



## Self-Care Benefits the Entire Family

By: Amanda Bedortha

**November 2023**

As parents, self-care can feel like one more item on our never-ending to-do list. We can even beat ourselves up over it — or feel guilty when we do take time for ourselves. But self-care shouldn't be a cause of stress or worry. Rather, it should replenish your soul and make the challenges of parenting a little easier to handle.

### Rethinking self-care

Advertising and social media have done a good job of “glamorizing” self-care, making us parents believe that self-care is spending the day at the spa or taking a kid-free vacation, or having a shopping spree at Target —and those things are great, if that works for you. But, in truth, self-care is much simpler than that—and chances are, you are already doing some form of self-care every day. So, what is self-care? On a basic level, it is something that helps you take care of you, whether it's your mind, body, or soul. It is something you can do for yourself to fill “your” cup. It's putting on your oxygen mask first, so you can best care for others.

As parents, we give and give and give to best support our families and nurture our children's growth and development. It's easy for a parent's needs to get lost in the shuffle. I talk to a lot of families who struggle to find time in the day for self-care. We get it. Being a busy parent means finding creative ways to fit in self-care.

One idea we have is to find an activity you enjoy doing that your child can also participate in on some level. For example, if you enjoy gardening, find a designated spot for your child to play in the dirt and plant seeds or flowers. Child-size gardening tools and buckets will encourage your child to get messy and have some fun alongside you.

For those of us who enjoy walks or hiking, try bringing along some homemade binoculars (made from two toilet paper rolls and string), and go bird watching. You could also come up with a “mission” or scavenger hunt to make the hike more enticing.

<b>Main Article</b>	<b>1</b>
<b>Caterpillars/ Buttercup Butterflies</b>	<b>2</b>
<b>Pixie Butterflies</b>	<b>2</b>
<b>Elf Butterflies</b>	<b>2</b>
<b>Julia Butterflies</b>	<b>2</b>
<b>Important Dates</b>	<b>3</b>
<b>Apple Paper Plate Lacing Craft</b>	<b>4</b>

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!

**...continued on page 3**

## Caterpillars/Buttercup Butterflies



For the month of November, the babies will be learning the 4- primary colors which are blue, yellow, green and red. For their motor skills we will work on eye-hand coordination. We will continue working on Gross Motor Skills and lots of seasonal activities.

In the month of November, Buttercups will continue to learn about the fall season. We will make art with leaves and other materials that represent Fall. In addition, Buttercups will read many books that are Fall related. Lastly, we will work on building up our language and using our words with our peers and teachers.

- Meme, Ms. Graciela

## Pixie Butterflies

Pixie families, For the month of November we will be learning about recreational activities such as music and sports, we will also be learning about the colors green and brown, the number 3, and the shape square. We will also be celebrating a few 3rd birthdays as well as Mx.Andi's birthday this month- YAY! Families, please remember to check your child's folder and the soiled clothes bin each day at pick up. Also please ensure your child has at least 2 full changes of clothes- if you take home a bag of soiled clothes then please bring back in a spare outfit to ensure your child has enough clothes in their cubby.

- Mx. Andi



## Elf Butterflies



Happy November Elf families! This month we will be learning all about trees. We will be looking at trees in our local neighborhood as well as on our playground. We will learn about different types of trees, how trees grow and how old a tree can grow to be. Trees grow just like we do!

- Ms. Felicity & Ms. Keyanni

## Julia Butterflies

Hello Families, This month we will be doing the clothes study where we will learn all about how and where clothes are made, what clothes are made out of and how to take care of clothes. We will also work on some fall arts and crafts and talking about what it means to be thankful.

-Ms. Joanne & Ms. Paige





**Ms. Heather B's Birthday— November 1st  
Mx. Andi's Birthday—November 7th  
Closed for Thanksgiving— November 23rd & 24th**

## **Self-Care Benefits Entire Family**

**By: Amanda Bedortha  
...continued**

Another fun idea for new parents is babywearing while dancing. You can do this from the comforts of home, or with a group—remember, self-care can be both alone time, or connecting with other adults! This is a great way to fit in movement and exercise, boost your endorphins, bond with baby.

In addition, consider joining a parenting group, where you can meet parents with same-aged children to share the ups and downs of parenting and learn about your child's development.

By attending to your own self-care you are modeling what self-care is and what it looks like for your child. You can use your self-care moments to model feelings and problem-solving for your child

### **Self-care is achievable**

It's easy to think that you are not doing enough for your own self-care. The first step is to break this pattern of thinking. Let go of the idea that self-care has to be this big grandiose event. Without realizing it, you are already providing yourself with self-care. Your routines of the day (turning on some music in the morning, cooking something you like, waking up 15 minutes before the rest of your family) are forms of self-care. Routines provide us with a sense of comfort, and help to reduce our stress and anxiety levels. Carve out time for routine things, and recognize and feel good about the nice things you do for yourself. Remember, self-care is achievable.

## Apple Paper Plate Lacing Craft

It's apple picking time! It's also apple crafting time. The change of seasons is slowly drifting through the air, signaling the start of everything autumn, including all things apple and our *Apple Paper Plate Lacing Craft!*

### Supplies Needed:

- Paper Plate
- Hole Punch
- Red Yarn
- Brown and Green Paper
- Glue



### Instructions:

**Step 1:** Punch holes all around the outside of your paper plate. Try to make them as evenly spaced as possible, though don't worry about being exact.

**Step 2:** Take a long piece of red yarn and begin lacing through the holes.

**Step 3:** Lace the yarn through in a pattern, in multiple patterns, or in no rhyme or reason. When finished lacing, tie the end of the yarn in a simple knot on the back or tape it secure.

**Step 4:** Once your apple is complete, cut a rectangle of brown paper for the stem as well as a leaf shape out of green paper. Glue the paper stem and leaf together, then glue them on the back of the plate.



### Super Supper

Lasagna w/  
Side Salad  
Pick-up day is  
Thursday,  
November  
9th.

**\$7.00 each**

Miss Shirley's  
Pumpkin Pie  
Pick-up  
days are  
November  
20th, 21st &  
22nd.

**\$5.00 each**

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

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:

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.

Winter Park Day Nursery is a 501 (c)(3) tax exempt organization.