



## Spring Into Parenting: 7 Creative Ways To Refresh Your Family Lifestyle This Season

By: Momma Braga

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Spring is a season of renewal, growth, and fresh beginnings—making it the perfect time to rejuvenate your parenting approach and daily routines. Whether you’re a seasoned parent or navigating the early stages, these spring-inspired ideas can breathe new life into your family lifestyle while strengthening bonds and making lasting memories.

### **EMBRACE OUTDOOR ADVENTURES FOR QUALITY TIME**

As the weather warms up, take advantage of nature’s playground. Plan weekend hikes, visit local parks, or simply start a family gardening project. Studies show outdoor activities enhance children’s creativity and well-being. Plus, teaching kids to plant flowers or vegetables introduces valuable lessons about responsibility and patience.

### **REFRESH HOME SPACES FOR A POSITIVE ENVIRONMENT**

Spring cleaning is more than tidying up—it’s about creating a harmonious, welcoming space. Involve your kids by organizing their room or toy boxes together. Use this opportunity to donate unused items, teaching compassion and the value of giving back.

### **START A WEEKLY FAMILY PICNIC TRADITION**

With spring’s sunny days and blooming flowers, pack a picnic and head to your favorite spot. Let your kids help pick the menu— it turns mealtime into a collaborative effort. A blanket, snacks, and fun games can quickly turn an afternoon into a cherished memory.

### **CREATE SEASONAL LEARNING OPPORTUNITIES**

Use spring as a theme for fun and educational activities. Explore the life cycle of plants by growing seeds in a jar, or take your kids to a local farm or butterfly conservatory to learn about animals and insects. Hands-on experiences can spark curiosity and a love for learning.

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Please check Procare updates 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.

## Caterpillars/Buttercup Butterflies



In April, the babies will have lots of sensory activities that start with food, fake grass, sand, water, paint and more! Sensory stimulation is crucial for infant development as it fosters brain development, cognitive growth and promoting emotional regulation and social interactions.

**-Meme**

Happy April This month the Buttercups will be exploring animals around us; from a variety of farm, zoo and wild life animals! Through creative play, songs and books, the Buttercups will learn about different animals, their habitats and the sounds they make. To enhance sensory exploration we will also introduce sensory bottles filled with various materials that encourage curiosity and stimulate their senses. We look forward to a month full of fun and learning as we discover the amazing animal world together!

### Pixie Butterflies

**-Ms. Denisse & Ms. Yaxi**

Happy April, Pixies! This month we will learn how animals experience the day and night! We'll look up to the sky and down to the ground to see how animals live all around us. We will celebrate Earth Day with some special projects, so if you have any extra plastic bottles laying around, bring them in. Thank you for all you do to support our Pixie family!



### Elf Butterflies

Happy April! This month in the Elves classroom we will focus on early mathematic skills like counting, number identification, and making simple patterns. Lastly, we will continue to practice our class rules like walking in the classroom and using kind words. We look forward to this month with your kiddos!

**-Mr. Kaliq & Ms. Morgan**



### Julia Butterflies

Hello Julia butterfly families, This month we will finish learning about letter Oo, Qq, and Gg, Latin music exploration, chemistry, units of measurement and Dr. Seuss and we will start learning about letters Ss, Aa, and Ll, The earth, R&B and soul music exploration, graphs, and love our planet. Please check your child's file folder daily and make sure your child has weather appropriate change of clothes in their cubby in case of accidents or spills.

**- Ms. Amelia & Ms. Paige**





Ms. Jessyca’s Birthday— April 7th  
 Ms. Ashlynn’s 1 Year Anniversary— April 17th  
 24th Annual Orange Blossom Jubilee—April 25th

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### PLAN MINI ADVENTURES AND DAY TRIPS

Spring is the perfect time for short family getaways. Visit botanical gardens, nature trails, or even a nearby beach. Day trips encourage exploration and give everyone a chance to break free from daily routines.

### ESTABLISH SEASONAL TRADITIONS

Spring traditions, like an annual family kite-flying day or hosting a backyard Easter egg hunt, create memories your kids will treasure for years. Traditions add sense of stability and joy to family life.

### PRIORITY SELF-CARE WHILE NURTURING YOUR FAMILY

Spring can also be a time to re-energize yourself. Take morning walks or enjoy a hobby while the kids play. When parents prioritize self-care, they model healthy habits for their children.

Spring offers a vibrant canvas to refresh your parenting style and strengthen your family connection. By embracing the season’s energy, you can create joyful experiences that nurture both your kids and yourself. So grab your sneakers, sunscreen, and sense of adventure—spring is calling!



## Egg Carton Flowers

### Supplies Needed:

- Egg Cartons
- Scissors
- Glue
- Paint
- Glitter
- Buttons
- Ribbons
- Craft sticks
- Cereal Box



### Instructions:

- Step 1:** To make each flower, cut out four containers from the egg carton—two from one row and two from the row below it.
- Step 2:** Make sure to trim around the edges carefully so the carton petal look rounder and more floral.
- Step 3:** Paint each container in pastel shades to make them look colorful and flowery.
- Step 4:** Glue a button at the center of the carton, where the four containers meet, to make the center of the flower. You can decorate the petals with glitter too.
- Step 5:** To make the flower stalk, paint the craft stick green and glue it to the back of the flower.
- Step 6:** Once you’ve prepared a few flowers of different colors, arrange them on top of a cereal box to prepare a flower arrangement or bouquet. You can poke holes in the box and place the craft stick stalk in each hole so they stay upright.
- Step 7:** Wrap the base with ribbons, decorate with flitter, and place it on your table as a show –stopper!



### Super Supper

Beef  
Enchilada  
Casserole  
w/ a Side of  
Fruit  
Pick up day is  
Thursday,  
April 10th.

Chicken &  
Broccoli  
Casserole w/ a  
Side Salad  
Pick up day is  
Thursday,  
April 24th

**\$7.00 each**

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

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Find us on



EXCELLENCE IN EARLY EDUCATION

#### 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.*