



## 10 Surprising Parenting Tips

By: Jannelle Sanchez

June 2025

One of the best realizations I've had since becoming a mom is this: if you want food parenting advice, go straight to the source—your fellow parents. Here are some of the best tips from the fellow parents, from dealing with picky eaters to weathering tantrums...

1. One of the easiest ways to build a young child's confidence is to let them help you with a daily chore like cooking or swiffering the floors. Yes, at first they usually end up leaving you more work to clean up, which can be a drag. But the look on their face when they master a new skill, like pouring pancake ingredients in a bowl with no spills or sweeping together a tiny dust pile? Magic.
2. My secret weapon for picky eaters? We play board games at dinner. Because when kids are focused on plotting their next Connect Four move, they mysteriously forget whatever it is they love to resist—a new texture, an unfamiliar vegetable, a food you know they like but they have decided to hate. Currently, our dinner table has transformed into a nightly Chinese Checkers tournament. We've had success with Junior Scrabble and those classic fishing-games, too. It works wonders with five-to-seven-year-olds.
3. Take more videos of your kid than you think you need, or want. Take so many that you're embarrassed by how many videos you have. Photos are great, but you'll never regret having just one more video of your kid's wiggling bum during the last week she was crawling, before she decided she would walk from here on out.
4. Resolve to greet your child with delight every single morning. You don't have to be "on" the rest of the time, of course, but starting your child's day with a friendly face is life changing! My wonderful mom did this for me, and after her sudden death, I resolved to do this for my kids.
5. It's okay to let kids fail. It can feel terrible, but it's important!
6. You can't stop a full-blown tantrum in the middle, so don't even try. The only thing you can do is acknowledge their feelings, then wait as long as it takes for your kid to get through. For my child that can be a VERY long time. So, I make it a point during tantrums to focus on my own calmness and deep breaths. Over time, her emotional storms have calmed down more and more. Your kid will eventually develop the ability to self-regulate, but until then, try not to be too hard on them or yourself.

<b>Main Article</b>	<b>1</b>
<b>Caterpillars/ Buttercup Butterflies</b>	<b>2</b>
<b>Pixie Butterflies</b>	<b>2</b>
<b>Elf Butterflies</b>	<b>2</b>
<b>Julia Butterflies</b>	<b>2</b>
<b>Important Dates</b>	<b>3</b>
<b>Sea Shell Turtle Craft</b>	<b>4</b>

Please check  
Procure updates  
every day.  
There is  
important  
information  
there!

Also, make sure  
your child al-  
ways has a  
change of  
clothes and/or  
diapers/pull-ups,  
if necessary.

..continued on page 3

## Caterpillars/Buttercup Butterflies



### Pixie Butterflies

For the moth of June, the babies will focus on how to stand and crawl. They will also be working on recognizing colors and sensory activities that include water, sand, paper and baby cereal. Water days will be starting. Please bring in a towel and swimming attire.

-Meme

For June, we're exploring the joys of summer! The buttercups will dig into gardening, enjoy pretend picnics, learn about sunny weather, and discover different ways we travel. Through hands-on play, they'll build motor skills, learn new words, and explore the world around them in fun, meaningful ways!

-Ms. Denisse & Ms. Yaxi

During the month of June, the Pixies will be focusing on exploring both new and familiar concepts. They will begin to understand opposites and the concepts of more versus less. They'll continue building their color and number recognition skills, and they'll also learn about baby animals. What an exciting month the Pixies have ahead!

-Ms. Amelia & Ms. Jessyca



### Elf Butterflies



Happy June Elf butterfly families! This month we will learn about summer, going camping and all about sports. We will start water days and movie days. Please bring a bathing suit and towel labeled with your child's name on them to stay at school.

-Ms. Ashley & Mrs. Victoria

### Julia Butterflies

Hello Julia Butterfly families, this month we will finish learning about the Letter O o, numbers 0, 1, 2, 3, simple machines, alternative rock exploration, and compound words and we will start learning about numbers 4, 5, 6, 7, word families at, an, am, dinosaurs, our families and kindness. We will also start water day and movie days. Please bring a bathing suit and towel labeled with your child's first and last name on them to be left at school for water day.

- Ms. Paige & Mr. Kaliq





**Ms. Keyanni's 3 Year Anniversary— June 6th**  
**Ms. Tayah's 1 Year Anniversary—June 11th**  
**Donuts with Grownups—June 14th**

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**...continued**

7. My ultimate baby hack is called a “nap cap”. Basically: when your baby is overstimulated and having a hard time falling asleep, slip the front of their hat down over their eyes, then rock or stroll them for a bit, and BAM. They're out. It's basically an eye mask for babies and works well in bright places like the airport or at a restaurant.
8. I have three boys—ages, six, four and two—and I love reading around them. If they're watching a show, I'll sit on the sofa, and read my novel. If they're drawing, I'll draw with them for a while, and then turn to reading. If they're If they're running around the park, I'm on a bench with a book. This didn't start as a way to tap into their subconscious and force them to love reading, but now my six-year-old is reading independently and constantly say things like “Mom, maybe this afternoon we could just have cozy reading time.” It feels like a parenting peak.
9. Consider unfollowing those good-but-overwhelming constant-parenting-advice Instagram accounts and newsletters. Seeing how to be a better parent all day is draining. You're doing great!
10. What I'd say to new parents is: Don't beat yourself up if you go down a road you thought you wouldn't go down, like using a pacifier or not eating dinner at the table as a family. Kids are way more game to change things up when you're ready than you may think. Nothing is set in stone.



## Sea Shell Turtle Craft

### Supplies Needed:

- ♦ Sea Shells
- ♦ Green Craft Foam
- ♦ Googly Eyes
- ♦ Green Paint or any color you want to make your turtle
- ♦ Paint Brushes
- ♦ Scissors
- ♦ Glue



### Instructions:

**Step 1:** Paint the sea shells and allow them to dry completely.

**Step 2:** Cut out some fins, head and tails from the green craft foam.

**Step 3:** Glue on the googly eyes, head, tails, and fins to the dried sea shells.

**Now you have some cute little turtles with sweet memories of a fun family adventure at the beach.**



### Super Supper

Ms. Shirley will be taking a break over the summer with making super suppers. They will be made available again in the Fall. Thank you.

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The Winter Park Day Nursery provides a secure, nurturing and educational environment that is affordable and supports family diversity.

#### Vision:

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