Dear Educators,

As people who are looking in from the outside, we wanted you to know: WE SEE YOU. We see your blood, sweat, and tears put forth every day when you walk through that door. We see you take a deep breath, reassess, and jump back in. We see you wipe their tears first and yours last. We see you take your work, your children’s needs, and your teams’ needs home with you each and every day.

Educators, you hold such qualities that will change the world. As mighty superheroes of our world of ECE, your hearts are trained to see so many more needs other than your own. We are here to remind you, that YOU matter too. You never have enough time for everything you need. Let us help you. With this newsletter we want to provide you with tools to prioritize yourself. Let this newsletter provide you with opportunities to understand how important it is to take care of you.

As it says in this month’s featured article (link available on back page), “Just as airlines urge us to use our own oxygen mask first, we also must care for ourselves first if we are to be effective helping those around us.”

~ Your Boulder County Quality Support Team
Developing a Self-Care Plan

Why is self-care so important? Well, we work in a field that requires emotional labor. Emotional labor is defined as the need to display particular emotional states as part of a work or profession. It is particularly true in education where we need to make emotional connections with young children to be effective in our work. Further, we need to scaffold those experiences to support young children’s cognitive and emotional development. Our essential work with young children requires a personal connection to create a warm, inviting classroom.

What is the connection between emotional labor and self-care?

Research has shown that where the educator’s emotional state goes, so follow the children. Educators and children are intertwined in their emotional health. Early childhood educators that are worn down, frazzled, or lacking in resiliency are less likely to meet the emotional needs of children.

Self-care then becomes a professional responsibility to ensure the emotional health of the classroom.

An excerpt from a blog, Possibilities ECE, written by lifetime educators and partner Ingrid Anderson Ed.D. and Greg Baker. Click here to see the full blog entry. We also encourage you to see the companion blog entry, The Role of Self-Care in Early Childhood here.

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