



How to Be a Happy Parent by *www.idealismom.com*

HOW TO BE A HAPPY MOM

7 QUICK SOLUTIONS

1. Label Your Feeling

"I'm feeling frustrated."
"I'm feeling angry."
"I'm feeling annoyed."

4. Hug It Out

Hold the hug for at least 6 seconds to get the happy chemicals flowing.

2. Do 3 Rounds of 3-1-6

Breathe for 3, hold for 1, exhale for 6.

5. Shake It Up

Physical activity is a reset button for your brain. Family dance party!

3. Say, 'It's Not About Me'

"It's not about me. She must be having a hard time."

6. Hack Your Sleep

Try a nap of 25 minutes or less. Even as little as 5 minutes rest can help.

7. Challenge Yourself to 5 Good Acts

Connect through words...

"I love you"
"I appreciate when you..."
Tell a joke or a childhood story

...or through actions:

Read a book together
Look through family photos
Start a game of chase

idealismom.com

October 2017

Special points of Interest

- ★ How to Be a Happy Parent
- ★ Classroom updates
- ★ Employee of the Month
- ★ Q-Tip Handprint Skeleton

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Please check your child's parent folder every day. There is important information there! Also, make sure your child always has a change of clothes and pull-ups, if necessary. Thank You!

Pixie Butterflies

Pixies are all ready to begin our brown bear journey through the colors. We are enjoying baby doll circle time where we are working on our self-regulating skills. Homework folders and weekly library books have begun going home. We hope you and your child are enjoying the activities. Please continue to check the parent folders and soiled clothes bin daily.

-Ms. Stacy & Ms. Stephanie



Elf Butterflies



The Fall season is here and we started out our letter of the week (A) learning about the parts of an apple while incorporating scientific experiments. We will have lots of fun each week with a letter, while also focusing on a color and working on our counting skills. Happy Fall!

-Ms. Jessica & Ms. Beryl

Julia Butterflies

We have had a wonderful start to a new school year. We will continue to work on our letter of the week, learning sounds and writing skills. We will also create many Fall activities for October and we will decorate a pumpkin and see what is inside! Some friendly reminders: VPK class begins at 9AM, please make sure your child has extra clothes in his/her cubby and that homework folders are returned every Monday.

-Ms. Vicky & Ms. Naomi



Buttercup Butterflies



We have started learning a different letter each week! This month we will learn Cc, Dd, Ee, and Ff. We will also learn about Fall and the changing seasons. Please remember to return homework and library books every Monday.

-Ms. Paige & Ms. Lauren

Employee of the Month

Ms. Vicky

Ms. Vicky has been with WPDN for two years as a VPK teacher. Her easy-going, loving nature make her an essential member of our team. She provides consistent, structured learning through play while also preparing our four year olds for kindergarten and elementary school. We are so grateful to have Ms. Vicky as part of our team!



October Happenings

Ms. Stephanie's 2nd Work Anniversary

Ms. Natalie's 1st Work Anniversary

&

Ms. Stacey's Birthday– October 11th

Ms. Vicky's Birthday– October 29th

**Congratulations to Ms. Dara & family
for the birth of their baby boy, Mason, this month!**

Q-Tip Handprint Skeleton

Q-tips are always fun to do art with and they work great for looking like skeleton bones! This is a easy and simple art project that kids can make for Halloween. If they have small enough hands you can fit two on one piece of paper!

Here's what you'll need:

White Washable Paint

Q-Tips

Glue

Black Paper

1. Paint the child's hand and part of their arm with the white paint then have them stamp down on the black paper.
2. It works best if you press down on their arm and hand to get a good print.
3. Have them cut up random size q-tips and glue them down to make the bones.



Important Dates To Remember

WPDN will be closed on Monday, October 16, 2017 for a Teacher Professional Day.

Picture day is Thursday, October 26, 2017.

Pajama Day is Tuesday, October 31, 2017. Please do not wear costumes and do not bring candy to school.

Super Supper

Wednesday, October 11, 2017
Italian Sausage, Peppers, & Onions with Yellow Rice and Garlic Bread

Feeds 1 adult & 2 children.
\$5.00 each

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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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