



Happy Father's Day: The Benefits of Dads to Children

By: Sue Atkins

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If anyone believes that a father's influence is any less important than a mother's, they are certainly mistaken. The presence of involved, engaged fathers in their children's lives can have enormous social, cognitive, and emotional benefits—whether a father is an everyday fixture in a child's life or only sees them once in a while.

Benefits of Dads (who are involved and engaged in their children's lives)

- Increased self-confidence, self reliance, empathy, self control, overall well being and assertiveness
- Higher academic achievement
- Lower delinquency rates, lower rates of teen violence, failing/dropping out, legal issues
- Better career advancement (most notably in fields of science, math and tech for girls is increased)
- Score higher on cognitive tests
- Improved cognitive ability
- More likely to avoid teen pregnancy, early marriage, physical/emotional abuse
- Positive risk taking increased, willing to try new things
- More equipped to resist peer pressure—premature sex, smoking, eating disorders
- Better sociability and better able to work with people in authority (teachers and employers)

Are fathers more important in a boy's life than a girl's life?

Fathers are vital in both the lives of their sons and their daughters. However, Sometimes Dads forget just how important they are: a Roper Poll commissioned in 2004 by the nonprofit advocacy group Dads and Daughters reported that two-thirds of fathers surveyed didn't think their active involvement in their daughters' lives was vital to the daughters' health and well-being.

Some fathers don't live with their children full time. Some are in a divorce situation while others must live away do to work needs. How would you tell a father to best stay in touch and connect with their children in these circumstances?

- (1) **Make parenting a priority:** Even when you are away, you are still their Dad. Make sure that you make time to let your children know that you are thinking of them, love them, and are there for them in any way you can be.
- (2) **Take an interest in what they care about:** Make sure you know the names of their best friends, their favorite activities and their current struggles. Open conversation about things that matter to them.

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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. Thank You!

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Caterpillars/Buttercup Butterflies



For the month of June, the infants are going to have so much fun playing with all kinds of water toys for their summer water days! They will also learn about fruits, each week. We will be working on a special gift for our dad's this month. Everyday we work on Gross Motor Skills (standing, taking steps by themselves with little help). Enjoy the weather and Happy Father's Day.

For the month of June, we will focus on summer activities. Teaching the Buttercups about summer will be a fun and enriching experience that will support their development across various domains. We will do activities such as sensory play, outdoor exploration, arts and crafts, and story time and songs. These activities will promote development in areas such as cognitive, language, physical and social-emotional development!

Pixie Butterflies

-Meme , Ms. Yaxi & Ms. Denisse

We're kicking off Summer by setting off on a global learning adventure! Over the coming weeks, our Pixies will be diving into the diverse cultures of Mexico, the Polynesian islands, Japan, and India. With the start of Summer comes water days! Please make sure your child has all they need to enjoy splashing in the sun with their friends.

-Ms. Victoria & Ms. Yeizary



Elf Butterflies



Hello summer, Elf Butterfly Families! Water days are coming back, on Wednesdays, beginning on June 10th. Please bring a bathing suit, towel, swim shoes and sunscreen, labeled with your child's name. During the month, we will be learning about gardening, exploring a variety of plants and what they produce. We look forward to have a wonder month of June.

- Ms. Joanne

Julia Butterflies

Happy June Julia Butterfly Families. This month we will start water days on Tuesdays and movie days on Wednesdays. Please bring a bathing suit and towel labeled with your child's first and last name on each item. This will start the week of June 10th. We will be learning all about ocean animals, insects, outer space, and dinosaurs this month. We look forward to a fun filled month of learning.

-Ms. Paige & Mr. Kaliq





Donuts With Grown Ups– June 5th
 Ms. Keyanni's 2 Year Anniversary—June 6th
 Petting Zoo– June 7th

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- (3) **Listen and ask specific questions:** If you have limited time, make sure you listen more than you talk. Ask questions about their lives– and make them specific. Instead of asking; “what’s new?” or “How are things?” Ask; “What was something fun that you did with your best friend, Dena, this week?” “What new skill did you learn in martial arts class?” or “What was something that made you smile since we talked on Tuesday?”
- (4) **Know that the little things count:** If you can't talk for long, call, email, or skype anyway. Even a few minutes to show your children you care is better than nothing at all. Make a little video of yourself telling them how important they are to you or of you wishing them luck on their next big game– even though you can't be there yourself. If you don't have phone or internet access, write little notes about things you are thinking or doing or wondering about them – and then send them snail mail so they can always know you are thinking of them.
- (5) **Spend alone time with your children:** When you don't see your children a great deal, the typical temptation is to lump them together and spend time with everyone at once. However, once in a while, even spending short, focused interactions with one at a time can give them the undivided attention that they need to know you care and to share with you what's going on in their lives.

This time should be scheduled, reliable and predictable, if possible, such that a child knows that every Sunday at 10am s/he has brunch with Dad or every Saturday afternoon, they go for a walk/drive/run/bike ride/martial arts class. As you may have seen in my Today Show segment, even a little silly rough-housing and “horseplay” with Dad can have great benefits. A new study tells us that children's perception of how much time they spent with their fathers had the most impact on bullying behavior. (Vanderbilt U, 2011).

Happy Father's Day to all you Dads out there. You matter so much– thank you for all that you do.



Clothespin Bird Buddies

If your children love making crafts, then they'll really enjoy putting together these bird buddies. This activity is so easy that your kids can even do it themselves. However, younger children may need some help.

Supplies Needed:

- 4 Wooden Clothespins
- Paint: Blue, Red, Yellow Green
- Feathers: Red, Yellow, Green, Blue
- Orange Craft Foam (for the beaks)
- 8 Googly Eyes
- Paintbrush
- Glue Gun & Glue Stick



Instructions:

Step 1: Paint the clothespins, one each color: blue, red, yellow & green.

Step 2: When dry, glue on 2 googly eyes per clothespin.

Step 3: Cut out 4 tiny triangles out of the orange craft foam to make bird beaks, then glue them on using the hot glue gun.

Step 4: Glue the feathers to the clothespin birds, these don't necessarily have to match (yellow clothespin with yellow feathers) let your child be creative.

Have fun placing these adorable birds around your home. They will be sure to brighten your day and put a smile on your face every time you see them. Plus, your kids will have an absolute blast making them!



Super Supper

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

Thank you.

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

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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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