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Diane Martine, Director

## December 2017

Social Development: Family, Where I Live, Winter, Winter Holidays  
Writing Skills: Letters: Gg, Mm, Hh, Numbers: 6, 7, 8, 9 & review  
Colors: Silver & Gold & White  
Shapes: Star & Review

### *Holiday Schedule*

Monday December 25<sup>th</sup> – **CLOSED** for Christmas  
Monday January 1<sup>st</sup> - **CLOSED** for New Year's



Don't forget to sign up for Breakfast with Santa! On Saturday December 9<sup>th</sup> Santa will arrive at Wee Care Preschool at 9:00 am so that you can photograph your child with him! There will also be Christmas crafts for the children to make and breakfast will be served up until 10:30am.

This event is \$5.00 per adult and \$3.00 per child. We can charge this fee directly to your tuition account. Call or email our school office today sign up!

Please R.S.V.P. no later than 12/5

Office Phone 858-560-0985  
Or email Diane at  
[diane@weecarepreschools.com](mailto:diane@weecarepreschools.com)

### *Holiday Parties!*

On Thursday December 15<sup>th</sup> each class will have a special holiday party. You can check with your child's teacher to find out what special activities her class will be doing this day.



### ***NOTICE REGARDING SCHEDULE CHANGES OR WITHDRAWAL***

*Please be aware that all schedule changes including changes to days of attendance, requests for vacation credit (available after 12 months of enrollment), and withdrawal must be done **IN WRITING** at least **TWO WEEKS** in advance. We have a form in our office available for your convenience, or you can email our director at [diane@weecarepreschools.com](mailto:diane@weecarepreschools.com).*

# Handling Tantrums, Fussing and Whining: Parent Guide

by Elizabeth Pantley

## Author of *The No-Cry Discipline Solution*

If you ask parents to list the most frustrating discipline problems during early childhood, you would find that these three items appear on every list. All children master their own version of these behaviors – every parent has to deal with them!

**Controlling their emotions** Most often these behaviors are caused by a child's inability to express or control his emotions. Tiredness, hunger, boredom, frustration and other causes that ignite The Big Three can frequently be avoided or modified. When your child begins a meltdown, try to determine if you can tell what underlying issue is causing the problem. Solve that problem and you'll likely have your sweet child back again.

**Handling tantrums, fussing and whining** No matter how diligent you are in recognizing trigger causes, your child will still have meltdown moments. Or even meltdown days. The following tips can help you handle those inevitable bumps in the road. Be flexible and practice those solutions that seem to bring the best results.

**Offer choices** You may be able to avoid problems by giving your child more of a say in his life. You can do this by offering choices. Instead of saying, "Get ready for bed right now," which may provoke a tantrum, offer a choice, "What would you like to do first, put on your pajamas or brush your

teeth?" Children who are busy deciding things are often happy.

**Get eye-to-eye** When you make a request from a distance your child will likely ignore you.

Noncompliance creates stress, which leads to fussing and tantrums – from both of you. Instead, get down to your child's level, look him in the eye and make clear, concise requests. This will catch his full attention.

**Tell him what you DO want** Instead of focusing on misbehavior and what you don't want him to do, explain exactly what you'd like your child to do or say instead. Give him simple instructions to follow.

**Validate his feelings** Help your child identify and understand her emotions. Give words to her feelings, "You're sad. You want to stay here and play. I know." This doesn't mean you must give in to her request, but letting her know that you understand her problem may be enough to help her calm down.

**Teach the Quiet Bunny** When children get worked up, their physiological symptoms keep them in an agitated state. You can teach your child how to relax and then use this approach when fussing begins.

You can start each morning or end each day with a brief relaxation session. Have your child sit or lie comfortably with eyes closed. Tell a story that he's a quiet bunny. Name body parts (feet, legs, tummy, etc.) and have your child wiggle it, and then relax it.

Once your child is familiar with this process you can call upon it at times when he is agitated.

Crouch down to your child's level, put your hands on his shoulders, look him in the eye and say, let's do our Quiet Bunny. And then talk him through the process. Over time, just mentioning it and asking him to close his eyes will bring relaxation.

**Distract and involve** Children can easily be distracted when a new activity is suggested. If your child is whining or fussing try viewing it as an “activity” that your child is engaged in. Since children aren’t very good multi-taskers you might be able to end the unpleasant activity with the recommendation of something different to do.

**Invoke his imagination** If a child is upset about something, it can help to vocalize his fantasy of what he wishes would happen: “I bet you wish we could buy every single toy in this store.” This can become a fun game.

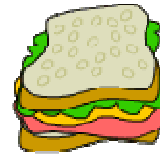
**Use the preventive approach** Review desired behavior prior to leaving the house, or when entering a public building, or before you begin a playdate. This might prevent the whining or tantrum from even beginning. Put your comments in the positive (tell what you want, not what you don’t want) and be specific.

**When it’s over, it’s over** After an episode of misbehavior is finished you can let it go and move on. Don’t feel you must teach a lesson by withholding your approval, love or company. Children bounce right back, and it is okay for you to bounce right back, too.



## December Birthdays

Zachary G, Enzo C, Noelle J, Liam M,  
Hunter C, Jackson C, Lakey G,  
Cristian A, Naomi F, Jazmyne W,  
Izeiah V, Charlotte F,  
Charlie Y, Lincoln W, Viviana A,  
Samantha T, Dylan D, Maddox T



## FOOD FROM HOME...

Please keep in mind a few things if you choose to send food from home to school with your child:

Breakfast is served until 7:30am. We ask that children not bring breakfast in with them after this time since we are either playing on the playground or doing activities in our classrooms **where we do not allow food**. Morning snack begins shortly after 8:30am so no child will go hungry if they miss breakfast with us.

We do not include “desserts” or junk food items on our menus so we ask that you not send these types of items with your child. Chips, cookies, donuts, candy, etc., are all foods that need to be saved for home. You will be asked to take these with you if your child has them at drop off time.

**Food may not be kept in cubbies**, as we do not wish to have problems with bugs in our classrooms. All food from home must be clearly labeled with your child’s name and **dropped off in our kitchen**. Food that is not clearly labeled may be thrown out.

Thank you in advance for your cooperation!