



The Art of the Juggling Act: 5 Tips for Working Parents

By: Sarah Armstrong

February 2025

If there was ever a need for a guide to the art of the work-family juggling act, it's now. Working parents with children ages five and under account for 68 percent of all couples with young children, and the trend toward employment among couples with young children continues to grow. For instance, according to Statistics Canada, 72 percent of mothers with young children are working, up from 32 percent in 1976 and 59 percent in 1991.

Whether it's birthdays or holidays, back to school or summer vacation, working parents are on call to juggle their home life and career, to balance the demands of work and to try to spend quality time as a family.

We go to school and learn about a lot of different topics, but we do not go to school to learn about parenting, how to manage our career or how to balance both. Each day I watch working parents try to figure out their juggling act.

Here's my advice.

Organize the logistics of life

Over the years, I have learned the importance of managing the logistics of life in a way that allows me to create the space for the things that provide me fulfillment.

Tip #1. Understand that perfection is not the goal. Give yourself a break as we are all "works in progress"

For many of us, there is that nagging feeling that we should be striving for perfection at home and at work. We need to let this expectation go, as it will run us into the ground. Try to give yourself the grace to know that you are doing the best you can, and take the pressure off yourself to strive for perfection.

Tip #2. Set and protect your boundaries so you can be present when you are with your children

Reflect on what you want your boundaries to be and how to clearly define them for yourself. The reality is that, if you do not draw boundaries for yourself, then no one will. If you don't define and communicate your boundaries to those who need to know, then they won't be able to respect them.

Main Article	1
Caterpillars/ Buttercup Butterflies	2
Pixie Butterflies	2
Elf Butterflies	2
Julia Butterflies	2
Important Dates	3
Bee Mine Valentine Heart Craft	4

Please check Procare 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



In February, our babies will be introduced to the first letter of their first name, by using water and brushes. This is good for their fine & gross motor skill as well as their eye-hand coordination. New books will continue to be introduced for language and literacy. Be on the look out for a special Valentine's present.

-Meme

Hello Buttercup Butterfly Families! For the month of February, we will be focusing on discovering new things through movement and exploration. The Buttercups will engage in activities that encourage curiosity and discovery, using music, language and literacy as key tools for learning. Through interactive songs, storytelling and hands on experiences, we will support their physical, cognitive and language development while fostering a sense of wonder and excitement about the world around them.

-Ms. Denisse & Ms. Yaxi

Pixie Butterflies

This February, our Pixie love bugs will be learning about how things work. We'll explore cause and effect, learn how to make things move, and dive into cooking. One week, we'll also discuss how to build and fix things. I can't wait to see the amazing creations we come up with! As we begin Library days again, please remember to return your child's library book Tuesday each week. Thank you all!

-Ms. Ashlynn & Ms. Victoria



Elf Butterflies



Happy February! This month in the Elves classroom we will focus on gross motor play, like throwing, running, and jumping. The children have been enjoying the water table and we will continue to get creative with water play. Lastly, we will continue to practice our school-wide expectations of be Safe and be friendly. These connect to our class rules such as using gentle hands and inside voices. We look forward to this month with your kiddos!

-Mr. Kaliq & Ms. Morgan

Julia Butterflies

Hello Julia Butterfly families, this month we will finish learning about letters V v, W w, and X x, staying healthy, pop music exploration, and a snowy day and we will start learning about letters Y y, Z z, and C c, classical music exploration, and about space and comparing big and little. Please check your child's file folder daily and return library books each Monday.

- Ms. Amelia & Ms. Paige





Ms. Ashley's Birthday—February 7th
 CLOSED for President's Day—February 17th
 Ms. Megan's Birthday - February 19th
 Ms. Denisse's 1 Year Anniversary— February 26th

The Art of the Juggling Act: 5 Tips for Working Parents

By: Sarah Armstrong
 ...continued

Tip #3. Learn the power of saying no without giving the reason why

It's hard to say no, particularly if you are early in your career or when starting a new role and you are trying to establish yourself or in a support role.

There was some guidance I was given late in my career that I wish I'd been given sooner. My colleague said, "Sarah, you don't need to give me the reason you can't make it [to]. You just need to say you can't make it. If you give me a reason, then I am going to make a judgment. . .and that is not my judgment to make. It is your call."

This guidance can apply to your social life too. If you're asked to attend a social engagement and you have a conflict, don't give a reason why. Just say you have a prior commitment.

Tip #4. Phone a friend. Build your support network and be open to asking for help when you need it

The only way to manage the juggling act is to have the right support network in place to help you along the way. Many people have extended family who will be able to pitch in when someone needs a ride home from practice or to run an errand. Neighbors and nearby friends are another good resource, and I found that stay-at-home parents can be amazing support when situations that need attention arise during working hours.

Tip #5. Prioritize self-care. Make time for the energy boosts that help you recharge your battery

There are a range of things that you can do to ensure that you stay healthy, starting with prioritizing self-care, which includes getting enough sleep, working out and taking time for yourself, away from your children.

These are not "optional" things that you can put at the bottom of your list. They are "must-dos" to ensure you stay healthy and happy as a working parent.

This is easier said than done. This is essential, however, because your children deserve to have a healthy parent who has the energy to engage with them in a positive way.

My goal in sharing these tips is to pay it forward, to offer what I've learned over the past twenty-plus years to help other working parents who are trying to manage their juggling acts on a day-to-day basis—and live life to the fullest.

BEE MINE Valentine Heart Craft

Supplies Needed:

- Recycled toilet paper roll
- Yellow paint
- Black pipe cleaner
- Yellow, black, white, & red card stock or construction paper
- Scissors
- Glue
- Tape
- Black Marker



Instructions:

Step 1: Paint the toilet paper roll yellow and allow to dry.

Step 2: Cut 3 long stripes of black paper and wrap around the toilet paper roll to make the stripes.

Step 3: For the eyes, cut out 2 white circles and 2 smaller black circles. Glue the white circles onto the toilet paper roll and then the black on top of the white.

Step 4: Cut the pipe cleaner into 2 pieces about 3 inches each. Twist the pipe cleaners and tape to the inside of the toilet paper roll for the antennae.

Step 5: Cut 2 small hearts from the yellow paper and glue onto the back of the toilet paper roll to make wings.

Step 6: Cut a small heart from the red paper. Using a black marker write “Bee Mine” on the heart and glue it to the top of one wing.



Super Supper

Broccoli & Cheese
Quiche w/ a
Side of Fruit
Pick up day is
Thursday,
February 13th.

Vegetable
Lasagna w/ a
Side Salad
Pick up day is
Thursday,
February 27th.

\$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



EXCELLENCE IN EARLY EDUCATION

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.