



## Breaking Down to Build Up

By: Divya Johnson

March 2025

There are days when I try to be the best version of myself as a parent — and miserably fail.

You know those days. The ones where your child throws a tantrum the size of a tornado, and you're standing there, clinging to the scraps of patience you have left because you've read somewhere that good parents don't yell, pinch, or punish harshly.

“Talk to them softly,” the articles say. “Make them understand with love.” Seriously? Who writes this stuff? Have they ever dealt with a screaming, frustrated, adamant little human who refuses to listen, no matter how much love you pour into your words?

I remember watching this one English movie where the mom calmly declares, “You're grounded,” and the child obediently sulks off to their room. I laughed out loud. Really? That's it?

In real life, I try asking my kid to go to their room, and suddenly, I'm in a full-on debate with someone half my height, complete with tears, dramatic cries of injustice, and a stubborn refusal to budge.

And then comes the guilt. Oh, the guilt. As they scream and cry, a little voice in my head whispers, Are you a bad parent? Sometimes, frustration takes over, and I vent my anger. Not proud of it, but it happens. And afterward, I sit there, questioning everything. Am I doing this right? Will my child grow up resenting me?

But here's the thing I've learned: there are no bad parents. We are just humans fighting our battles and still trying to be the best version we can be for our kids.

I've read many parenting books, watched parenting videos, and absorbed enough advice to last a lifetime. I even get a ton of advice from my parents and my in-laws. But when you are in those moments of chaos, it's hard to remember the perfect strategies.

I try, though. I try not to leave scars. Even the invisible ones can last a lifetime. We all try, but sometimes things don't happen the way we wish it to be.

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Please check Procure 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.

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## Caterpillars/Buttercup Butterflies



In March, our babies will continue to learn social skills. Music days are back, so they will move their bodies to the different sounds and rhythms. Please continue to do tummy time at home, as this helps with their gross motor skills.

-Meme

For the month of March, the buttercups will engage in hands-on activities that promote self-care, curiosity about the natural world and an introduction to transportation. The buttercups will strengthen their problem-solving skills, communication skills and sensory-motor coordination while building a foundation for self-awareness and curiosity about the world around them.

-Ms. Denisse & Ms. Yaxi

## Pixie Butterflies

Happy spring! This month in Pixies, we will be learning about all things Spring! We will start the month by talking about how to take care of our needs, and end with talking about the weather! We can't wait for another month of fun and learning with you all.

-Ms. Ashlynn & Ms. Victoria



## Elf Butterflies



Happy March! This month in the Elves classroom, we will focus on fine motor skills, to include buttoning, zipping, and holding writing utensils. These pre-writing activities will help prepare your kiddos for writing when they are ready. Lastly, we will continue to practice our class rules like gentle hands and using our words. We look forward to this month with your kiddos!

-Mr. Kalik & Ms. Morgan

## Julia Butterflies

Hello Julia butterfly families, this month we will finish learning about letters Yy, Zz, and Cc, classical music exploration, about space and comparing big and little. We will start to learn about letter Oo, Qq, and Gg, Latin music exploration, chemistry, units of measurement and Dr. Suess. Please check your child's file folder daily and be sure there are extra clothes in their cubby in case of accidents or spills.

- Ms. Amelia & Ms. Paige





Ms. Nadine's Birthday— March 12th  
Spring & Graduation Pictures—March 18th & 19th  
Ms. Paige's 14 Year Anniversary— March 22nd

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Sometimes children may not be aware of what parents are going through. They might not understand with the same intensity as we do.

The message they pick from this is that my parents were not available to me when I needed them the most. "I was alone", "I had no one to talk to", "Where were you when I needed you?"

Those scars could permanently create a gap between the parent and child making it difficult for both the parties to open up to each other. We don't need to be super parents with superpowers.

There is nothing wrong if they see you cry or when you are vulnerable. You are teaching them life skills. The way you bounce back after your lows will be a lesson for them.

But here's the truth I hold onto: love covers a multitude of mistakes. Yes, I mess up. But I also apologize. I've learned that children feel valued when parents confess sincerely.

Every time I've apologized, I've noticed a shift in my children. They pause, go silent, and try to process what's happening — the big human has bowed down. It's as though my honesty disarms their frustration and makes room for connection.

I make sure they know that no matter what, my love for them is unshakable. I believe parenting isn't about perfection. We should show up every single day even when we feel like we are failing. It's about learning and growing together. Don't you think that you can make it a little better every day? All you need is to put a little extra effort and talk to them. Even on your worst days make sure your child feels loved.

Scars may happen, but they don't have to define our relationship. What defines it is how we heal, together.

## Paper Plate Frisbee

### Supplies Needed:

- 2 Paper plates for 1 frisbee
- Scissors
- Tape
- Coloring pens, paints, markers



### Instructions:

**Step 1:** Draw a circle on each paper plate (preferably the same size) and cut out the shape.

**Step 2:** Decorate your frisbee to your liking.

**Step 3:** Put both paper plates together, with the decorated side towards the outside.

**Step 4:** Tape them together

And then it's time to PLAY! Enjoy! Outside is better, believe me, we KNOW!



### Super Supper

BBQ Chicken w/ Potato Salad & Green Beans  
Pick up day is Thursday, March 27th.

**\$7.00 each**

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

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