



## WHY YOU SHOULD PUT YOUR PHONE AWAY

*By: Jonathan Trotter [www.gottman.com](http://www.gottman.com)*

About a month ago I realized something had to change. I was too tied to my phone. Too distracted. Too stressed out. And missing important moments in my time with my family. So I put my phone away for three days. Literally, I locked it in a safe. It was awesome. And then I decided to stop sleeping with it right next to me on the nightstand. I need the alarm, though, so I just put it on the dresser on the other side of the room. And then I read this in Psychology Today:

“In a much-discussed 2014 study, Virginia Tech psychologist Shalini Misra and her team monitored the conversations of 100 couples in a coffee shop and identified ‘the iPhone Effect’: The mere presence of a smartphone, even if not in use — just as an object in the background — degrades private conversations, making partners less willing to disclose deep feelings and less understanding of each other, she and her colleagues reported in *Environment and Behavior*.” And this: “...as relationship researcher John Gottman has documented, the unstructured moments that partners spend in each other’s company, occasionally offering observations that invite conversation or laughter or some other response, hold the most potential for building closeness and a sense of connection. Each of those deceptively minor interludes is an opportunity for couples to replenish a reservoir of positive feelings that dispose them kindly to each other when they hit problems.” Those “unstructured moments” and “minor interludes” are what smartphones destroy. And that’s truly sad because today’s hurried marriages and friendships could really use those moments and interludes!

### **The importance of unstructured moments and minor interludes**

I need those moments. My family needs those moments. And I need to realize that some of the best moments of my life happen in those unstructured, minor moments and interludes. The stuff I remember on my deathbed will probably be the stuff that seemingly happened in the margins, but are actually very important moments in my life:

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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



We've been enjoying our water days; exploring how the sprinkler water feels different from the water tables. Bubbles were added this month to provide extra sensory fun. We have also been exploring cars & construction trucks, nursery rhymes, and pirates "argh". We look forward to celebrating our nation's birthday too!

**-Ms. Stacey, Ms. Shay, & Ms. Natalie**

## Pixie Butterflies

Pixies are going to start celebrating America by reading related stories and doing fun activities. We're going to continue picking themes, like camping, where children will have the opportunity to experience different activities that you can do outdoors. The Pixies will be going fishing, sleeping in tents, & will pretend to sit around a campfire and eat s'mores.

**- Ms. Maria & Ms. Vanessa**



## Elf Butterflies



We are having so much fun exploring our summer program & cooling off while we play during our water days. We will be finishing our animal alphabet book with the zebra and begin to explore other topics each week like the water cycle and our five senses. We are looking forward to seeing you at our Parent Orientation, to officially introduce you to our new school year which begins August 12th.

**-Ms. Jessica & Ms. Beryl**

## Julia Butterflies

Our class is having a great time getting to know new friends and enjoying water day and movie day! We are having fun with a new weekly themes and learning about the things around us and how we can be creative.

Reminder: Please make sure your child has a towel for water day!

**-Ms. Paige & Ms. Vicky**





## July Events

**School Closed– Thursday, July 4th & Friday, July 5th**  
**Mr. Steven’s 1st Work Anniversary– July 14th**  
**Ms. Megan’s 6th Work Anniversary– July 15th**  
**1st Parent Orientation– July 25th**  
**Ms. Dara’s Birthday– July 29th**  
**Buttercup/Pixie Water Days– Monday, Wednesday, & Friday**  
**Elf Water Days– Monday and Wednesday**  
**Julia Water Days– Tuesday and Thursday**

### WHY YOU SHOULD PUT YOUR PHONE AWAY continued...

- The dance I shared with my little girls in a hillside bungalow while the ocean extinguished the sun.
- The long talk with my brother about deep stuff that happened in a treehouse in a field, doing “nothing.”
- The unrushed joy of losing a game of Stratego to a small child.
- Sipping coffee with my soulmate, pretending to be tourists in our own town, having a deep conversation from our hearts.

I don’t want to be “absent present.” I don’t want to photograph my kid’s childhood instead of really seeing my child. I don’t want to be thinking about how this will look on Instagram when I should be thinking, “I’m so glad I get to be here.” Am I watching my kid perform in a play so my Facebook friends can see it? No, I’m doing it because I want to connect with my child. I also want my partner to feel listened to and heard deep down in her soul. I want “spending time together” to mean more than “browsing Facebook together.” What about you? Is your smartphone your first love? I doubt it. Your true loves in your life are more important—family, close friends, relatives, your partner, your kids.

#### **Less tech-time, more face-to-face time**

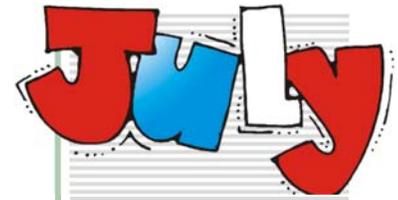
So, do you need to ban all smartphones from the kitchen or dining room at certain times of the day, like breakfast or dinner? Do you need to set aside time for your family to hang out and enjoy each other’s company without the distractions of technology? It’s a strategy that some families use, and it helps to set healthy boundaries that reinforce the importance of face-to-face attentive connection with those you love.

I’m afraid that too much tech use is like carbon monoxide poisoning: the first symptom is that you stop recognizing symptoms. Do you need to recognize symptoms? Do you need to try shifting things for a week or two? Is it possible that you don’t even know what you’re missing? Try it for a week and see what happens. Try it even for a day. Notice what changes in your interactions with those you love. Notice the positivity and connection that comes from it.

This toilet paper roll firework craft is perfect. You could even attach it to a popsicle stick so your kids can wave it around a bit. This fourth of July craft is great for kids of all ages! Here's what you'll need:

- ◆ Toilet Paper Roll, Scissors, Scotch Tape
- ◆ White Paint, Red & Blue Glitter Glue, Paint Brush
- ◆ Red & Blue Streamers, Yarn/String

1. Paint the toilet paper roll white and set it aside to dry. Once dry, use your glitter glue to decorate the toilet paper roll and set aside to dry.
2. Cut streamers into 10-12 inch lengths, and then cut again vertically down the center (so they aren't too wide). Use scotch tape to stick the streamers to the inside of the toilet paper roll. You may need to help with this part.
3. Punch a hole in the top of your toilet paper roll for either a piece of yarn to go through so you can hang it up, or to stick a popsicle stick through to make it a toy.



**Super Supper**

**BBQ Chicken Legs with Potato Salad and Green Beans.**

**Payment is due Wednesday, July 10th and pick-up is Thursday, July 11th.**

**Pizza with Side Salad.**

**Payment is due Wednesday, July 24th and pick-up is Thursday, July 25th.**

**Feeds 1 adult and 2 children. \$5.00 each Sign-up at the front desk.**

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



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