



Tips for Early Childhood Educators During COVID-19

MANAGING YOUR EMOTIONS THROUGH SELF-CARE

These are difficult times with a great deal of uncertainty. Recognize that this is a new situation for everyone and as an educator, you need space to reflect on your own emotions to be able to respond effectively to children. You have the knowledge and experience to help guide children through these challenges. You know how to think creatively, nurture children, and encourage them to grow and learn.

USE YOUR ABCs TO REGULATE YOUR OWN EMOTIONS

AWARENESS

Take time to check in with yourself to understand what is causing your stress. Is a child's behavior pushing your buttons? Are you feeling less confident? How does your body react—shortness of breath or heart racing?

BALANCE

In a difficult moment, take a deep breath or a break. If you know you have a challenging situation ahead, try to prepare yourself in advance. Practice ongoing self-care through exercise, mindfulness, sleep, and activities that you enjoy.

CONNECTION

Remember that you are not alone. Make a list of people who support you and then reach out to them. Take a physically distant walk with a friend. Plan time for reflection and connection with colleagues or friends.

RESOURCES FOR SELF-CARE

TRAUMA-INFORMED SCHOOL STRATEGIES DURING COVID-19

https://www.nctsn.org/sites/default/files/resources/fact-sheet/taking_care_of_yourself.pdf

PYRAMID MODEL SELF-CARE

https://challengingbehavior.cbcs.usf.edu/docs/Pandemic_Supporting-Yourself_tipsheet.pdf



REFERENCE

Adapted from Heather Forkey, MD. Supporting resilience in kids through caregiver regulation, June 2020.