rules like walking feet and gentle hands. We look forward to having a great start to the new year!!

-Mr. Kaliq & Ms. Morgan

Julia Butterflies

Happy New Year Julia butterfly families, this month we will finish learning about letters Kk, Ll, and Uu, country music exploration, learning about trees, and season exploration and we will be starting to learn about letters Vv, Ww, and Xx, staying healthy, pop music exploration, and a snowy day. We look forward to all the fun learning we will be doing this month. Please check your child's file folder daily for important things such as artwork and information from the school.

- Ms. Amelia & Ms. Paige





CLOSED for New Year's Day—January 1st
 Ms. Annese's 2 Year Anniversary—January 2nd
 Ms. Ali's 20 Year Anniversary— January 3rd
 Ms. Ali's Birthday—January 4th
 Ms. Victoria's 1 Year Anniversary—January 8th
 Ms. Denisse's Birthday—January 14th
 CLOSED for Martin Luther King Jr's Birthday—January 20th
 Ms. Nadine's 6 Year Anniversary—January 21st

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Revisit your routine:

The rigid structure of the holidays can leave the return to routine feeling restrictive. Adjust your schedule to allow for more flexibility and spontaneous fun.

Connect with others:

Reach out to fellow parents. Sharing experiences and finding humor in the shared challenges can be incredibly therapeutic.

Set realistic expectations.

The holidays are inherently idealized. Let go of the pressure to replicate that magic every day. Focus on creating simple moments of joy together as a family.

Seek professional help if needed:

If your blues are persistent and interfering with your daily life, don't hesitate to seek professional help. A therapist can provide valuable tools and support to navigate this challenging period.

Remember, the January blues are **temporary**. This time of year may feel especially challenging for parents, but with self-compassion, proactive strategies, and a dash of shared understanding, you can navigate the post-holiday slump and usher in a fresh start to the year. So, take a deep breath, pour yourself a warm drink, and know that you're not alone in this. The January blues may linger, but the sun will shine again, and brighter days are just around the corner.



Paper Plate Polar Bear

The polar bear paper plate craft is fun for all ages! All you need are a few supplies. Let's get started.

Supplies Needed:

- Dessert-sized paper plates
- White card stock
- Large black pom-pom
- Black magic marker (fine-point is best)
- Medium or large-sized googly eyes



Instructions:

Step 1: Attach the googly eyes to the back of the dessert plate.

Step 2: Attach a black pom-pom for the nose just under the eyes.

Step 3: Use the sharpie to add a smile.

Step 4: Use the card stock to cut out two rounded ears..

Step 5: Color the inside portion of the ears black and then attach them to the back of the plate close to the top.



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pick-up.**

741 S. Pennsylvania Avenue
Winter Park, FL 32789
Phone: 407.647.0505
reception@wpdaynursery.org

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Vision:

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