



TAKING CARE OF YOU:

STRATEGIES FOR EARLY CHILDHOOD CAREGIVERS TO REPLENISH AND TAKE CARE OF THEMSELVES



Presented by: The National Center on Tribal Child Care
Implementation and Innovation

- Linda Kills Crow, Project Manager
- Eva Carter, Technical Assistance Specialist for Partnerships

LET'S PRACTICE PAYING ATTENTION TO STRESS IN OUR OWN BODIES

- Think about what it took to get here to this session this morning
- Let's learn new relaxation techniques



GOALS FOR THE SESSION



- Explore strategies for helping you to take care of yourself as you take care of young children
- Learn about ways in which you can remain motivated and energized to accomplish your work
- Participate in interactive activities that can be implemented in the classroom
- Identify and practice strategies to take home

INTRODUCTION

- Providing care to young children is an intense and demanding job
- Parents and teachers are under pressure to meet the demands of running a household/classroom, personal concerns, and responding to the child/children in their care
- Stress is natural and can be inevitable, but stress can take a toll on your health and effectiveness as a parent or provider
- Stress doesn't just affect you, it also impacts the child/children in your care



Source: Center for Early Childhood Mental Health
Consultation www.ecmhc.org

ACTIVITY



With a partner, talk about a time when you were in a very stressful situation at work or elsewhere and what you did to give yourself another day.

DEFINITION OF STRESS

- **Stress:**
 - Is a physical, mental or emotional response to events that causes bodily or mental tension
 - Comes from a situation or a thought that makes you feel frustrated, nervous, anxious or angry
 - Can be a good thing
 - Can also be harmful
- **Harmful Stress:**

This is the kind of stress that would be helpful to limit and learn to manage in a healthy way



COMMON SOURCES OF PROVIDER STRESS

Tension with parents/co-workers

Feeling unable to make use of your skills and abilities

Environmental issues - noise, lack of space, disorganized, etc.

Personal concerns – family, financial, health, etc.

Lack of clear communication with co-workers/supervisors/others in authority

Too much work to do and not enough time

Too many children per caregiver

Children need things immediately

Having few/no opportunities for professional development or advancement

Feeling like you have little control over how you perform your job

Slide 7

EC1 **add source note**
Eva Carter, 5/29/2014

EC3 **add source**
Eva Carter, 5/29/2014

COMMON SYMPTOMS OF STRESS

Cognitive:

- Memory problems
- Inability to concentrate
- Continuous worry
- Racing thoughts

Emotional:

- Feeling down
- Feeling overwhelmed
- Irritability (short temper)
- Inability to relax

Physical:

- Excessive perspiration
- Chest pains/elevated heart rate
- Frequent colds/illness
- Nausea, dizziness or headaches

Behavioral:

- Increased/decreased appetite
- Nervous habits
- Difficulty/irregular sleeping
- Excessive use of alcohol, cigarettes or drugs

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FIGHT OR FLIGHT

- Stress is caused by your own body's 'fight or flight' response, which was never intended by nature to be used for extended periods of time
- This response evolved to help us in dangerous situations - either to stay and fight or run away; both of these reactions involve the body using chemicals and hormones to heighten awareness and give us an instant boost of energy & strength
- What are examples of how you have used fight or flight?





DEVEREUX ADULT RESILIENCE SURVEY (DARS)

Items	Yes	Sometimes	Not Yet
Relationships			
1. I have good friends who support me.			
2. I have a mentor or someone who shows me the way.			
3. I provide support to others.			
4. I am empathetic to others.			
5. I trust my close friends.			
Internal Beliefs			
1. My role as a caregiver is important.			
2. I have personal strengths.			
3. I am creative.			
4. I have strong beliefs.			
5. I am hopeful about the future.			
6. I am lovable.			
Initiative			
1. I communicate effectively with those around me.			
2. I try many different ways to solve a problem.			
3. I have a hobby that I engage in.			
4. I seek out new knowledge.			
5. I am open to new ideas.			
6. I laugh often.			
7. I am able to say no.			
8. I can ask for help.			
Self-Control			
1. I express my emotions.			
2. I set limits for myself.			
3. I am flexible.			
4. I can calm myself down.			

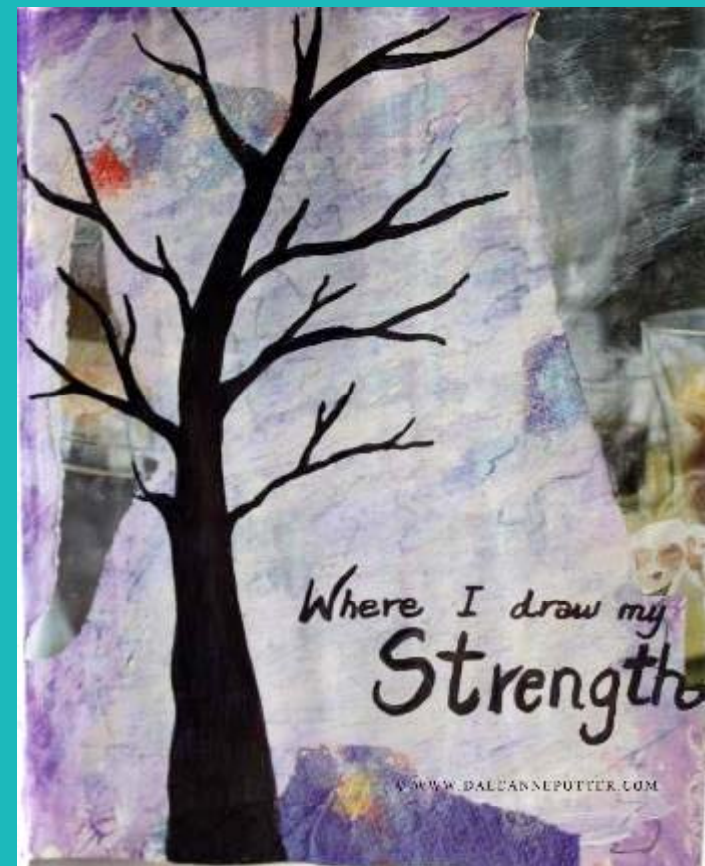
REFLECTION



What are your
strengths?

What are your
goals?

What strategies
will help?



RELATIONSHIPS

- Mutual, long-lasting, back-and-forth bonds
- Connections
- Trust

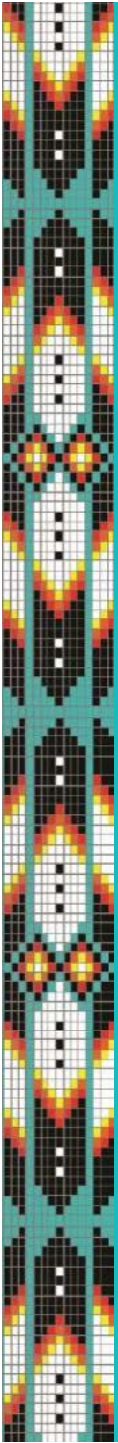


Internal Beliefs

Internal beliefs are the feelings and thoughts we have about ourselves and how effective we think we are at taking action in life. Benefits of positive internal beliefs:

- More likely to set goals and follow through
- Learn from your mistakes
- Able to accept & give praise
- Able to trust yourself and others
- Go with your instincts



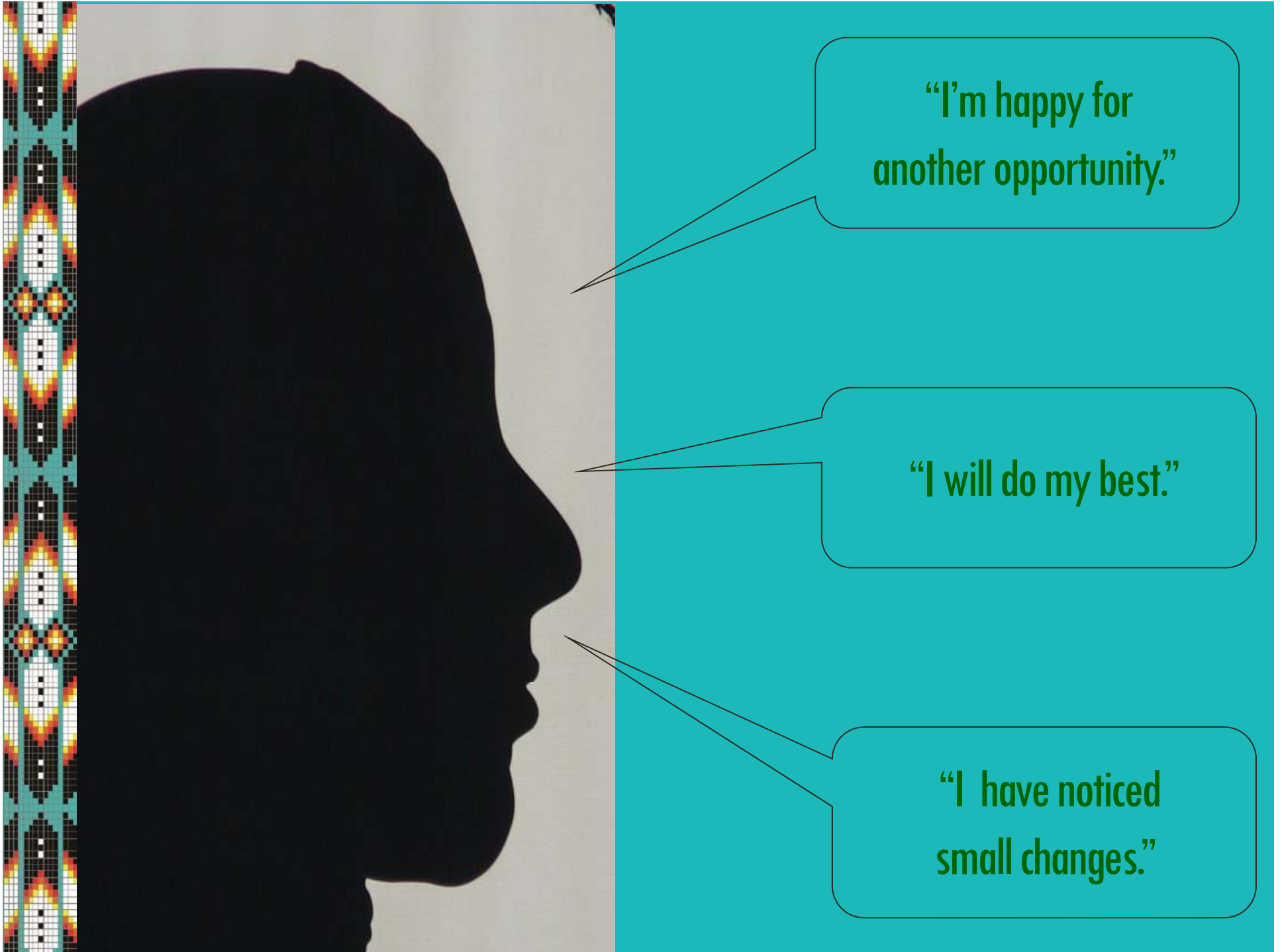


**“This won’t
work.”**

“I can’t.”

**“Things are going
to always be like
this.”**





**“I’m happy for
another opportunity.”**

“I will do my best.”

**“I have noticed
small changes.”**

REFLECTION



How do you think
our internal beliefs
about ourselves
affect our practices
with children and
families?



INITIATIVE

*The ability to make choices
and decisions and act upon them*



REFLECTION



How do you think
our own
INITIATIVE impacts
our practices with
children and
families?



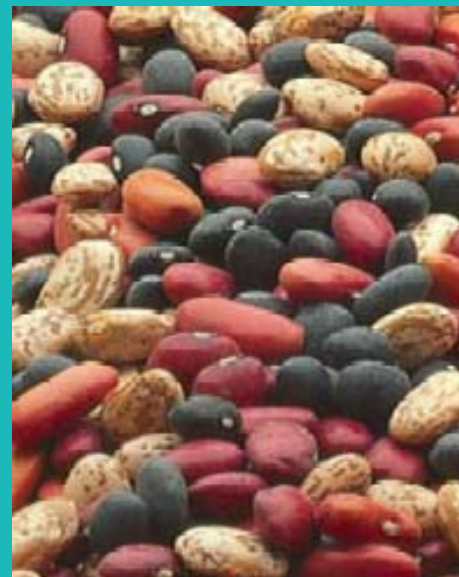
SELF CONTROL

Ability to experience all of our emotions
in a productive manner



WHAT ARE OTHER WAYS TO TAKE CARE OF OURSELVES?

The Foods We Eat

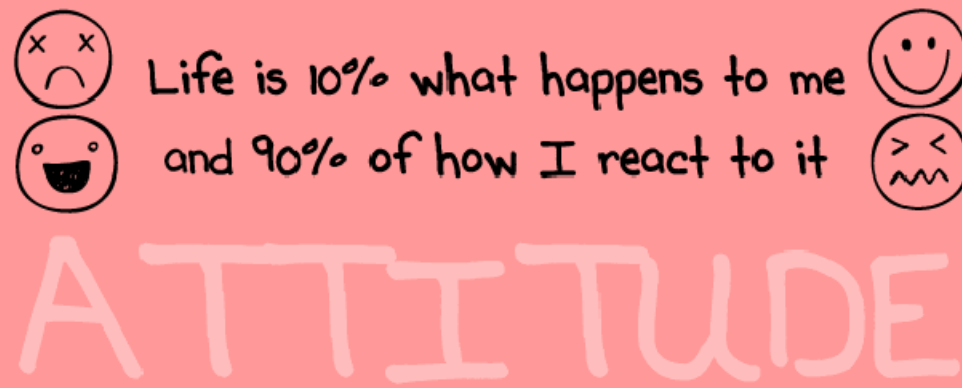
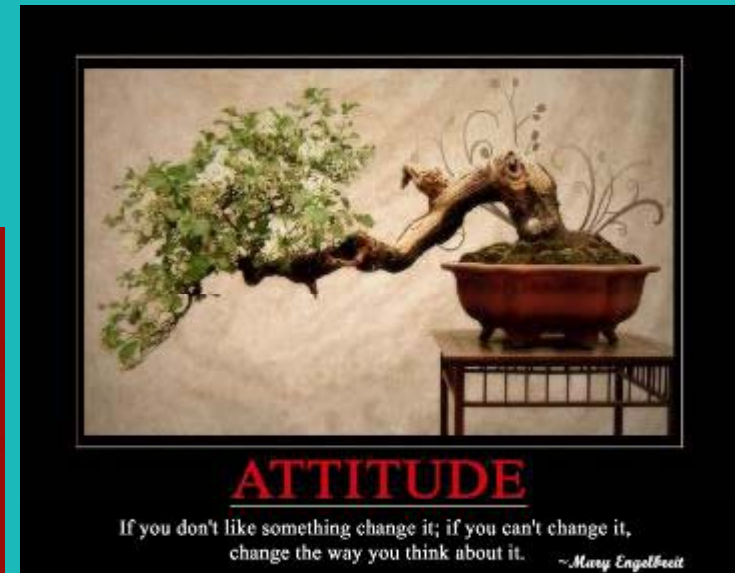
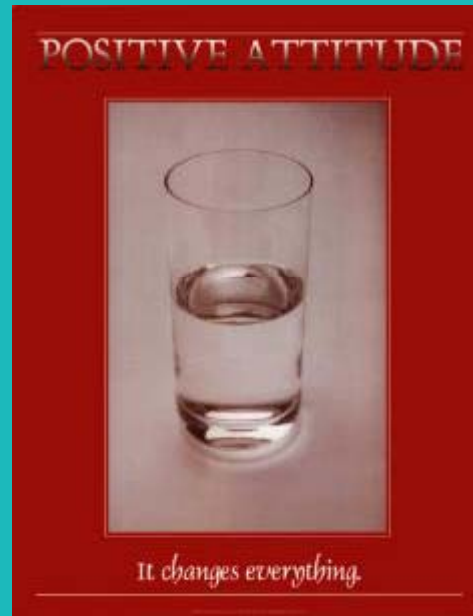


WHAT ARE OTHER WAYS TO TAKE CARE OF OURSELVES?

Exercise



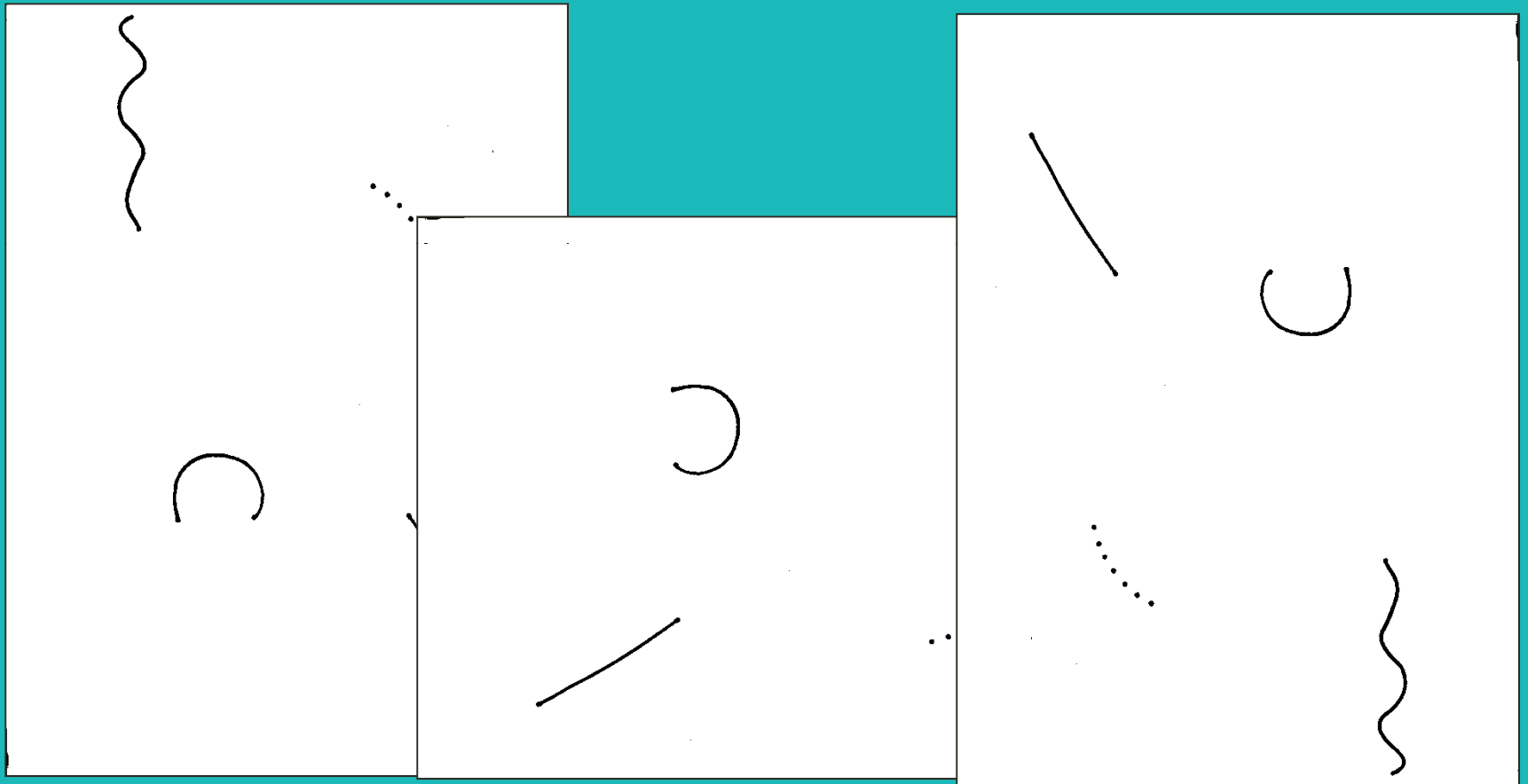
ATTITUDE



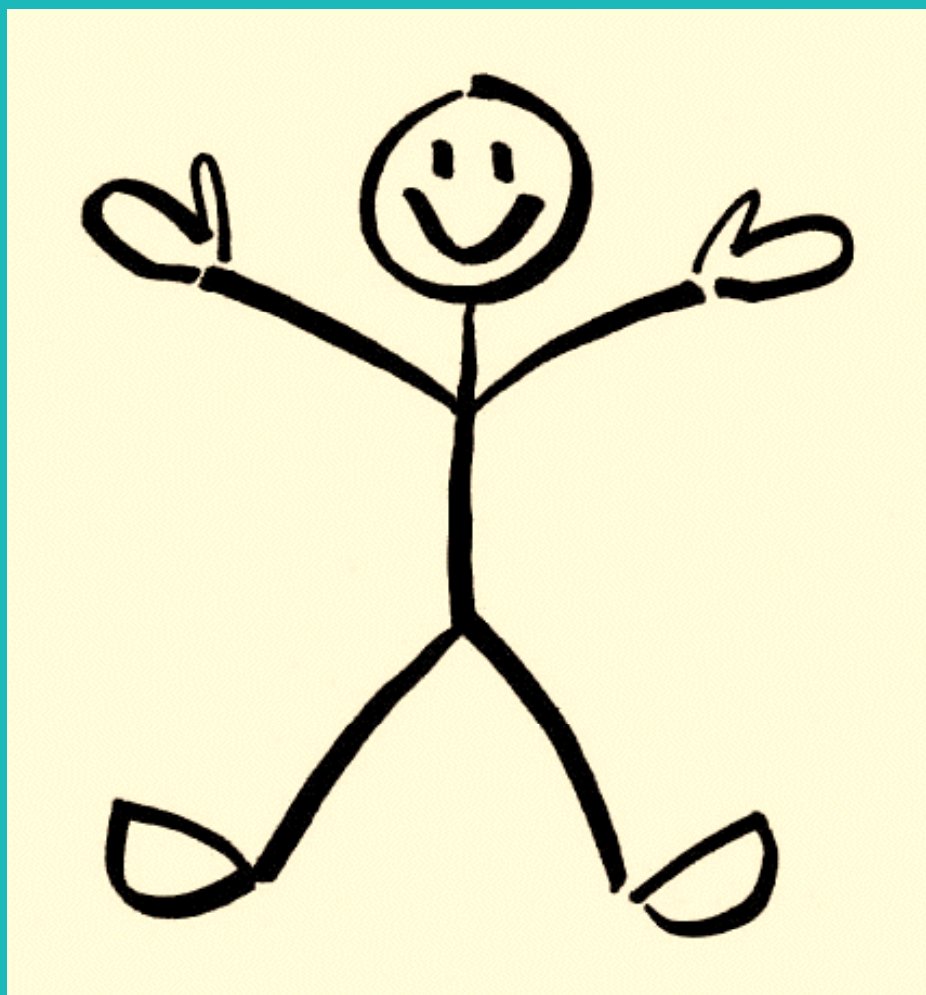
MAKE TIME FOR YOURSELF



ACKNOWLEDGING YOUR OWN CREATIVITY



LET'S DRAW A CARING AND RELAXED EARLY CHILDHOOD PROFESSIONAL AND CAREGIVER



STRESS MANAGEMENT REMINDERS



Create a
**peaceful
paradise**

REFLECTIONS

Take one card or as many as you want from the cards on your table. Write one thing on each card that you will do to take care of yourself to make sure you are ready for another day of caring for children.

An example: When I feel overwhelmed with my responsibilities and I feel stress or tension coming I will practice _____ stress reduction strategy.



LET'S PRACTICE PAYING ATTENTION TO STRESS IN OUR OWN BODIES

Let's
practice
relaxing
one more
time

