



## Mirror, Mirror: Parents Must Be The Role Model

By: ParentGuidance.org

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The first rule when parenting unwanted behavior is to first give yourself a behavior audit. Encouraging good behavior comes by parents modeling and reinforcing positive actions. The reality is children notice more things than we realize and learn by watching those around them. This is something we think a lot about when our kids are little but the same principle holds true as your kids enter adolescence.

### Here are some quick tips:

**Practice what you preach** when it comes to good behavior. Point out positive interactions, especially between adults, such as sharing, communicating effectively, using good manners, and taking turns.

**Model how to calm down** by taking deep breaths together or drinking a glass of water together, whether it's the child who is frustrated or you.

**Use Feelings.** Instead of using critical statements that might attack the other person, express your actual feelings by saying, "I am feeling sad/frustrated/angry" rather than "You are driving me crazy."

**Catch your child doing the right thing.** Avoid giving attention to negative behaviors acknowledging and give praise to your child's positive behavior

**Recognize the little things** such as small acts of kindness, like saying please and thank you, actively listening, speaking at a lower volume, and sharing. Simple phrases like "Good job doing \_\_\_\_!" or "Thank you for \_\_\_\_" can go a long way. Reinforce positive behavior and encourage your child to continue making good choices starts with you! By focusing on and reinforcing good behavior, you help your child understand the value of their positive actions.

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Please check  
Procure updates  
every day.  
There is  
important  
information  
there!

Also, make sure  
your child al-  
ways has a  
change of  
clothes and/or  
diapers/pull-ups,  
if necessary.

## Caterpillars/Buttercup Butterflies



### Pixie Butterflies

This month, Caterpillars will be joyfully exploring a variety of books centered on words and zoo animals. We'll also be engaging their senses through music and movement, encouraging listening, rhythm, and joyful expression. Alongside these experiences, we'll support physical development with age-appropriate activities that promote movement, coordination, and growing confidence in their bodies

- Meme

Happy New Year Buttercup Families. This month we will be exploring the concepts of Winter, boxes and bears! The buttercups will build and problem-solve with boxes, develop language through stories and songs, and strengthen motor skills and social interaction through hands-on winter and animal-themed experiences.

-Ms. Denisse & Ms. Yaxi

This month, the Pixie's will be exploring the world around us through movement, language and literacy and through our senses! We will be working on these concepts while learning about animals and insects, math and science, creative arts and more. It will be a great start to a new year of learning and fun!

-Ms. Ashley & Ms. Rochama



### Elf Butterflies



The Elves will be focusing on the different winter animals, talking about and viewing different pictures/videos of snow. Whereas we don't experience the snow, we are trying to make sure they get visuals and still have a complete understanding of the winter experience in other areas. We will also continue focusing on different letters and applying them to their everyday life which will enhance their overall alphabetic and phonological knowledge. Lastly, with the weather changing and the cold and flu season upon us, we will be sure to focus on the importance of hand washing and trying to prevent the spread of germs. Learning about the cold, while being in 80 degree weather is the best!

-Ms. China & Ms. King

### Julia Butterflies

Hello Julia butterfly families, this month we will be learning all about cameras. We will explore different types of cameras and how we use cameras and we will learn what you can do with cameras and how people use cameras for work and play. Please remember to check your child's file folder and the soiled clothes bin daily.

-Mr. Kaliq & Ms. Paige





CLOSED for New Year's Day—January 1st  
Ms. Ali's 21 Year Anniversary—January 3rd  
Ms. Ali's Birthday—January 4th  
Ms. Ashley's 1 Year Anniversary—January 6th  
Ms. Denisse's Birthday—January 14th  
CLOSED for Martin King Jr's Birthday—January 19th  
Ms. Nadine's 7 Year Anniversary—January 21st

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..continued

### What to expect in each stage...

#### Navigating Behaviors: *Needs that can cause behaviors*

##### **Infancy (0-2 years):**

- Need to begin exploration of basic emotions

##### **Early Childhood (3-6 years):**

- Need to communicate and solve simple problems
- Need to understand feelings and make friends

##### **Middle Childhood (7-11 years):**

- Need to be with friends and feel accepted
- Need to be self-starter and do things on their own

##### **Adolescence (12-18 years):**

- Need to navigate big feelings
- Need of wanting/having a romantic relationship
- Need to question complex thinking

##### **Early Adulthood (19-25+ years):**

- Need to find purpose in career goals
- Need to establish financial independence
- Need to explore personal identity

## Snow Paint a Snowman Craft

By: Debbie Chapman

This DIY snow paint is SO FUN to paint with, and really easy to make! Mix up a batch of your own puffy snow paint in just a few minutes and use this glimmering and fluffy paint to create your own wintry scenes. This snow paint actually dries puffy without losing its raised texture. And the glitter in the paint makes it look like ice crystals, which makes it even more fun! It's such a cool winter craft, and a great sensory experience that allows kids to create 3D paintings.

### Supplies Needed:

- \* White Glue
- \* Flour
- \* Shaving Cream
- \* White Glitter
- \* Light Blue Cardstock
- \* Craft Foam Sheets (Black, Red, Orange and Brown)
- \* Paintbrush
- \* Fork or Whisk
- \* Small Bowl



### Directions:

1. To make the snow paint : Pour in 1 part glue into your bowl. (About 1/3 cup.) Add 1/2 teaspoon flour to the glue. If you're making a bigger batch of snow paint, increase the amount of flour accordingly. Add 2 parts shaving cream (the foamy kind) to the bowl. Since we added 1/3 cup glue, we added about 2/3 cup of shaving foam. We find it too tough and messy to measure out the glue and shaving cream exactly. As long as your proportions are roughly 1 part glue to 2 parts shaving cream, you'll be good. Add a generous amount of white glitter to the bowl. Use a fork or a whisk to stir the snow paint together.
2. To use the snow paint, dip a large paintbrush into the paint, picking some up on the brush.
3. Use the blue cardstock to paint your snowman on. Start with the snowman's head, making a circle with the paint. Next paint a larger circle below the head for the snowman's body. Use the brush to smooth out the edges of the circle and adjust the size as needed.
4. Use the craft foam sheets to make decorations for the snowman. From the black foam, cut 2 tiny circles for the eyes, 2 larger circles for the buttons, and a top hat. From the red foam, cut out a scarf, and from the orange foam, cut a triangular carrot nose. Finally, from the brown foam, cut out tree branch style arms.
5. Decorate the snowman with the cut foam pieces. Anything that goes directly onto the snowman will stick by itself, since the paint has glue in it. For the top hat, glue the hat directly onto the paper, on the top or the side of the snowman's head.
6. Paint some more snow on the "ground" below the snowman, and add more dots of snow paint in the sky. Add extra glitter for an extra sparkle.



### Super Supper

Baked Ziti  
with a Side  
Salad

Pick up day is:  
Thursday,  
January 8th.

Chili with  
Cornbread

Pick up day is:  
Thursday,  
January 22nd.

**\$7.00 each**

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

**741 S. Pennsylvania Avenue**  
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EXCELLENCE IN EARLY EDUCATION

#### 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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