



8 things to Do This Fall to Boost Your Child's Development

By: Ages and Stages

September 2025

Fall is finally here! It's a busy season for many families, but the last few months before winter sets in are packed with lots of chances to connect with your kids and have fun together. Whether you plan special family vacations or fill your autumn days with close-to-home activities, it's often the simple things you do with your children that make the best memories (and teach them important new skills). Here are 8 things to do with your child this fall—to bond with them *and* boost their development at the same time.

✿ Get outdoors every day you can

As the summer heat gives way to cool autumn breezes, celebrate the gorgeous weather with outdoor activities that give your child's motor skills a pick-me-up. Choose activities that involve both gross motor skills (running, hopping, climbing, catching) and fine motor skills (grasping tools, digging, stacking). Rake leaves together and leap over and into the piles. Make an outdoor adventure path or obstacle course for children to follow. Go on a neighborhood nature walk, collect little things in a pail, and help your child sort them into groups: separate big rocks from little rocks, rocks from leaves, red leaves from yellow leaves.

✿ Give them their own day jobs

When the excitement of summer is over and older siblings have gone off to school, younger kids will love to have their own daytime jobs that make them feel important and needed. To boost their confidence and help strengthen their social and motor skills, select age-appropriate jobs for them. Toddlers can take on table-wiping duty and help you sweep up the floor, while older children can prepare their own snack, fold laundry, and set the table for dinner. Children who especially enjoy having jobs might also like to have a pretend office in a corner of your home where they can make calls with a toy phone, write letters and "send" them in envelopes, and type important emails with an old keyboard.

✿ Create a special "family and friends" book

For families who love celebrating the Thanksgiving holiday together, this skill-boosting activity can be a sweet way to help your child honor the family members and friends they're thankful for. Help your child make their own book of all the special people in their life. Print out photos of family members and friends, let your child arrange and glue them onto sturdy sheets of paper, and help them staple the pages together or tie them with ribbon. Give them supplies they can use to decorate the book: glitter pens, sequins, stickers, bits of shiny paper, pictures cut from old greeting cards and magazines.

When your child is done, look at the book together and talk about the special people in the photos and why you're thankful for them. (You may even want to bring the book to Thanksgiving dinner and share it!) Not only will this book be a cherished memento, it'll also help your child strengthen fine motor, communication, social-emotional, and problem-solving skills.

✿ Go someplace new together

This fall, plan at least one special trip to a place that's brand-new for your child. Your outing doesn't have to be fancy or expensive—there are lots of places you can explore for free or for a small fee. Attend a community harvest festival, go apple-picking together, spend a beautiful day enjoying a new hiking trail or park, or attend an event at a library you've never been to before.

To strengthen your child's communication skills, plan the outing together ahead of time and talk about the things you'll be seeing and doing together. On the way home, ask questions about what your child did and what their favorite parts were. Encourage them to tell other family members about your day and share photos from the trip.

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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.

Caterpillars/Buttercup Butterflies



For the month of September, the Caterpillars are going to learn about colors, shapes, musical instruments. We're going to expand to learning to some amazing sensory skills using fresh fruits and veggies.

-Meme

Happy September, Buttercup Families! This month, we're embarking on a global adventure! We'll introduce the buttercups to cultural sensitivity and fostering meaningful connections with families. Additionally, we'll continue our sensory exploration and strengthen our new school year friendships through play and various activities.

Pixie Butterflies

-Ms. Denisse & Ms. Yaxi

Happy September! Throughout the month, the Pixie class will be working on discovery. We will be focusing on alphabet recognition, rainbow exploration and nature. The Pixies will continue to build connections and practice kindness with friends through these learning activities.

-Ms. Ashley & Ms. Rochama



Elf Butterflies



Happy September Elf Butterfly families. This month we will be learning all about the season of fall. We will learn how leaves fall off trees in the fall and how apples and pumpkins grow. Autumn is officially here in the Elf Classroom.

-Ms. Kacey & Ms. King

Julia Butterflies

Hello Julia butterfly families, this month we look forward to learning all about letters Dd, Ee, and Ff, exploring patterns, The use of a balance scale, and all about jazz music. With the new school year in full swing we encourage you to fill a house cut out with pictures of family. These houses will be hung in the classroom and the students love to share their pictures with each other. If you need a house cutout please let us know and we can provide one for you. Don't forget to check your child's file folder every day. We are excited for a fun and learning filled month of September.

-Mr. Kaliq & Ms. Paige



Family Picture House

Bridging Home & School

We're excited to invite you to help us build a stronger connection between home and school by creating a **Family Picture House**! This small craft project will stay at school and give your child a sense of comfort and pride, knowing their family is part of their classroom world.

A Family Picture House is a small house-shaped craft made from construction paper, decorated with family photos and special touches from home.

Supplies Needed:

- ⇒ Cut out paper house from WPDN (any color)
- ⇒ Printed family photos (everyone in the household, pets included!)
- ⇒ Crayons, markers, stickers, glitter, washi tape, fabric scraps, etc.
- ⇒ Labels or captions ("Mom", "Grandma", "Our Dog Luna," etc.)

Instructions:

1. Choose any color cut out house that your child will like.
2. Let your child help decorate with colors, stickers, and their name!
3. Attach several printed family photos to the front of the house. You can label who's in the pictures.
4. Add anything that represents your family—flags, favorite foods, pets, or cultural items.
5. You can include a short message like "We love you!" or "Your family is always with you."

Why We Do This:

Having a visual reminder of family at school helps children feel safe, loved, and connected. It sparks conversations, builds community, and celebrates the uniqueness of every family in our class.



Super Supper

Quiche:
Ham/Cheese OR
Broccoli/Cheese

Pick up day is
Thursday,
September 11th

Teriyaki Chicken
With Egg Fried
Rice

Pick up day is
Thursday,
September 25th

\$7.00 each

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

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Find us on



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.



CLOSED for Labor Day—September 1st
Ms. Jessyca's 2 Year Anniversary—September 5th
Ms. Taliyah's 1 Year Anniversary—September 5th
Ms. King's Birthday—September 12th
Mr. Kalik's Birthday—September 14th
Ms. Vanessa's 7 Year Anniversary—September 24th
Ms. Shirley's 23 Year Anniversary—September 25th

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★ Enhance your errands with simple, skill-boosting games

With just a dash of creativity, your errands can be learning experiences that enrich your child's communication and problem-solving skills. While waiting at a bus stop, read signs together or make up funny nonsense phrases and see if your child can repeat them back. At the store, have your child search for specific letters and numbers on signs and labels, or put pictures of things you'll be shopping for in an envelope and have your child pull out the images to remind you of what you need. As you're driving, ask your child to count all the blue cars, animals, or tall things that pass by. Errands will go faster when you're both having fun, and your child will pick up new skills as a bonus!

★ Talk about your day at the dinner table

Family dinners are a great way to help your kids develop social-emotional and communication skills. This fall, whenever you can, gather the whole family around the table for dinnertime and let each family member take turns talking about their day at work, at school, or in the community. Avoid asking questions with "yes" or "no" answers; instead, ask each person at the table open-ended questions: "What was the best thing that happened today?" "What made you laugh today?"

★ Read with your child every night

On chilly fall evenings, snuggle up for some shared reading—one of the single most important activities you can do with a young child. Not only is it a wonderful way to bond and relax together, it also strengthens your child's communication and language skills and sets the stage for early literacy development. Choose some autumn-themed books and engage your child while you read: ask them what happened at the beginning, middle, and end of the story, or have the child act out the story with you and pretend to be different characters.

To support social-emotional skills, read books about feelings and talk with your child about the story: "Lion got really mad in this story. Do you feel mad sometimes? What makes you feel better when you get mad?"

★ Do a quick check of their milestones

One of the most important things you can do this fall is check to see if your child's overall developmental skills are on track in all the areas mentioned in this article. You can do that for free in about fifteen minutes or less. Fill out an online ASQ questionnaire to see what your child's biggest strengths are, uncover new milestones to celebrate, and reveal any areas where your child may need extra support.

With the tips in this article—and your own creative ideas—you can transform any day into a learning experience as rich and varied as the colors of the autumn leaves. The kids will be having so much fun, they'll never guess you're teaching them new skills they'll use forever. Whatever activities you choose to do with your child this fall, enjoy exploring, discovering, and learning together!