



Help Your Preschooler Learn and Grow By Taking Regular Walks

By: Early Childhood Parents

March 2024

Adults often rack their brains for new ways to nurture their children's learning. Simply add learning to an activity you are probably doing anyway: taking a walk.

Walking helps your preschooler stay physically fit. And while you walk, you can also boost observation, math and communication skills. The key is to make walks interesting and fun.

When walking with your child:

- **Count cats or dogs**—or anything else you see, Different kinds of cars. Fire hydrants. Swings.
- **Search for five things** you and your child have never seen before.
- **Identify shapes.** What do you see that is round? Square? Oblong? Rectangle? Triangle?
- **Point out numbers**—on mailboxes, buildings or signs.
- **See how many things** your child can find of a certain color.
- **Look for things** that need to be fixed. Overgrown weeds. A pothole. Broken windows or fences.
- **Find things** that make each of you happy. A fluffy dog. A baby in a stroller. A smiling neighbor. A bird. A rabbit.

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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



The infants will be focusing on gross and fine motor skills for the month of March. They will learn how to use a sippy cup. They will be welcoming Spring time, using a lot of colors and outside activities, including more time in the garden.

For the month of March, the Buttercups will engage in lots of pretend play. We will be focusing on simple and imaginative activities that stimulate their creativity and cognitive development. Some of our ideas are household pretend play, dress up time, baby doll care, animal safari, transportation, and pretend picnic. These activities will not only encourage imaginative play but also support language development, social skills and emotional expression.

-Meme, Ms. Graciela & Ms. Yaxi

Pixie Butterflies

Hello Pixie Families! During March, we will begin a study on different types of weather! We will learn about sunny, cloudy, rainy, snowy and stormy weather- and all of the fun activities you can do. We will also be learning about the Easter holiday and do some fun activities like an egg hunt and egg dying!

- Ms. Victoria & Ms. Yeizary



Elf Butterflies



Happy March Elf Families! This month we will be continuing our study of insects. During the study, we will be focusing on where insects live, what insects are in our community, and who works with insects. The students will be digging and searching all through the playground in hopes to find new creatures to learn about.

- Ms. Joanne & Ms. Keyanni

Julia Butterflies

Hello Julia butterfly families, This month we will continue the garden study. We will learn about how to grow plants in a garden, what the difference is between herbs, fruits and vegetables and how to care for a garden. If you have a garden at home we would love to have you come share your knowledge of how you care for your garden and what things you have in your garden.

-Ms. Felicity & Ms. Paige





Ms. Felicity's 1 Year Anniversary—March 3rd
Ms. Meme's Birthday—March 12th
Ms. Joanne's 1 Year Anniversary— March 21st
Ms. Paige's 13 Year Anniversary—March 22nd

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- **Identify letters** of the alphabet on signs. Or, call out the first letter of things you pass. For example, “M” is for mailbox. “T” is for turtle. “C” is for cat.
- **Play a game of I Spy.** Look ahead of you and say, “ I spy something...(smooth, pink, etc.).” See if your child can locate it. Take turns spying and guessing.
- **Be silly!** Every 20 steps for so, do something for your child to imitate—clap your hands, hop, skip or dance.
- **Make a nature bracelet**—Tie some sticky tape around your child's wrist with the sticky tape upwards. Now they have a nature bracelet that they can stick pretty flowers to or interesting leaves or anything fun they find on your walk.
- **Make a lantern for your night walk!**
- **Plant something.** Scatter some wildflower seeds in an empty lot or local park and stroll by all the season to check the progress.
- **Notice things** that have changed since your last walk.

Handprint Shamrock: St. Patrick's Day Craft

This St. Patrick's Day craft is so simple and your kids will love making their own handprint Shamrock!

Supplies Needed:

- Paper (Legal or a small poster board are best)
- Tape
- Paper Plate
- Small Paint Brush
- Green Finger Paint
- Child-sized Hands



Instructions:

Step 1: Pour a small amount of green finger paint onto the paper plate.

Step 2: Let your child dip his/her palm into the paint OR you can use a brush to paint his/her hand.

Step 3: Press your child's hand down onto the paper at an angle (middle finger pointed toward the top right corner of the paper)

Step 4: Lift up and move to the next position -> middle finger pointed toward the next corner.

Step 5: Do this until you have 4 handprints that resemble a handprint shamrock.

Step 6: Now you can let your child paint or draw a stem at the bottom.

Have your kiddo sign & date the artwork



Super Supper

Cheesy Chicken Bacon Ranch Pasta w/ Broccoli & A Side of Fruit
Pick up day is Thursday, March 14th.
\$7.00 each

Mexican Beef & Rice Casserole
Pick-up day is Thursday, March 28th.
\$7.00 each

Payment is due before pick-up.

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Find us on



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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