

## Identifying Stress in Children

By: The Parent Line



Stress is a biological response to the demands of life and is caused by the sudden increase of chemicals and hormones throughout the body. Stress can be helpful as it activates the fight-or-flight mode, however, too much stress can lead to health problems. Everyone has experienced stress in one way or another, and children are no exception to the experience, even though their perception and experience of stress may differ from the adult’s perspective. Since young children often find it difficult to express their feelings, their stress manifests through behaviors that can affect their overall health. As parents and caregivers, identifying stress in your child is crucial to helping them handle it effectively.

### **Stress, from a child’s viewpoint may stem from the following:**

- Changes in their daily routines or lives, such as divorce, relocation, and changing schools.
- Sickneses and injuries in either the child or a close family member
- Abandonment, loneliness, and neglect.
- Experiencing physical, verbal, or emotional abuse in form of punishment, sexual assault, and humiliation.
- Worrying about homework/schoolwork
- Experiencing bullying
- Stress in parents—you may think you are hiding it well from your child, but their brains are wired to pick up on what’s going on with you and new research show’s there’s more impact on children when parents are trying to suppress their stress reactions.

October 2024

Main Article	1
Caterpillars/ Buttercup Butterflies	2
Pixie Butterflies	2
Elf Butterflies	2
Julia Butterflies	2
Important Dates	3
Paper Straw Spider Craft	4

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!

## Caterpillars/Buttercup Butterflies



The Caterpillars will be exploring the body this month. We will sing songs, such as My Body and my Reflection. The objective of this experience is to support the infants in developing body awareness. The babies will notice their own reflections in a mirror and try to imitate the facial expressions. The babies will continue to increase their fine and gross motor skills.

For the month of October, the Buttercups will focus on animals and nature. We will engage in activities and experiences with animal friends, pumpkins and exploring nature. These activities will promote the physical, cognitive and social emotional development of our Buttercup students.

-Meme , Ms. Denisse & Ms. Yaxi

## Pixie Butterflies

It's Fall, Pixies! This month, we will be learning all about life on the farm and underwater. We will dive deep into some of our favorite stories like Five Little Monkeys and Clifford the Big Red Dog. We can't wait for a month of fun and learning. Please remember to pick up and return your child's library books each week!

-Ms. Victoria & Ms. Yeizary



## Elf Butterflies



For the month of October, the Elves will be working on enhancing their fine motor skills through writing and drawing manipulatives and practicing their letter recognition and sound. The students will also be transitioning from learning about Fall and fall activities to Winter and winter activities. They will also be learning more about the weather and various weather changes.

— Ms. KeAna

## Julia Butterflies

Happy October Julia butterfly families, This month we will finish exploring letters Dd, Ee, and Ff, exploring patterns, The use of a balance scale, and all about jazz music and we will start learning about and exploring letters Pp, Bb, and Rr, weather, folk music exploration, and art exploration. Please check your child's file folder daily as we have started going to the school library each Tuesday to pick books to take home for the week. Books are due in the red bin by the file folders each Monday. We look forward to a great month of October.

-Mr. Kaliq & Ms. Paige





Ms. Heather's 7 Year Anniversary—October 3rd  
Ms. Taylor's Birthday—October 13th  
Pajama Day—October 31st

## Identifying Stress in Children

By: The Parent Line

...continued

**To identify stress in children, parents and caregivers can look out for the signs below as these are some of the ways children indirectly express their stress:**

- **Emotional outbursts or increased irritability** - If your child is acting out more than usual it might be due to stress. Feelings of anger and irritability become more intense when their world changes.
- **Frequent headaches or stomachaches** - Extra stress means extra hormones, which can trigger cramps, headaches and upset stomachs.
- **Trouble sleeping** - Worries and fears often come out at an unexpected time—bedtime! Children who are stressed may have a hard time with staying asleep or having nightmares after they fall asleep.
- **Withdrawing from others** - Sometimes we all want to get away. However, when children dramatically increase their alone time or quit interacting with friends it can be a sign of stress.
- **Struggles with school** - It's natural to do better or worse in school at times, but if you notice significant changes in your child's school performance it could be due to stress
- **Increased defiance** - All kids can be stubborn, but stressed kids often act more stubborn than normal. Extra pressure in their lives causes them to feel angry and overwhelmed, which can lead to acting more defiant

## Paper Straw Spider Craft

Cut up some paper straws and make this really fun craft! Whether for Halloween, as part of an arachnid study, or just because, we hope you'll love this craft as much as we do.

### Supplies Needed:

- Cardstock– black, your choice
- Paper Straws
- Googly eyes, medium-large sizes
- Black Marker
- Scissors
- Glue



### Instructions:

**Step 1:** Choose the color cardstock of your choice for the background

**Step 2:** Now, cut the body out of black cardstock. Make this any shape or size you would like.

**Step 3:** Glue the spider body in place in the center of the background.

**Step 4:** Next, cut up some paper straws. You will need 8 longer pieces and 8 shorter pieces.

**Step 5:** Glue the longer straw pieces coming off of the body, then glue the shorter straw pieces angled off of the longer straws.

**Step 6:** Adhere the googly eyes

**Step 7:** Draw a line with black marking coming from the spider to the edge of the page, as if the spider is hanging down, building a web.



### Super Supper

Chicken Black Bean Enchilada Casserole w/ a Side of Fruit  
 Pick-up day is Thursday, October 10th  
**\$7.00 each**

Cheeseburger Pie w/ a Side Salad  
 Pick-up day is Thursday, October 24th  
**\$7.00 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.*