



July Is Purposeful Parenting Month

By: Focused Solutions LLC

July 2024

The U.S. Department of Health and Human Services has designated July as Purposeful Parenting Month. Purposeful parenting is all about being an active and engaged parent to build strong, positive and functional families. It's a reminder to focus on your child's growth in the best way possible so they can flourish. In observance of Purposeful Parenting Month, we're sharing insight to help you recognize childhood stress and tips to help you manage it.

Did you know kids feel stress too?

It's not just adults who experience stress. For kids, stress can manifest in different ways—for instance, a child might feel stress when asked to give a presentation to their class. However, they may also experience long-term stress that continues day after day for an extended period and causes physical or emotional symptoms.

Parents, watch for these symptoms:

- Headache
- Stomach pains
- Diminished appetite or overeating
- Disturbances in sleep
- Bed-wetting
- Behavior changes (e.g., losing interest in favorite activities)
- Increased anger, annoyance or irritability
- Reverting to younger behavior
- New fears, or increased awareness of a previous fear

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Please check Procare 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!

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Caterpillars/Buttercup Butterflies



In July, the Caterpillars are going to learn about vegetables and explore all their senses through some activities and sensory projects. These activities will promote fine & gross motor skills, as well as social growth and interaction with peers. We will also be celebrating the 4th of July.

For the month of July, the Buttercups' will focus on the seasons and the weather! They will engage in different indoor and outdoor activities, arts and stories to introduce their learnings of the different seasons and our Florida weather. These experiences will promote their cognitive, physical, language, and social-emotional domains.

-Meme , Ms. Denisse & Ms. Yaxi

Pixie Butterflies

This month in the Pixies, we're jumping right into summer by having picnics and beach days! We'll be diving into ocean life, pretending to be pirates, and camping out under the "stars". Get ready for some serious fun in the sun!

-Ms. Victoria & Ms. Yeizary



Elf Butterflies



Hello Elf Butterfly Families! As we conclude our gardening unit, we are excited to share our knowledge of gardening, plants, produce and spring bugs! For July, we will be exploring classic summer topics like camping and aquatic animals! Water days are going *swimmingly* and we look forward all the hot summer days Florida brings! Looking forward to a wonderful July

- Ms. Joanne & Ms. Kiana (Ms. Kiki)

Julia Butterflies

Hello Julia Butterfly Families, We look forward to continuing water days and movie days this month with other fun activities such as face painting and a foam party. We will be learning all about the Fourth of July, farm animals, fairy tales and zoo animals this month. Please be sure your child has an extra change of clothes in their cubby in case of accidents or spills.

-Mr. Kaliq & Ms. Paige





CLOSED (FRIDAY) for Independence Day—July 5th
Ms. Ashlynn’s Birthday—July 12th
Ms. Yaxi’s Birthday—July 12th
Ms. Megan’s 11 Year Anniversary—July 25th
Ms. Dara’s Birthday— July 29th

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You can help your kids manage stress by ensuring they:

- Get adequate sleep—
 - Toddlers (1–2 years): 14 hours, including naps.
 - Preschool (3–5 years): 10–13 hours, including naps.
 - School-age (6–13 years): 9–12 hours.
 - Teens (14–17 years): 8–10 hours.
- Keep physically active—60 minutes or more a day for children
- Have a regular routine

Additional steps you can take:

- Create peaceful activities, such as practicing meditation as a family
- Listen to, and hear what your child is trying to say
- Be a positive role model by choosing healthy behaviors for yourself
- Avoid content, televised or otherwise, that promotes violence or other themes that might increase anxiety for your child
- Create a positive environment and try to limit negative talk
- Encourage daily journal entries
- Seek help when needed

If you are concerned about your child or their behavior, it may be appropriate to speak with their physician.



Paper Plate Snails

These Paper Plate Snails are simply adorable and super easy to make. What a great rainy day craft or one as you gear up for a season change.

If you need something to keep you and your kids busy, this craft is perfect. There are so many ways you can customize it too.

Supplies Needed:

- Small paper plates
- Kids plastic beads
- Colored cardstock
- Pipe cleaners
- Googly eyes
- Scissors
- Crayons
- Hot glue gun & regular glue



Instructions:

Step 1: Draw a snail head onto your cardstock.

Step 2: Cut a pipe cleaner and glue to the top of the snails head before gluing on the googly eyes. You will want to use a hot glue gun for this part or the eyes won't stay on there easily. Draw your smiley face—have fun with this!

Step 3: Draw a swirl onto your paper plate with the regular glue. Immediately stick your beads onto the glue.

Step 4: Glue the snail head onto one side of the plate and your snail is complete.



Super Supper

Ms. Shirley
will be
taking a
break over
the
summer
with making
super
suppers.
They will be
made avail-
able again
in the Fall.

Thank you.

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

Find us on



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:

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