



## How Do I Respond When Other Children Are Being Mean to Mine?

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“Sometimes when we are around family members or friends who do not have consistent behavior expectations for their children, their child has a tendency to be mean to my child. My first reaction is for “Mama Bear” to come out and jump all over that child. Usually though, I do nothing. What would be an appropriate and helpful way to respond to this type of behavior with other people’s children?”

**BREATHE.** As always, the first step to handling difficult behaviors is to pause and breathe. The skill of composure helps us to turn off the negative responses to our situations and refocus our energy in a positive direction. Take a moment to breathe deeply and calm yourself before responding to the situation.

**ATTRIBUTE POSITIVE INTENT.** When someone else’s child acts in a hurtful way towards your child, stay in your place of calm and attribute positive intent to the misbehavior. You do this by saying to yourself something like, “Oops, they must not know how to use kind words,” rather than “I can’t believe they are acting like this...they should know better!” Positive intent helps you stay in a problem-solving state and helps you to offer those problem-solving skills to children. You can even demonstrate this skill to your child and the other child when you approach them about their behavior. While you might be tempted to ignore the behavior altogether, or choose a frustrated or angry response, instead begin with something like, “Oops! It looks like you may not know how to use helpful behavior. I will help you, so we can all stay safe.” Remember to use a sincere tone, not a sarcastic one. This isn’t a time for sarcasm or shaming, it’s a time for teaching.

**USE ASSERTIVE LANGUAGE.** In Conscious Discipline, we learn that assertive language is the voice of no doubt...it is what it is. To practice an assertive voice, you can recite something like, “The sky is blue, the grass is green, you may not hit...hitting hurts.”

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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 diapers/pull-ups, if necessary. Thank You!

## Caterpillars/Buttercup Butterflies



This month we are having fun celebrating fall! We are doing sensory activities involving pumpkins to encourage learning through all 5 senses. We look forward to the holidays and creating keepsakes for our families.

**-Ms. Natalie & Ms. Johanna**

## Pixie Butterflies

This month we will continue our exploration of colors along with estimating how many seeds are in our pumpkins and exploring the insides to following a recipe and making yummy jello! By continuing our Brown Bear book we are building our early literacy skills with each page we create. Exploring colors includes all our senses, math, and science.

**-Ms. Stacey & Ms. Maria**



## Elf Butterflies



We have begun working on our alphabet, colors and counting activities and hands-on experiments. We started off with letter A, matching and counting apple seeds and soaking apple slices in water, vinegar or nothing to see which would help retain its color. As the cool weather approaches please provide an extra sweater for your child. Happy Fall!

**-Ms. Jessica & Ms. Beryl**

## Julia Butterflies

This month we will learn about fall, how pumpkins grow and fire safety. We will continue to practice writing and spelling our names as well! Don't forget this month is parent/teacher conferences. Please be sure to sign-up with one of us teachers.

**-Ms. Paige & Ms. Vicky**





### Birthdays

Ms. Maria- October 6th  
 Ms. Stacey- October 11th  
 Ms. Vicky- October 29th

### Work Anniversaries

Ms. Heather- October 4th  
 Ms. Natalie- October 18th  
 Ms. Stephanie D.- October 23rd

**Ms. Dara is getting married on October 21st!**

## How Do I Respond When Other Children Are Being Mean to Mine?

Using a formula like this helps to keep your tone from sounding passive or aggressive. Passive language would sound like, "Let's not hit, please." Please and thank you are polite words we use when someone does a favor for us. For example, "Could you please grab a bottle of water for me too?" Using the word "please" implies a question. The person you are speaking to can choose to respond with yes or no. When you are giving directions or relaying a behavior expectation to a child, you are simply stating what *is*. You are not asking a question and their behavior is not a favor to you, it is an expectation. So, instead of, "Let's not push, please," use an assertive phrase like this, "You may not push. Pushing is not safe. You may use a helpful touch like this or you may keep your hands to yourself like this" and then demonstrate what "helpful touch" and "hands to yourself" look like.

**YOU MAY, YOU MAY, YOU MAY NOT.** A helpful phrase for using assertive language and setting limits is the "You may \_\_\_\_, you may \_\_\_\_, you may not \_\_\_\_" formula. For example, if another child is pushing your child, you can use an assertive tone and set limits by saying, "You may use gentle touch like this (demonstrate), you may keep your hands to yourself like this (demonstrate), you may not push." Using this phrasing helps to paint a picture with your words and lets the child know exactly what the limits and expectations are.

**GIVE YOUR CHILD A VOICE.** Help your own child discover and use their own "big voice" by demonstrating the skill in the moment. Ask your child, "Did you like it when \_\_\_\_ hit you?" When they respond with a "no," Then help them with the language to communicate limits. Practice with your child and have them repeat after you, "\_\_\_\_, I don't like it when you hit me. Hitting hurts. Keep your hands to yourself."

**YOU'VE GOT THIS!** Parenting is tough enough with your own children, but when other children are acting in a hurtful way toward your child, it's even more easy to lose your cool or become frustrated.

## Handprint Spiders

Here are the cutest handprint spiders and webs made from a paper plate! They are so much fun to make and kids love them.

### Here's what you'll need:

- ◆ Paper Plates
- ◆ Paint colors of your choice (non-toxic)
- ◆ Black Paint
- ◆ Paintbrush(es)
- ◆ Stick-on Google Eyes
- ◆ Hole Punch
- ◆ White Twine (about 36 inches)



1. Let your child completely cover the plate in paint but be sure not to put it on too thick. Let dry.
2. Paint the palm of the child's hand & 4 fingers (don't paint the thumb) with black paint! Press down on dry painted plate, being careful to not move the fingers too much. Then, repeat process with other hand. When pressing the 2nd hand down, overlap on the other palm print. That is what forms the spider's body. Let dry.
3. Attach googly eyes or paint on eyes with white & black paint.
4. Punch 16 holes around the inside edge of the plate.
5. Secure the twine with a large knot on the back side of the plate (you may want to add a little glue to help make sure it doesn't come through the hole). Then, let the child create a web with the twine, using the plate as a lacing card. (Little ones may need some help with this).
6. End the twine in back & secure it by tying it off or gluing it down.



**WPDN will be closed on Monday, October 15, 2018 in observance of Teacher Workday.**

### Super Supper

**Flatbread Pizza (Cheese or Pepperoni) with Side Salad.**

**Pick-up is Wednesday, October 10th.**

**Mexican Dip with Side of Chips. Pick-up is Friday, October 26th.**

**Feeds 1 adult and 2 children.**

**Sign-up at front desk. Payment is due day before pick-up. \$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.