



Trying To Get Out Of The Door In The Morning

By: Parenting Now

May 2026

Parenting is a job like no other. Raising children can bring us joy and meaning. Yet it also brings feelings of frustration, being overwhelmed, and unsure of what to do next. The challenges of parenting can be magnified if you have a child who has big emotions or difficulties settling.

Meltdowns are particularly hard to manage when you are trying to get out the door in the morning or when you are in a public place, such as a grocery store. Some children have a lot of trouble following directions or adjusting to change. Sometimes, children don't know what to do to calm down, or they may not know what is expected of them.

Tips for Avoiding Meltdowns in the mornings

- ◆ Build a foundation of positive attention: Show and tell your child often when they are doing what you want to see more of (playing nicely with a sibling, speaking in an indoor voice.)
- ◆ Set up a few basic rules telling your child what to do (e.g., 'breakfast before tv'). Be as specific as possible and try to phrase the rule positively.
- ◆ Set up a morning routine. It may help to include your child in the planning, deciding the order of activities or timing, for example.
- ◆ Set up naturally available consequences for following (or not following the rules). Praise and positive attention is important, as is a consequence for not following the rules. Keep consequences short, immediate, and relevant to the problem (e.g., loss of screen time that morning before school or daycare).
- ◆ Prepare in advance: This could include engaging your child in helping to select clothes or pack a backpack or lunch the night before, etc.

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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.

Caterpillars/Buttercup Butterflies



In May, our infants will be Movin' and Groovin'. Exploring books about food and mealtime, enjoying songs and the rhythm of music. Plus fine and gross motor skills "learning how to use a spoon to feed my self"

- Meme

Happy May Buttercup Families! This month, the buttercups will dive into ocean animals, exploring different sea creatures and their habitats. They will learn about butterflies and their life cycle, observe birds, and explore flowers and gardening by discussing how plants grow. Through these themes, they will build early science skills, expand their vocabulary, and engage their curiosity about the natural world.

-Ms. Denisse & Ms. Yaxi

Pixie Butterflies

Happy May Pixie families! This month we will be exploring our world through nature, sound, and discovery! Our pixies will be learning about the sea and sky through a variety of activities. We are ready for a fun month!

-Ms. Ayanna & Ms. Vanessa



Elf Butterflies



Get ready for an action packed May, as we explore exciting weekly themes designed for our little learners! This month, we will jump into the fun of the circus, continue celebrating the arrival of Spring, gear up for a camping adventure, and get active with "all about sports" week. Our three year olds love hands on activities, designed to spark imagination and encourage movement!

-Ms. China

Julia Butterflies

Hello Julia butterfly families, thank for meeting with us for parent teacher conferences. We enjoyed sharing all the things your children have learned. This month we will continue the light study. We will explore how we use light, what happens when we block light, and what kinds of things light shines through. We will also continue to practice for graduation and start the getting ready for kindergarten study. We look forward to a learning-filled month of May.

-Mr. Kaliq & Ms. Paige





Mr. Kaliq's 3 Year Anniversary—May 22nd
VPK Graduation _May 22nd
CLOSED in Observance of Memorial Day—May 25th
Last Day of VPK—May 27th

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In the midst of a meltdown, try to stay calm yourself and help your child by validating their feelings. Subsequent strategies such as quiet time may be needed to help a child calm down.

By staying calm and present un the midst of your child's meltdown, you can help them to calm and settle as well.



Toilet Paper Roll Butterfly Craft

By: Thebestideasforkids.com

Who doesn't love a toilet paper roll craft? Your kids will love transforming an empty toilet paper roll into a super cute butterfly. Such a fun craft to welcome Spring!

Supplies Needed:

- Toilet paper roll
- Small googly eyes
- Colored buttons
- Cardstock
- Acrylic paint
- Glue
- Pipe cleaner
- Small pom poms
- Black sharpie



Directions:

- Paint the paper roll a color of your choice and let it dry. You may need to paint a few coats for lighter colors.
- For the wings, fold a piece of cardstock in half. Draw your butterfly wings on the cardstock with the edge of the wings on the folded line.
- Cut out the wings.
- Glue colored buttons to the butterfly wings or have fun decorating the wings however you'd like. You can use pom poms, craft gems or even just color on your own design.
- To make the antenna, bend the pipe cleaner into the shape of a "V". Curl the tips of the "V" down. Glue two small pom-poms to the tips
- Glue the antennae to the inside tip of the paper roll. Glue the googly eyes near the top of the paper roll and draw a mouth with the black marker.
- Finally, glue the wings to the back of the paper roll.



Super Supper

Asian Chicken
Ramen Bake
Pick up day is:
Thursday,
May 14th.

BBO Chicken
with Macaroni
Salad and
Watermelon
Pick up day is:
Thursday,
May 28th.

\$7.00 each

Payment is due before pick-up.

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Find us on



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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