



HELPING KIDS KICK THE “HELPLESS” HABIT

By: Amy McCready www.positiveparentingsolutions.com

May 2019

Main Article	1
Caterpillars/ Buttercup Butterflies	2
Pixie Butterflies	2
Elf Butterflies	2
Julia Butterflies	2
Events	3
Bug Sensory Bin	4

Fellow parents... raise your hand if you ever feel the overwhelming sense of irritation when your child asks you (maybe for the fifteenth time) to do something he or she can totally do for themselves.

Is your hand up in the air? Take comfort – you’re not alone!

All families deal with helplessness from time to time. If feigned helplessness is a once-in-a-blue moon occurrence at your house – no big deal. We all have our moments!

However, if your child acts helpless on a daily basis for things he can and should be doing for himself, it’s time to put the brakes on that behavior!

The type of helplessness we need to reign in is when kids ask (demand, whine for) us to do things they are perfectly capable of doing for themselves. Depending on the age of your child, it might be something like, “Daaaaaad, I need you to ‘butter my bread,’ ‘tie my shoe,’ or ‘get me a juice box.’”

You KNOW they can do it. THEY know they can do it. They are choosing to act helpless to keep you at their beck and call – to get you to jump through hoops to meet their whims and demands.

This kind of helplessness is called Special Service and it’s a classic power struggle. It’s not only aggravating – it creates unrealistic expectations for your child that their every wish will be granted, and that’s not healthy for anyone!

You might be thinking, “What’s wrong with helping our kids, Amy?” Rest assured, there’s nothing wrong with helping one another when needed. A family is a team and we have each other’s backs. However, when “helplessness” is really a demand for Special Service, the child is manipulating the parent for attention or power.

Continued on page 3

Please check your child’s parent folder every day. There is important information there! Also, make sure your child always has a change of clothes and diapers/pull-ups, if necessary. Thank You!

Caterpillars/Buttercup Butterflies



We enjoyed spending time with you and sharing about how much your child has grown. Now it's time to get ready for Mother's Day. Each child will be making one-of-a-kind surprises for their Moms! We will still be exploring and learning as we have fun at school.

-Ms. Stacey, Ms. Stephanie, & Ms. Natalie

Pixie Butterflies

April was a very busy month! Thank you to all who participated in parent-teacher conferences and now we spring into May! As we continue learning and recognizing our numbers, we're also going to be working on spring activities such as planting seeds & watering the garden to teach our Pixies to appreciate nature and to help keep our garden safe. We have our amazing Tea Party for Mother's Day on May 10th. Our little Pixies have been working hard on surprising their lovely mothers.

- Ms. Maria & Ms. Vanessa



Elf Butterflies



We are about half-way through making our own alphabet book and will continue this month transforming our letters into animals. We appreciate and thank you for meeting with us for parent-teacher conferences. We look forward to enjoying Mother's Day Tea with you and your child on May 10th. Happy Mother's Day!

-Ms. Jessica & Ms. Beryl

Julia Butterflies

Thanks to all of our parents that attended our Kindergarten Readiness event. It's hard to believe the school year is almost over, it's been a joy to watch your children learn and grow. Please have your child in class by 9:00AM as we are continue to practice for Graduation and check your child's folder daily for upcoming information.

-Ms. Paige & Ms. Vicky





Ms. Bailey's Birthday- May 5th
Teacher/Staff Appreciation Week- May 6th through May 10th
Mother's Day Tea- May 10th
Ms. Amy's Birthday- May 19th
VPK Graduation- May 24th
Last Day of VPK- May 29th

HELPING KIDS KICK THE "HELPLESS" HABIT continued...

How do you know if it's Special Service or just a normal request? Simple: Your gut will tell you. Here's an example: You are standing next to the silverware drawer and your daughter says, "Mom, can you grab a spoon for me?" You say, "sure" and hand her a spoon. No big deal. It's a perfectly reasonable request. Example two: You are busy packing lunches and you let your daughter know it's time to leave in 5 minutes. She breaks into a chorus of "Mooooooooom, I need you to help me get dressed! I can't do it." You KNOW she can do it. You've seen her do it. She is playing the helpless card to get the attention and power hit of a "special service" request. In the spoon example – it was a perfectly reasonable request and there was no emotion involved. In the getting dressed example, you felt annoyed in the moment because you KNOW she is ACTING helpless and now you're ticked. It's the gut feeling that tells you it's special service. That irritated feeling is your gut's way of telling you to activate your parenting superpowers and not give in to demands that your kids can, and should, do themselves. Read on for what you should do instead.

Put these four strategies into place: Take time to train your child to do the task all by themselves, set the expectation, walk away, and if time is of the essence, include the task as part of a When-Then Routine. Will your kids try to pull the helpless card again? Most likely, they will! After all, acting helpless has worked for them in the past! However, with practice and consistency on your part, they'll get the point that you won't jump through hoops at their every whim and demand. In short order, your kids will feel empowered because they will become more and more capable (at something other than manipulating mom or dad)! You'll feel empowered that your kids are learning to manage their own tasks in addition to you getting a much deserved break! (Go you!)

Sensory bins are a fun way to work on fine motor skills and explore things with our different senses. This colorful bug sensory bin was a hit!

Here's what you'll need:

- ◆ Plastic Bugs
- ◆ Old Cereal (Kix/Cheerios)
- ◆ Tongs
- ◆ 1 Big and 1 Small Plastic Tub



All you do is toss the bugs and cereal into a big bin and you are ready to explore!!

We used our tongs to pick up the colorful bugs and put them in a smaller plastic tub. Kids can sort the bugs by color and just have fun playing with them too.

Strengthening finger muscles and building fine motor skills are important as you prepare your child for writing. Kids also need strong finger muscles in order to do simple things like zip up their coat and button their buttons.



Super Supper

**Shepherd's Pie w/
Ground Beef
& Biscuits.**
Payment is due
Wednesday, May
15th and pick-up is
Thursday,
May 16th.

**BBQ Chicken with
Coleslaw
& Baked Beans.**
Payment is due
Wednesday, May
29th and pick-up is
Thursday,
May 30th.

**Feeds 1 adult and 2
children.
\$5.00 each
Sign-up at the
front desk.**

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.