



Everyday Practices to Make your Child Feel Loved

By: Monica Foley, M. Ed.

Your children need your love, time, and undivided attention.

As a parent, you're likely to be the most significant influence in their lives. It is up to you to help them to feel secure and build their confidence.

Habits and rituals that become a regular part of your family life will have the most impact. Even on your busiest days, you can show your child that you care during your ordinary, everyday activities.

Consider the following ideas to integrate into your regular routines to make your child feel loved and valued:

1. **Be attentive.** Actively listen when your child wants to talk to you. Show that you're listening by stopping what you're doing and maintaining eye contact. Share their enthusiasm about what they're discussing, even if the subject is about insects, or a movie you've both watched a hundred times. If you're not able to put down what you're doing, let your child know and be sure to follow up on the conversation later in the day when you can provide undivided attention.
2. **Show affection.** Give your child hugs and kisses on the cheek on a regular basis. Physical contact will help you bond with your children. According to Child Trends, a non-profit research organization, studies show that higher self-esteem, better parent-child communication, and fewer psychological and behavior problems have been linked to warmth and affection between a parent and their child.
3. **Provide genuine praise.** When it comes to praising your child, quality is more important than quantity. Let your child know that you're proud of him or her for making an effort, regardless of the outcome. The key is not to praise your child for everything they do, but to recognize when they do something out of the ordinary, or when they are working hard towards achieving a goal.

May 2021

Main Article	1
Caterpillars/ Buttercup Butterflies	2
Pixie Butterflies	2
Elf Butterflies	2
Julia Butterflies	2
Upcoming Important Dates	3
"Why I Love My Mother" Handprint Craft	4

Please check Brightwheel 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!

...continued on page 3

Caterpillars/Buttercup Butterflies



Summer count down! We're getting ready for a fun filled summer with water days three times a week. Please bring in a swimsuit (we will wash and keep here), towel and swimmers. Amazon has reusable swim diapers or you can purchase single use ones at Target, Walmart or any major store. Our water days begin next month.

- Ms. Natalie & Ms. Stacey

Pixie Butterflies

Hello Pixie families! For the month of May pixies will be talking about pets and a variety of different subjects such as pirates and mermaids to help promote the skill of imaginative play! We are excited to introduce this new month with all the fun new activities!

- Ms. Maria & Ms. Vanessa



Elf Butterflies



The Elves have begun our Clothes study. We are learning about types of clothing, sizes and how clothes are made. We have made homemade play dough and even experimented with oobleck. Measuring and counting is also fun when we measure how many wood blocks were as tall as our Elf Butterflies. We are looking forward to our summer themes and of course water days. Please make sure to keep your child's cubby replenished with weather appropriate clothes.

-Mr. Steven & Ms. Stephanie

Julia Butterflies

Hello May! Thank you for joining us for parent teacher Conferences. It was great to talk to you all! During this month we are excited to get ready for our VPK graduation! While we practice for this we will also be learning about friendship and the importance of being kind to all people. We look forward to a great month!

-Ms. Paige & Ms. Fallon



MAY

Ms. Bailey's Birthday—May 5th
Ms. Vanessa's Birthday—May 17th
Ms. Amy's Birthday—May 19th

Everyday Practices to Make your Child Feel Loved

By: Monica Foley, M. Ed.



...continued from page 1

4. **Ask for help.** Enlist your child's help with chores and give him or her a chance to teach you how to do things, too. Ask them to set the dinner table, take out the trash, or walk the dog. Tell your child that you appreciate the part they play in keeping your house running smoothly. Thank him or her for explaining a new slang word or showing you how to use popular apps they may be using, such as Snapchat.
5. **Go for a drive.** Make your errands more meaningful by inviting your child to join you. While it may take you a little longer to complete your to-do list, the one-on-one time and conversations along the way are well worth it.
6. **Create bedtime rituals.** The time spent preparing for sleep is an ideal opportunity to unwind and connect. Snuggle together and share your favorite books. Create stories based on your real-life experiences. Take turns sharing something specific that happened that day for which you are thankful.
7. **Enjoy family meals.** Research indicates that there are physical, mental and emotional benefits of having regular family meals. Having dinner together is another chance to spend some uninterrupted, quality time as a family. Make it a rule that mealtimes are device-free so there are no distractions. Kids feel important and valued when their parents show sincerest in their child's day, ask questions, and share as appropriate about their own day.

“Why I Love My Mother” Handprint Craft

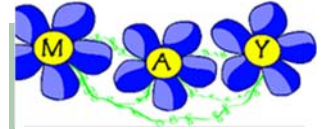
Create a gift Mom is sure to cherish with this adorable handprint craft! Little ones can trace one of their hands and let it “grow” out of the flower pot.

What you will need:

- Foam or craft paper
- Scissors
- Glue
- Self adhesive foam flowers
- Jewels
- Marker



1. Choose your color paper and trace your hand on it.
2. Cut out your traced hand with scissors.
3. Make a flower pot for your hand to grow in.
4. On each finger, place one of the self-adhesive foam flowers and jewels.
5. Write a message on your flower pot to complete this heartfelt gift.



Super Supper

**Chicken
Taco
Casserole
With
Tossed
Salad**

**Pick-up is
Thursday,
May 20th
\$5.00 each.**

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

**741 S. Pennsylvania Avenue
Winter Park, FL 32789
Phone: 407.647.0505
reception@wpdaynursery.org**



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.