



What Not to Say to Your Kids

By: Robert Myers, PhD

It would be nice if parents and children were perfect. There would never be an occasion for parents to get frustrated with their children because their children would never misbehave.

Unfortunately, parents and children are human, and they aren't perfect. When you're a parent, and you get frustrated, you may say something to your child without thinking. The following are some things to avoid telling your kids.

- **“I wish you'd never been born.”**

No child should ever have to hear their parent make this comment. Even if you're so frustrated with your child you could spit sixteen penny nails, bite your tongue if you think you're about to say this. Not only does this phrase hurt a child's feelings, but it also damages their self-esteem and makes them feel they aren't wanted.

- **“You never do what I ask you to do.”**

When you make this statement time and time again, your child will soon begin to feel as if they can't do anything right. They'll begin to wonder why they should bother trying at all. Try using the phrase, “I would like you to do this in this way.” Be specific with what you want so they'll understand and be able to accomplish what you asked.

- **“I wish you were more like your brother/sister.”**

No one likes to be compared with someone else. They want to be appreciated for who they are. Making statements like this only leads to your child feeling inadequate and encourages sibling rivalry. A child who hears this kind of statement often may feel they can't accomplish anything of worth because they'll never be as good as their sibling. Rather than comparing your children, recognize that each child is different with their own strengths and abilities. Celebrate their differences and love them for who they are.

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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!

Caterpillars/Buttercup Butterflies



Pixie Butterflies

The babies have been exploring colors and Spring. Tasting different colored foods, exploring whipped cream and painting with leaves of oregano.

Welcome Ms. Cat to our school family. She's been helping the Buttercups scoop up letters, hop on them and learn some letter sounds including the first letter of each child's name!

We're looking forward to summer and water days too.

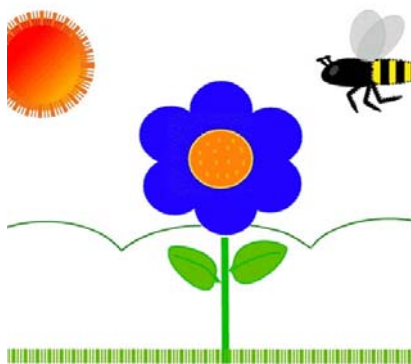
-Meme, Ms. Stacey & Ms. Cat

Hello Pixie families! For the month of May, pixies will continue to learn about numbers through various sensory play activities! Pixies will also continue their number book! We count on having a wonderful new month!

- Ms. Vanessa & Ms. Ally



Elf Butterflies



As we move into May, we will get to start our new creepy crawly study about insects. Did you know the number of insect species is believed to be between six and ten million? Neither did we! We will also be celebrating all of our lovely moms for Mother's Day and thanking them for all they do. With the weather getting warmer, we ask the you please bring in a water bottle for your child so we can make sure everyone is staying hydrated. Thank you!

-Ms. Madison & Ms. China

Julia Butterflies

Happy May! We wanted to say thank you to for taking time to meet with us during parent/teacher conferences. It was great getting to talk to you all about how your children are doing! This month we will be preparing for graduation and also doing the get ready for kindergarten study. During this study we will talk about what kindergarten is like and how it is different from preschool, how we feel about kindergarten and how to make and keep friends in kindergarten. We are looking forward to a great month of May!

-Ms. Paige & Ms. Fallon





Miss Amy's Birthday— May 19th
 Teacher Appreciation Week—May 7th—6th
 VPK Graduation—May 27th (6:00pm)

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- **Disparaging comments about your child's other parent.**

Children don't need to be put in the middle of their parents' disagreements or hear you speak ill of the other parent. This may cause the child to think they have to choose sides or they may say bad things about them, too. Even if you're separated from your child's other parent, it's important to only say kind things about that person in front of your children.

- **"We can't afford that."**

If you tell your children you can't afford something often enough, they may begin to think that money can buy happiness. They may also conclude that your family is having financial difficulties, whether it's true or not. Rather than saying you can't afford something, you don't have to give them a reason why your answer is "no" to a request.

- **"Hurry up, or I'll leave you here."**

Children don't understand the concept of time as adults do. If your child already has a fear of being abandoned or getting lost, when you make this statement, you will add to their concern. Try to find out why they're lollygagging and do what you can to get them moving without causing them any fear.

All parents get frustrated with their children from time to time. If you do make one of these statements, apologize to your child immediately. Explain that you were wrong, you didn't mean what you said, and that you love them and will try not to say it again. Children need to have parents who encourage and build them up, not tear down their self-esteem with careless words they don't mean.

Mother's Day Hand Print Art Flowers

With Mother's Day approaching, here is a pretty idea for making the most adorable kid made gift ever. It can be made with hands from one kid or from handprints from all siblings or all family members.

What you will need:

- Green Paint
- Paintbrush
- White Paper (x2)
- Colored Construction Paper
- Scissors
- Glue
- Ribbon (optional)
- Non toxic washable paints (selection of floral colors)



1. First, pick your favorite colors and paint the palm of your hand in paint.
2. Then, press hand down firmly on the white paper. Repeat with 3-4 different colors.
3. Next, let the paint dry. Once dry, cut out the handprints and glue them onto the other white paper. Draw flower stems with green paint. Glue onto construction paper for a background.
4. Finally, decorate with a bow and write your Mother's day message.



Super Supper

Tuna Noodle Casserole w/ Salad
Pick-up day is Thursday, May 12th.

Chicken Enchilada Casserole w/ Fruit
Pick-up day is Thursday, May 26th.

\$5.00 each
Payment is due before pick-up

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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.

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