



The 7 Key Ways a Child's Mind Works

By: Evan Shopper, LICSW

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Young kids often don't make sense to parents, at least not logically. That's because they're ruled by their emotions—even though they can't tell their parents what they're feeling. When we see the world through a child's emotions-only lens, however, it starts to make sense.

I call this view their "mindset," the core way that children work based on the emotional experience of being a child. Understanding this mindset doesn't just help us understand kids—it helps us raise happy, healthy children. Here's a breakdown of the seven key pieces that form a child's mindset.

1. Their Primary Need: Connection At All Costs

The quality of a child's connectedness with a caregiver is paramount to the child's healthy development. If kids, therefore, need to feel closely connected to a parent, what should this connection look like?

In psychology, it's called "attunement," the ability of a caregiver to accurately understand, anticipate, and provide for a child's emotional needs. When parents get what's going on inside their child and respond appropriately, their child feels safe, nurtured, and valued. In turn, kids respond by wanting to emulate, imitate, and learn from their parent. Ultimately, by identifying with the parent, the child can feel a psychic closeness to the parent.

2. Feeling Small Can Mean Feeling Helpless and Afraid

Nearly every interaction young children have reinforces the idea that they are small and have little power. They already know this all too well, living in a world of giants who make and enforce the rules.

To cope with their fear and helplessness, they often try making other people have these same feelings. It's as if they hope they can give away—and thus get rid of—the feelings they don't want. Feeling small also prompts a child to want control. Control helps them feel big—and not afraid.

3. Seeing the World In Black-and-White

Young children can't grasp complex ideas—their minds aren't developed enough. As a result, they make sweeping generalizations from their experiences in an attempt to understand and adapt to a confusing world.

This can cause serious problems for young kids because they form expectations and narratives based on these inaccurate generalizations. For example, a 2-year-old tries petting a dog as it eats. When the dog nips the child's hand, he can't understand why the dog is suddenly hurting him. Naturally, he tells himself this is how dogs work and that all dogs are dangerous. Unless someone explains why this one dog behaved in this one way, the child might retain a deep fear of dogs.

4. Preserving the Parent As All Good

Because kids know they are small and helpless, they need parents to be competent, reliable, and trustworthy. They need someone who's in control, someone who will say, "I've got this. You're okay."

Because kids see the world in black and white, to perceive a parent as flawed could mean the world is broken, directionless, and unsafe—like being on a plane with no pilot! Kids will twist themselves into knots to maintain their parents' good image. Rather than see their parents as fallible—for example, if they divorce—kids may imagine that they themselves are the cause of the failure.

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Please check
Procure updates
every day.
There is
important
information
there!

Also, make sure
your child al-
ways has a
change of
clothes and/or
diapers/pull-ups,
if necessary.

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Caterpillars/Buttercup Butterflies



For the month of November, we're focusing on exploring sounds and our senses! Through playful experiences and wonderful stories, children will discover new ways to connect with language, literacy, and the world around them.

-Meme

This month we are learning about senses, sounds and seasons! The buttercups will explore their five senses through fun, hands-on activities. We will listen to different sounds around us and make our own music too! As the seasons changes, we will learn about fall weather, colorful leaves, and all the ways nature changes!

Pixie Butterflies

-Ms. Denisse & Ms. Yaxi

Happy November Pixie families! This month we will be learning about seasons and our senses through the nature around us. This month we will be enjoying our annual fall festival and we look forward to Thanksgiving break to spend time with loved ones and give thanks!

-Ms. Ashley & Ms. Rochama



Elf Butterflies



This month, the Elves will be diving deeper into *letters*! Many of our friends can already recognize the first letter in their names, so we're excited to build on that skill. We'll be making our famous Alphabet Soup and exploring a variety of fun, hands-on activities to strengthen their alphabet knowledge.

We're also continuing our work with *numbers*! The children have been doing an amazing job counting to ten in Spanish — most can do it with little to no help! Letters and numbers can sometimes be tricky to learn, but with all the playful and engaging activities we do each day, the Elves are having so much fun learning and growing!

-Ms. Izzy & Ms. King

Julia Butterflies

Hello Julia butterfly families, thank you for meeting us for parent teacher conferences. We enjoyed talking with each of you about your children. This month we will be learning about letters Nn, Mm, and Hh, the introduction to geometry, exploration of animal habits, and hip hop music exploration. As the weather is changing please make sure your child has weather appropriate change of clothes in their cubby in case of spills or accidents.

-Mr. Kaliq & Ms. Paige





Fall Festival—November 4th
 Problem Solving Parent Night—November 4th
 Ms. Yaxi's 2 Year Anniversary—November 6th
 Mr. Zayah's Birthday—November 20th
 CLOSED for Thanksgiving—November 27th & 28th

The 7 Key Ways a Child's Mind Works

By: Triple P– Parenting
 ..continued

5. Egocentrism

Swiss psychologist Jean Piaget proposed in his four-stage developmental theory that young children are naturally egocentric, frequently misunderstanding how others feel by incorrectly assuming they feel the same way as the child. Because kids understand little about their world, their egocentrism causes them to explain events as if they have influenced them.

For example, faced with a perfect day for outside play, a preschooler might believe they're responsible for the sun shining because they wished for it. Similarly, they might think it's their fault when their goldfish dies because they haven't paid much attention to it. If their parents fight, they may believe they are somehow responsible for this, too.

6. Avoiding Shame

Every time we correct a child's behavior, we're telling them what behavior is acceptable; we're teaching them right from wrong. Kids want to get it right; they want to please us and behave well, but their feelings often get in the way, causing them to act out. Here's where they run into trouble: Hearing that they're behaving badly, it's easy for children to feel ashamed. In this way, shame can enter a child's self-narrative, radically affecting their self-esteem.

Kids are also prone to feeling shame given their need for connection with parents and their need to maintain parents as all good. If children regularly feel disconnected from a parent, they may explain this as their not being worthy of the parent's love.

7. Feeling Overwhelmed

How can a child not feel overwhelmed? The world is big, fast, and complicated! They handle this in a variety of ways: They shut down, explode, cry, isolate, rage, hide, or focus intensely on one thing. These ways of coping frequently hinder their connection with others.

What matters here are the messages kids receive—and tell themselves—about themselves, their ability to deal, and their caregiver's ability to remain connected to them.

What This Means for Parents

Knowing the seven ways your child's mind works will help you understand your child's behavior. Their emotions create their behavior, and their mindset hugely affects their emotions.

The next time your child acts up, ask yourself what's at the root of it. You'll likely find that one or more of these qualities is at play. If you know which one is prompting the behavior, you can name it, bringing it into the open where you and your child can talk about what's going on inside their mind.

Ultimately, when kids get help processing their emotions, their challenging behaviors decrease or disappear.

Thanksgiving Pumpkin Turkey Craft

by Paula Bendfeldt-Diaz

If you're looking for fun Thanksgiving crafts for kids, this easy pumpkin turkey craft will be a hit at this year's holidays! All you need to make this Thanksgiving craft is a mini pumpkin and some fall leaves. This turkey pumpkin craft is perfect for preschoolers or elementary school children. Plus, it makes for a fun Thanksgiving decoration for your dinner table. And your kids will love seeing their beautiful pumpkin craft as a centerpiece!

Supplies Needed:

- ✪ A small pumpkin (real or foam)
- ✪ Brown and yellow foam paper
- ✪ Red felt
- ✪ Fall Leaves (store bought is fine too)
- ✪ Googly Eyes
- ✪ Glue gun and glue sticks



Directions:

1. Cut the head and feet from the brown foam paper to create a turkey face and legs.
2. Cut the beak from the yellow foam paper and glue it on the head along with the googly eyes. Next, cut a little oval using the red felt to make the wattle.
3. Let everything dry for a couple of minutes. Then glue the back of the head to the stem of the pumpkin.
4. Place the turkey facing you and glue the feet to the front of the pumpkin.
5. To create the feathers, glue three to four leaves in the back of the pumpkin to make the tail. Alternate red and yellow leaves (or whatever colors you picked or have at hand) to give it a more realistic look. Let it dry for a couple of minutes. It is ready to be the center piece of this year's Thanksgiving table decorations!



Super Supper

Pumpkin And Apple Pie

Pick up days are
November
21st, 24th,
25th and
26th.

\$7.00 each

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

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