

United Day Care Center



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Day Care Center

# May Newsletter

May 2024

## May Newsletter

May is Mental Health Awareness Month. The subject of children and mental health can be difficult. Parents who engage with their kids. Parents who are engaged and have conversations with their kids can help monitor their child's emotional state and address any problems prior to becoming too severe.

One of the most important things you can do as a parent is to keep the lines of communication open with your children. Build trust with your children for them to know they have an adult to speak with for any feelings or emotions they are experiencing, including anxiety, depression, fear, or thoughts of self harm. Discussing and normalizing mental health discussions helps make children aware that there is nothing wrong with talking openly about their feelings. Making mental health a priority, such as self-care and ways to proactively manage stress can help teach the children healthy habits at a young age.

We will be beginning Splash Days this month across the center. Please make sure you're watching for information from your child's teacher on which day they will have Splash Day. We will be asking parents to bring their child dressed in their swimsuit for the day. Please also be sure to bring your child a towel to dry off.



# Room Updates

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## Room 1 – Continuity of Care

This month we will be focusing on the garden, Cinco de Mayo, families, community helpers, and bugs! During this month we will plant flowers, find bugs outside, make cards for different community helpers, talk about things in Spanish and discuss our families. Please send in new family photos so we can make updated ones for the children. We will be starting splash days soon, so keep an eye out for more information!

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## Room 2 – One Year Olds

During the month of May we will focus on plants and flowers, ABCs, dinosaurs, and Memorial Day. We have a few fun activities for the children to observe over time during flowers week. The kids will enjoy watching white flowers change colors and watch other flowers grow in the window. Please bring in short sleeve/shorts for the summer. If you are able, we like to keep a light jacket for chilly mornings, as we will continue going outside.

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## Room 3 – Two Year Olds

Happy May!

Room 3 is SO happy to be enjoying the warm weather and all the beautiful sunshine we have had! This past month we had the wonderful opportunity to welcome new staff into our room and are excited they are here. In April we enjoyed jumping in puddles and painting with various items mostly, as well as became adventurers and dug for bugs any chance we could. In May, we will explore Cinco de Mayo, become experts on fish and dinosaurs, celebrate the important women in our lives, and observe Memorial Day. We will be closed that day. Also, we are having another in class family event we'd like you to join, please look at for more information on Brightwheel.

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## Room 4 – Continuity of Care

This month we are welcoming the warmer weather! We are exploring topics like Cinco De Mayo, Mothers/Families, transportation, and more. We will plan on starting splash days soon! Please keep a look out for a message with more info on splash days along with diapers, wipes, and clothes.

Please wish Ms. Grace a goodbye as she is moving back home, her last day with us is May 10th!

We also want to welcome Ms. Taylor to Room 4!  
Let's get ready for an AMAZING May!





# Room Updates

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## Room 5 - Infants

Happy May Room 5! We're looking forward to nature based play with seasonal materials, creatively expressing ourselves with new textured paper, and exploring themes such as community with our "Family Photos" project and dramatic play with puppets. As always, there are new individualized plans in your child's cubby full of ways Educators will be supporting your child's interests and development. Let me know if you have any questions or comments!

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## Room 6 - 3 & 4 Year Olds

Happy May Room 6 friends and families! We're so excited to have kicked off this spring with amazing learning experiences. We have learned about different types of bugs, celebrating the Earth, and different cultures from around the globe. During May we will continue to explore the world around us, begin identifying farm animals, and celebrate the mothers in our lives. Please remember to dress your child appropriately as the weather begins to heat up. Thank you for all you do.



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## Room 7 - 4 & 5 Year Olds

April was a great kick off to Spring! We enjoyed learning about bugs and watching our caterpillars grow into butterflies. Our book show and tell was also fun! It was awesome learning what books everyone likes to read. May is going to be full of fun as well. We will be learning about Mexican culture for Cinco De Mayo, planting flowers and learning about gardening, we will be having some dinosaur fun with Mr. Corbin, and learning about life on the farm. This month we want to wish Salar a happy birthday!