



December 2020

Themes: Natural & Manmade Wonders/ Holiday Traditions/ Travel Tools/World Wonders/Holidays around the Globe/ It's a Small World  
Writing Skills: Letters: Dd, Mm, Numbers: 7, 8  
Colors: Red  
Shapes: Rectangle

## Holiday Schedule

Thursday December 24<sup>th</sup> Open until 12:00 NOON, then **CLOSED**

Friday December 25<sup>th</sup> – **CLOSED** for Christmas

Thursday December 31<sup>st</sup> - Open until 12:00 NOON, then **CLOSED**

Friday January 1<sup>st</sup> - **CLOSED** for New Year's



Here's to hoping everyone has an amazing month and are able to find fun, creative, and safe ways to enjoy the holidays. We will have lots of special activities and crafts for the children to enjoy throughout the month of December.

Please take a moment to complete the survey at the back of this newsletter. Your help is very much appreciated!

~ Wee Care Staff



## December Birthdays

Fiona \* Albert \* Emma

Liam \* Annabelle \* Jackson

Clayton \* Grayson \* Siena \* Izeiah

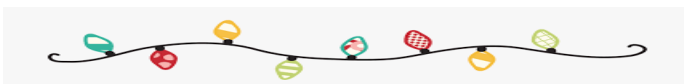
Daniel \* Lux \* Charlotte \* Jovina \* Claire

Ms. Ady \* Ms. Sabrina



### **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 continuous enrollment), and withdrawal must be done **IN WRITING** at least **TWO WEEKS** in advance. Children enrolled for fewer than 5 days may not switch days around, but may request drop in care as needed. 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.



### *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. 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.

All food from home must come in a plastic container, clearly labeled with your child’s name and class assignment.

Thank you in advance for your cooperation!





# Planning for the Holidays at Wee Care Preschool

Please help us determine our staffing needs for the weeks of Christmas and New Year's. We know that many children will not attend every day over the holidays and it would be a great help to us if you would let us know your plans.

Please use this form to indicate which days your child will attend and any days you will plan to take off from school.

Thank you in advance for your assistance!

Child's name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Please circle **YES** if your child will be at school, **NO** if absent, and **nothing** if it is not your child's scheduled day to attend.

Monday December 21  Yes    No	Tuesday December 22  Yes    No	Wednesday December 23  Yes    No	Thursday December 24 Christmas Eve <b>CLOSED</b> at 12 NOON  Yes    No	Friday December 25 Christmas Day Wee Care Preschool is <b>CLOSED</b>
Monday December 28  Yes    No	Tuesday December 29  Yes    No	Wednesday December 30  Yes    No	Thursday December 31 New Year's Eve <b>CLOSED</b> at 12 NOON  Yes    No	January 1 New Year's Day Wee Care Preschool is <b>CLOSED</b>

