



WEBINAR

Caring For Yourself as a Childcare Provider

Presented by





THE PRESENTER

Joni Levine

Joni Levine is the founder and main content author of Child Care Lounge.com. B.S. in Early Childhood Education and an M.Ed in Instruction and Learning with a minor in Curriculum Design and Development

Professional Experience include:

Preschool Teacher

Parent Educator

Consultant

College Instructor

Santa Claus

Camp Counselor

Center Director

Afterschool Program Coordinator

Journal Editor

Distance Learning Reviewer

Workshop Presenter

Online Webmaster and Author

Private School Teacher

About us

Child Care Lounge

Child Care Lounge has been providing online childcare classes, childcare training, networking, and resources to support childcare professionals since 2003.

In this session we will discuss:



Identify your stressors



Set goals and list the steps needed to achieve them



Identify ways to improve the work environment



Recognize the need for self-nurturing



Create and employ your own self-care routines

Identify your stressors



Holmes and Rahe Stress Scale (adults)

toolshero

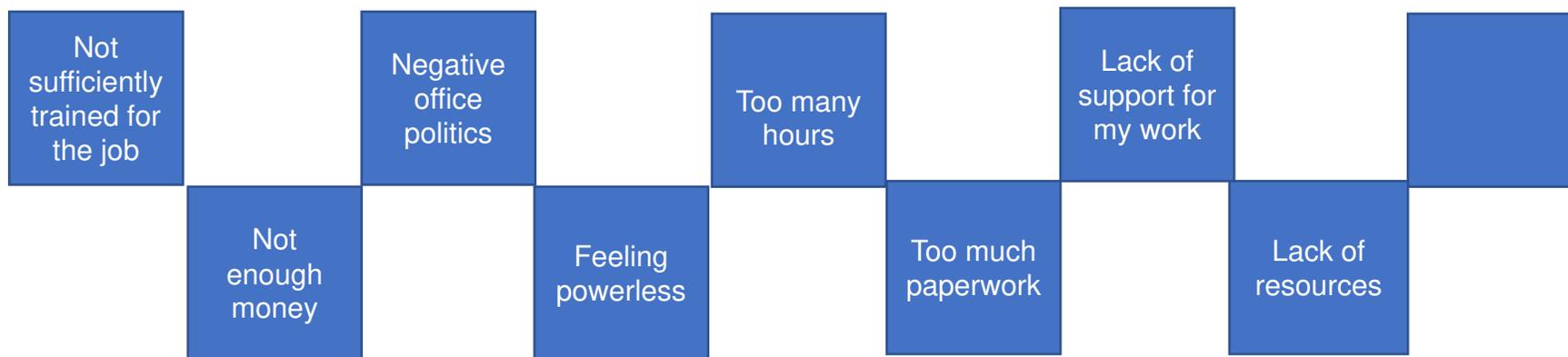
#	Adult life events	Score
1	Death of spouse	100
2	Divorce	73
3	Marital separation	65
4	Prison sentence	63
5	Death of an immediate family member	63
6	Personal injury or illness	53
7	Getting married	50
8	Dismissed from job	47
9	Marital reconciliation	45
10	Retirement	45
11	Change in health of family member	44
12	Pregnancy	40
13	Sexual difficulties	39
14	Gaining a new family member	39
15	Business readjustment	39
16	Change in financial state (debts)	38
17	Death of a dear friend	37
18	Change to a different line of work	36
19	Change in frequency of arguments	35
20	Major mortgage	32
21	Foreclosure of mortgage or loan	30
22	Change in responsibilities at work	29

#	Adult life events	Score
23	Child leaving home	29
24	Trouble with in-laws	29
25	Outstanding personal achievement	28
26	Spouse starts or stops work	26
27	Starting or ending school	26
28	Change in living conditions	25
29	Revision of personal habits	24
30	Trouble with boss	23
31	Change in working hours or conditions	20
32	Change in residence	20
33	Change in schools	20
34	Change in recreation	19
35	Change in church activities	19
36	Change in social activities	18
37	Minor mortgage or loan	17
38	Change in sleeping habits	16
39	Change in number of family reunions	15
40	Change in eating habits	15
41	Trips	13
42	Major holiday	12
43	Minor violation of law	11

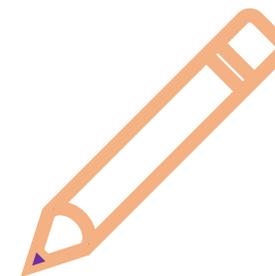
Identify your stressors



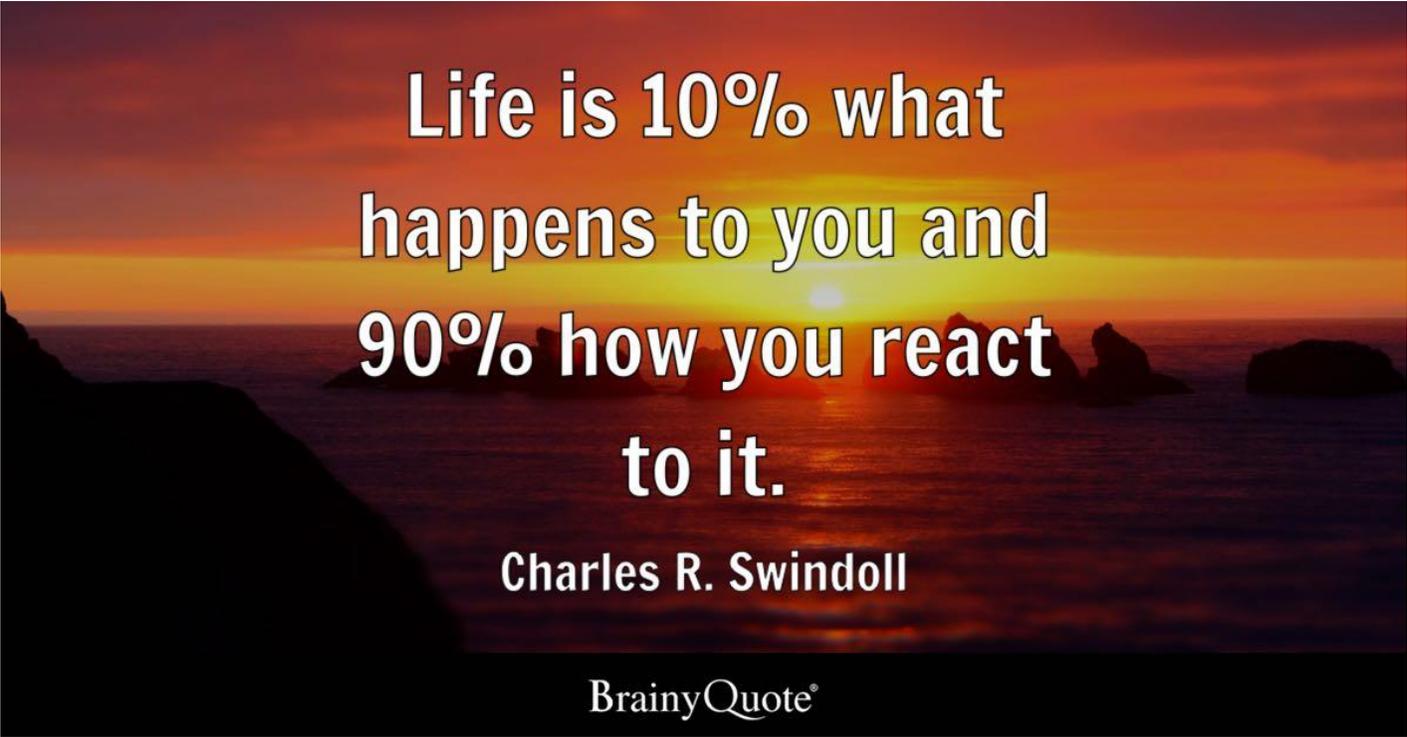
Workplace Stressors



What is stressing you out?



Identify your stressors



Life is 10% what
happens to you and
90% how you react
to it.

Charles R. Swindoll

BrainyQuote®

Identify your stressors

Are You at Risk for Burnout?

You may be at risk if you can identify with many of these statements:

I have a hard time asking others for help.

I tend to strive for perfection and have very high expectations for myself.

I have difficulty saying no to additional requests for my time.

If only I would work harder, I would be successful.

I should be able to do what others cannot.

My work life comes first.

I am a giver, not a taker.

Set goals and list the steps needed to achieve them

Setting goals is about decision making. You need to decide what you want to happen and how you also need to put a value or priority on your goals.



Set goals and list the steps needed to achieve them



- ▶ Who will work on this goal?
- ▶ Work Backwards to Set Milestones.
- ▶ Prioritize your goals.

Identify ways to improve the work environment



Soften the lighting



Cushions and drapes add warmth and comfort



Add natural elements like plants, shells etc.,



Play relaxing background music



Personalize your space

A good environment for one provider will not be suitable for another, so there is no magic formula to creating your ideal environment. For example, if you like to have lots of activity in your program, you will probably want to surround yourself with bright colors, lively music and lots of open space. If you want a slower pace, you will probably choose soft or natural colors, soft music or no music, and several smaller spaces.

Identify ways to improve the work environment

Red	engaging & emotive; increases blood pressure, breathing, appetite, & sense of smell
Yellow	first color humans can distinguish; stimulates overall sense of optimism, hope, & balance
Orange	characteristics halfway between red & yellow
Green	calming color, increase in blood histamine levels resulting in reduced sensitivity to food allergies; antigens stimulated for overall better immune system healing
Blue	most calming color; causes brain to release 11 neurotransmitters that relax the body, to calming for most learning environments
Brown	sense of security, relaxation, & reduces fatigue
Gray	most neutral color
Dark Colors	lower stress & increase feelings of peacefulness
Bright Colors	spark energy & creativity; can increase aggressive & nervous behavior

Identify ways to improve the work environment



Create and employ your own self-care routines



Physical Nurturing

Each and every day, your body requires physical nurturing. Your body requires adequate sleep, nutrition and exercise. Regular medical and dental check-ups are vital to good health. Think about your physical body. Identify the areas in which you need to increase the nurturing of your physical body and plan how you will accomplish this.

Emotional Nurturing

Taking time each day for activities that you enjoy will nurture your emotional aspect. During the child care day, find activities to do with the children that you also enjoy. Outside of child care, make time for to build and maintain social relationships with friends and relatives. Take up a hobby or sport. Keep a journal.

Mental Nurturing

Just as you need physical exercise for your physical health, you need mental exercise for your mental health. You can chose to receive this nourishment through stimulating adult conversation, challenging games/puzzles, educational television/videos, seminars, or training courses.

Spiritual Nurturing

Devote a portion of each and every day to nourish your spirit according to your beliefs. Prayer and meditation have proven health benefits. Make the time to replenish your spirit at least once a day.

Create and employ your own self-care routines



- [Local & State Child Care Agencies](#)
- [National & International Child Care Agencies](#)
- [Facebook Group](#)



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