

## The Art of Self Care

*Celebrating BABIES, TOTS, AND YOU 2017*

VIRGINIA  
INFANT & TODDLER SPECIALIST  
NETWORK  
"Achieving Excellence in Early Care"

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## Introduction

- Presenters
- Pre-Training Knowledge Measure
- Back Home Plan



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## Learning Objectives

- Identify potential job related stressors
- Identify and practice ways to incorporate self-care at work
- Develop an action plan for managing potential stressors

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**Agenda**

- Potential stressors
- Effects on children
- Self Care
  - What is it?
  - Let's practice
- Story Time
- Make a plan

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**Super Heroes in Disguise**

YOU ARE:

- A wealth of knowledge
- Caring
- Creative
- Energetic
- Attentive
- Encouraging
- Supportive
- Nurturing
- A part of the family
- A professional
- ...And many more



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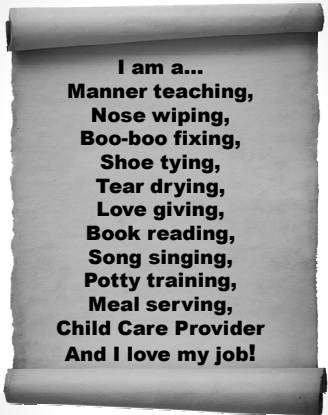
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I am a...  
**Manner teaching,**  
**Nose wiping,**  
**Boo-boo fixing,**  
**Shoe tying,**  
**Tear drying,**  
**Love giving,**  
**Book reading,**  
**Song singing,**  
**Potty training,**  
**Meal serving,**  
**Child Care Provider**  
**And I love my job!**

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**You are also**

- A diaper changer
- A record keeper
- A washer...of hands, faces, bottles, toys and more
- An organizer...of toys, clothes, paperwork
- A referee
- A germ fighter
- A wiper...of tables, toys, noses, bottoms
- A listener...of giggles and cries, complaints (from children, staff, and parents)

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**Being a Child Care Provider**



What makes me smile?



What makes my smile fade?

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**Identifying Stressors in Child Care**

**Classroom Challenges**

Limited resources, behaviors, ratios

**Work Conditions**

Environment, hours, wages

**Relationships**

Co-workers, parents, lack-of (feeling isolated)

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**Additional Stressors in  
 Child Care**

**Family Day Home**

Blurry boundaries,  
 Payment, Pick up time

**Personal**

Financial, overcommitted,  
 family, etc.



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**Let's Color**

**Classroom Challenges**

**Work Conditions**

**Relationships**

**Personal**

**Family day home**

**Super Stressed**



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**Stress Log**

Date/Time	Stress/Event	My Response: Thoughts/Feelings/Actions	Rate My Response 1-3

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**Results of Stress in  
Childcare**

- Exhaustion
- High turnover rates
- Lowered attitude towards job
- Greater absenteeism
- Compromised consistency of care
- Children as early as \_\_\_\_ can feel the effects of stress on a caregiver.

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**Circle of Protection**



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**You know you are a child  
care professional when . . .**

**YOU SOMETIMES GET  
THE URGE TO REDIRECT  
MISBEHAVING KIDS IN  
PUBLIC PLACES.**

The Teacher Next Door

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**You know you are a child care professional when your neighbor calls to ask you if you have heard the latest news story and you reply . . .**

Listen, I'm surrounded by little children all day. So unless Dora sings it, Bob builds it, or Dr. Seuss wrote it, I have no idea what you are talking about.



someecards  
user card

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**You know you are a child care professional when you believe that . . .**

Silence is golden. Unless you run a daycare. Then, silence is just suspicious.



someecards  
user card

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**You know you are a child care professional when . . .**

**CHASING  
TODDLERS  
IS YOUR  
CARDIO**

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**Because you are constantly giving  
OF yourself, you must remember to  
give TO yourself.**



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**You owe yourself  
the l♥ve that you  
so freely give to  
other people**

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**Ways to practice self care  
while chasing toddlers  
and changing babies!**



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**L** \_\_\_\_\_

- Children do it \_\_\_\_\_ times a day
- Adults do it \_\_\_\_\_ times a day.

*How can we make more???*



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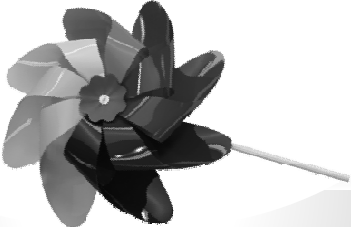
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**B** \_\_\_\_\_

- Smell the \_\_\_\_\_.
- \_\_\_\_\_ the bubbles.



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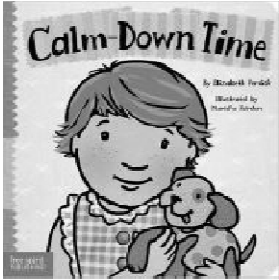
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**Calm Down**



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# Celebrating BABIES, TOTS, AND YOU 2017

**E**\_\_\_\_\_

Turn \_\_\_\_\_ time into movement time.



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**Y**\_\_\_\_\_



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**T**\_\_\_\_\_



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# Celebrating BABIES, TOTS, AND YOU 2017



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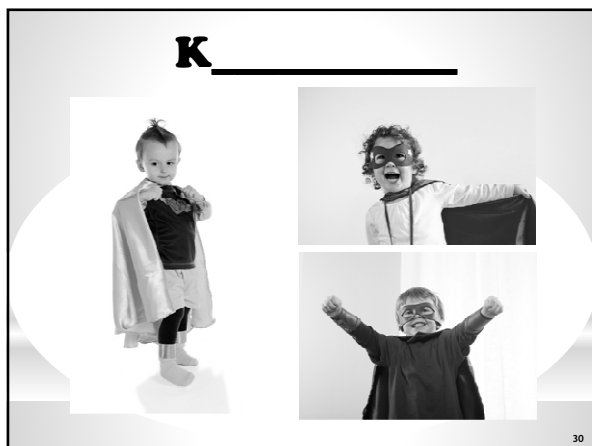
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**Infants**



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**Naptime for Infants**

- Walk
- Music
- Light
- Feed
- Talk



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**Naptime for Toddlers**



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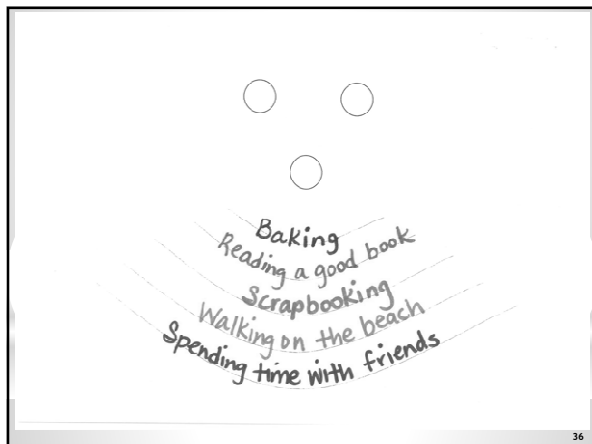
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### My Individualized Action Plan

When (my stressor) \_\_\_\_\_

\_\_\_\_\_

and I begin to feel (signs of stress)

\_\_\_\_\_ ,

I will (technique to use) \_\_\_\_\_.

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### Resources

- *Finding Your Smile Again: A Child care professional's guide to reducing stress and avoiding burnout.* Jeff A. Johnson (2007). Redleaf Press
- *Keeping Your Smile: Caring for Children with Joy, Love, and Intention.* Jeff A. Johnson (2010). Redleaf Press
- *Keeping a Stress Log.* Center for Early Childhood Mental Health Consultation, Georgetown University Center for Child and Human Development
- *Taking Care of Ourselves.* Center for Early Childhood Mental Health Consultation, Georgetown University Center for Child and Human Development
- *Managing Stress in Child Care Services:* Extract from Putting Children First (issue 26, June 2008, pps 24-26), National Childcare Accreditation Council
- *Can Childcare Directors Reduce Burnout Among Teachers?* Bonnie Roberts, MA (Lindkedin)
- *5 Things to Know about Mental Wellness in Early Childhood,* T. Halle, L. LaMonte, R.A. Gooze, J.D. Bartlett, & D. Murphey. [www.childtrends.org](http://www.childtrends.org), October 2015

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### Resources

- *Professional Development for Childcare Providers: Managing Stress in the Childcare Setting.* Heidi Radunovich and Rachel Dorman
- *Tips for Tots: Series #3 Caregiver Support.* Early Childhood Consultation Partnership. A program of Advanced Behavioral Health. [www.abhct.com](http://www.abhct.com)
- *My Clients, My Students, My Patients, Myself: Self-Care Advice for Caring Professionals.* Judy O. Berry, Ed.D. (2012), Center for Learning and Leadership, University of Oklahoma Health Sciences Center
- *Caring for the Caregiver.* North Carolina Child Care Health and Safety Bulletin (Volume 2, Issue 6, June 2002). NC Child Care Health and Safety Resource Center
- *Transforming Compassion Fatigue into Compassion Satisfaction: Top 12 Self-Care Tips for Helpers.* Francoise Mathieu, M.Ed., CCC. (March 2007). Workshops for the Helping Professions
- *Ask a Child Care Adviser-Positive Staff Interactions Benefit Children.* Extract from Putting Children First (issue 14, June 2005, pps 3-5), National Childcare Accreditation Council
- *Tips on How to Handle Conflict in the Workplace.* Roberta Matuson. Child Care Lounge. [http://EzineArticles.com/?expert=Roberta\\_Matuson](http://EzineArticles.com/?expert=Roberta_Matuson)

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## Final Thoughts

- Back Home Plan
- Post-Training Knowledge Measure
- Evaluation
- Thank You!



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