



The One Simple Phrase To Change Your Parenting Mindset Forever

By: Positive Parenting Solutions

August 2025

Main Article	1
Caterpillars/ Buttercup Butterflies	2
Pixie Butterflies	2
Elf Butterflies	2
Julia Butterflies	2
Important Dates	3
Glowstick Fireflies Craft	4

Let's be honest. We love our kids to pieces, right? But parenting is exhausting – especially when we add in sports, extracurricular activities, family obligations, keeping the house in order, getting a semi-decent meal on the table, our own jobs – and, oh yeah – having any semblance of a life. Sometimes it feels like we're barely surviving rather than thriving. Sound familiar? I get it. I've been there and done that. However, there's a flip side of the coin that's made a huge difference to me as a parent and to the way I approached my days. In fact, it totally changed my perspective.

THE PHRASE THAT CHANGED MY PERSPETIVE

How? Through the thoughtful words of another parent. Years ago, an insightful minister in my church was getting ready for her son's upcoming wedding. She shared a perspective that has stayed with me ever since. After offering some reflection on twenty years of being a mom and watching her little boy become a man – she challenged our congregation to shift our internal conversations **from “I have to” to “I get to.”**

Instead of “I HAVE to” go to soccer practice, (basketball, football, theatre, dance – fill in the blank) – think — I GET to support my child's ambitions.

I get to watch them grow stronger and more well-rounded.

I get to be there for their ups and their downs.

I get to spend uninterrupted time in the car with them as we carpool for the millionth time.

I get to fix them a meal and hear about their day or even glance over to see them sleeping in the seat beside me as we drive home from a long day.

I get to teach them to appreciate their talents by encouraging their dreams and nurturing their gifts.

I get to be part of taking my child from infancy to adulthood and hopefully share a whole lot more after that.

Now there was an Aha! moment. It stops you in your tracks.

Because they really ARE only little once. They really are under your roof for such a short time.

There's a whole lot of firsts and seconds and thirds – memories to be made as we're raising our children and if we are blessed enough to GET TO be there for those – wow, that's a gift. Right?

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.

..continued on page 3

Caterpillars/Buttercup Butterflies



August is the beginning of new school year! We will be welcoming our new friends and making them feel safe. We will be focusing on introducing our school family songs and getting familiar with the classroom, and social interaction.

-Meme

Happy August! As we enter the new school year, we will be welcoming new friends to our class and creating connections. Throughout this month we will be growing and learning through art, dance and music! We will also continue to explore the concept of the Sea through our activities and play.

-Ms. Denisse & Ms. Yaxi

Pixie Butterflies

Hello families and welcome to a new school year here in the Pixies class! In August, we will be focusing on establishing our classroom routines and learning about our new friends that will be joining us. Please help support your student by making sure they are stocked up on spare clothes and bring in a water bottle every day! We are looking forward to a great year together!

-Ms. Amelia & Ms. Rochama



Elf Butterflies



Happy August! This month, we're focusing on building strong relationships, learning classroom routines, and helping each child feel confident and connected. We'll explore who we are through fun All-About-Me activities, practice sharing and taking turns, and spend time outside discovering the wonders of nature. Here's to a great school year!

-Ms. King

Julia Butterflies

Hello and welcome to the Julia butterfly class. We are excited to start the school year with each one of your children. This month we will finish learning about numbers 8, 9, and 10, patterns, syllables, growth and change over time, and "my phone number". We will start learning about building relationships, establishing routines, all about me, and circle exploration. Please be sure to check your child's file folder every day and leave a change of clothes in their cubby in case of accidents or spills. We look forward to a fun year in VPK.

-Mr. Kaliq & Ms. Paige





Ms. Lakishia's Birthday—August 4th
 CLOSED for Teacher Work Day—August 8th
 Ms. Dara's 9 Year Anniversary—August 11th
 1st Day of School—August 11th
 Ms. Shirley's Birthday—August 12th
 Ms. Alexis's Birthday—August 22nd
 Ms. Taliyah's Birthday—August 29th

The One Simple Phrase To Change Your Parenting Mindset Forever

By: Positive Parenting Solutions

...continued

Will there be times when the last thing we feel like doing is sitting in the blazing sun watching a sporting event or climbing aboard a bus with 60+ teenagers (and that awesome combination scent of sweat, body odor, and WAY too much spray cologne)? Oh yeah.

Will there be times you're wiped out from work, but you race to make the opening curtain anyway? Absolutely.

Will you have a to-do list a mile long and find yourself doing laundry late one night or making the mad dash to the store at six in the morning for something you forgot and wondering if it is all worth it? Yep. Every bit of it and then some.

Here's what I can share with you, though. Both of my guys are out of college now; one is married, and I have a new daughter-in-law. They are no longer little boys. They are fun, faithful, amazing young men, and yes, I got to enjoy all those precious moments.

I wouldn't trade those tiring days for anything in the world.

FINAL THOUGHTS

Closing chapters on stages of parenting can be bittersweet. But yes – it's worth it.

Trust me, I know what it feels like to lose the joy in parenting. Honestly, the same thing happened to me when my boys were young, which is what prompted me to begin my Positive Parenting Solutions journey. If you want to bring peace into your home and find the joy in parenting again, I'd love for you to JOIN ME FOR A FREE ONLINE CLASS! (<https://www.positiveparentingsolutions.com/web-free-webinars>)

I'll teach you how to get your kids to listen without nagging, yelling, or losing control.

And just remember, next time you're exhausted and thinking I have to.... stop. Breathe. Take a look at your kid and change your words to "I get to." Say it out loud, "I GET to take you to practice today!!" It's powerful. It's a game-changer. I promise.

Glowstick Fireflies

Supplies Needed:

- ♦ Construction Paper
- ♦ Glowsticks
- ♦ Scotch Tape
- ♦ Black Marker

Instructions:

Draw wings and an antennae on the construction paper. You will need two of each per glowstick.

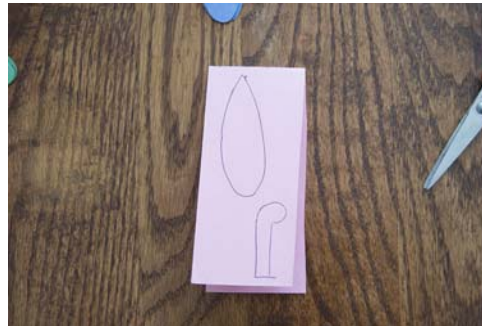
Cut out the wings and antennas.

Break the glowstick.

Tape the wings and antennae to the glowstick.

Draw a face on the glowstick with the marker.

These little dudes take about 5 minutes to make per firefly, and they'll last about 24 hours or longer, depending on the glowstick.



Super Supper

Cold Asian
Pasta
Salad with
Chicken
and a Side
of Fruit

Pick up day
is Thursday,
August 21st.

\$7.00 each

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

741 S. Pennsylvania Avenue
Winter Park, FL 32789
Phone: 407.647.0505
reception@wpdaynursery.org

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.

Winter Park Day Nursery is a 501 (c)(3) tax exempt organization.