

FEELING TIRED,
IMPATIENT, OR LIKE
YOUR BRAIN IS IN A
FOG?

Help reduce the risk of
burnout with just a
couple minutes of
deep breathing each
day. Give it a try now!

#CONNECTEDCAREGIVING

Living through a global pandemic can be really stressful. Trying to return to work and care for children can make things even more difficult. Be sure to stay connected with yourself to notice if you're showing symptoms of burnout, like feeling tired, impatient or in a brain "fog" more times than not. Even a few minutes a day of deep breathing can help you stay connected with your body and reduce the risk of burnout. If you need support with managing burnout, be sure to reach out to your Great Start to Quality Resource Center to get connected with a Social Emotional Consultant in your area. We're here to support you in providing #ConnectedCaregiving




IT'S OK TO STEP BACK
AND TAKE A BREAK

Allow yourself some extra time for
extra breaks and let others know.
Modeling self-care can be helpful
for other staff as well as children.

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Many of us are eager to get back to normal as quickly as possible. Making this transition back to caregiving full time can be both exciting and overwhelming. Things may not be the usual “normal” for a little while. As you’re making this transition, remind yourself to take a step back and take a break as needed. You are your greatest tool in the classroom, and you need recharging! Modeling these breaks also shows children how to manage overwhelming feelings in safe and healthy ways. Social Emotional Consultants are available to help you explore creative ways to have breaks throughout your day and promote #ConnectedCaregiving

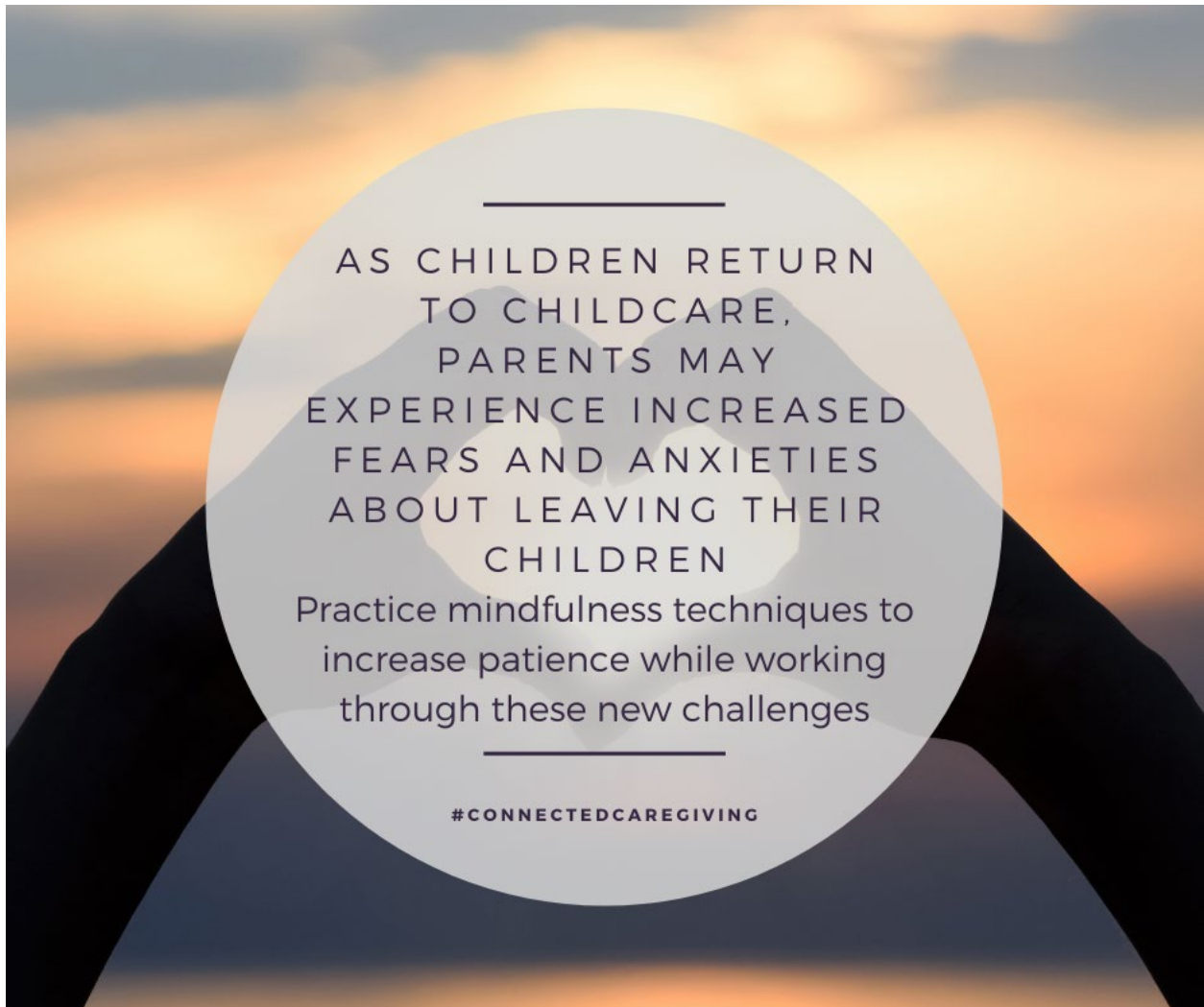


ARE YOU OR THE
FAMILIES YOU PROVIDE
CARE TO STRUGGLING
PHYSICALLY, MENTALLY,
OR EMOTIONALLY?

Social Emotional Consultants can
help connect you with local
community programs, including
mental health, substance abuse, and
developmental resources.

#CONNECTEDCAREGIVING

Navigating the temporary normal of providing childcare in a pandemic can feel tricky at times, for teachers, parents, and children in care. You don't have to do it alone though! Social Emotional Consultants throughout Michigan are available to offer free support to help you stay connected with your children, families, and yourself! Chat with your Great Start to Quality Resource Center to find the consultant nearest to you. We're all in this together! #ConnectedCaregiving



Mindfulness is all about staying connected to your body and grounded in the present. It doesn't have to be an hour-long yoga session, although it can be! You can download apps like Calm and Headspace to access free simple mindfulness techniques to practice each day. It can be helpful to set alarms throughout your day to purposefully connect with yourself. For more ideas on mindfulness activities, check out Crim Fitness Foundation! Connected adults makes for #ConnectedCaregiving

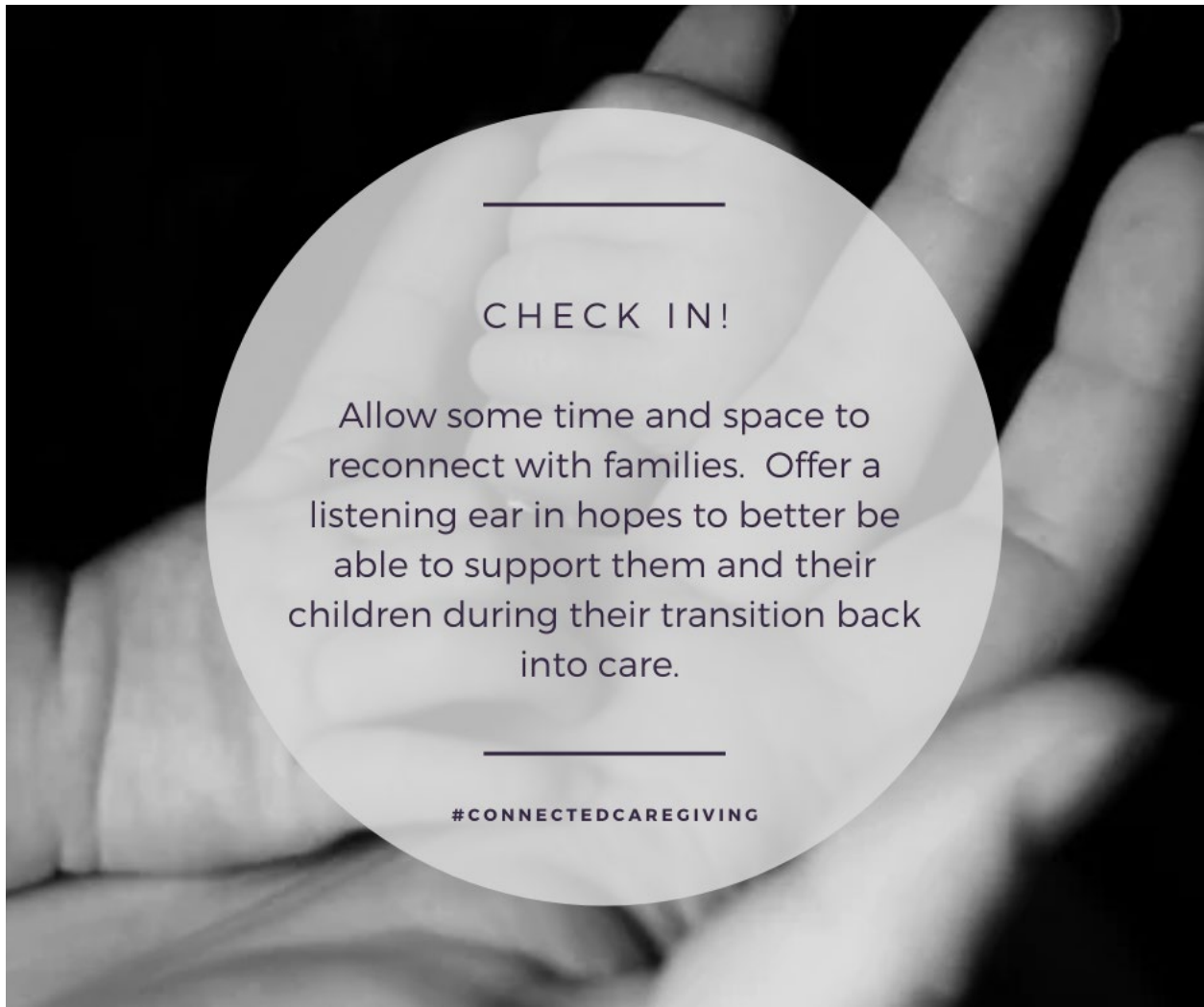


HAVING A DESIGNATED
SPACE FOR A BREAK
CAN HELP CAREGIVERS
RESET AND RECHARGE
THROUGHOUT THE DAY

You are your greatest tool, so make
sure you're taken care of too!

#CONNECTEDCAREGIVING

It's helpful to have a designated space during the work day, and also at home, where you know you can go to reset, recharge, and reconnect. Talk with your director about calming spaces you can use in your childcare centers that is designated for this recharging! Home providers, you can designate times and places in your day, before care, during children's rest time, and after care to make sure you're getting recharged as well, even when you can't physically leave your space. YOU are your greatest tool so make sure you make yourself a priority! #ConnectedCaregiving



CHECK IN!

Allow some time and space to reconnect with families. Offer a listening ear in hopes to better be able to support them and their children during their transition back into care.

#CONNECTEDCAREGIVING

Just as we have needed others to offer listening ears, our parents and families may need some extra time to reconnect with us as we return to childcare! Offer these extra moments of connection at drop offs and pick-ups to help parents feel connected with you again. If you notice the conversations becoming more difficult to hear or they seem to show a need for more intense supports, there are many community resources to offer parents/families to manage grief and loss, family issues, substance misuse, and mental health difficulties that may arise during this time. #ConnectedCaregiving



Transition objects like pictures, stuffed animals, and blankets from home can be so helpful for children in their transition back to childcare. They offer a tangible way for kids to stay connected to their home and families while they're at childcare. Make sure these items are available to kids to access anytime throughout their day and help them to notice when they need connection and are able to access it quickly. Thank you for your continued dedication to support our most vulnerable population and their families!! #ConnectedCaregiving



TRANSITIONING BACK TO
"BUSINESS AS USUAL"
CAN BRING NEW
BEHAVIORS,
CHALLENGES, AND
OVERWHELMING
FEELINGS

Social Emotional Consultants are available throughout the state to offer you support in navigating the months to come!

#CONNECTEDCAREGIVING

Most of us adults have had difficulties navigating this new normal over the last couple of months. Children have too and with significantly less developmental capacity and skill development than we have as adults to help us manage through challenges. We can expect children to have new behaviors, challenges, and distress as they make this transition back to child care. It's up to us as adults to stay calm and connected with children to support them in re-learning social emotional skills and daily routines. If you would like support in navigating these new challenges, you can connect with a Social Emotional Consultant or your Great Start to Quality Resource Center to explore ideas. #ConnectedCaregiving



We See You! We know that sometimes your hard work and the value of that work can go unnoticed by others, but your work is critical to setting healthy foundations for the littlest minds!! Even though you seem like superheroes, that doesn't mean you can't ask for help and support when you need it. Even Superwoman needed connection and recharging. Find a support system that really values you and know that Michigan's Social Emotional Consultation Team is always valuing your work and your worth!
#ConnectedCaregiving



YOU are your greatest tool. Don't take that for granted. Make sure you are filling your cup, staying healthy, and connecting with positive supports so you can be the best caregiver for children! Make time for yourself to reset, reconnect, and reflect on your needs in a single moment, that hour, or the entire day. #ConnectedCaregiving