

# Home-Based Child Care: Incorporating Home-Based Educator Wellness in Equitable Early Childhood Systems

Tuesday, April 18, 2023



# Agenda



Welcome



Imbedding HBCC  
Educator Wellness in  
ECE Systems



HBCC Educator  
Wellness Supports in  
Practice



Next Steps





# Core Beliefs

# Core Beliefs

1

Family child care (FCC) and family, friend, and neighbor (FFN) care settings, whether licensed or license- exempt, are part of the fabric of a mixed delivery system for early care and education.

2

Strategies and the system components supporting home-based child care(HBCC) settings should be resourced on par with center- and school-based settings.

3

Strategies to work with providers in these family child care settings should be responsive to their needs and intentional in their development to reflect the unique modality of care.

4

Family child care needs to be approached in a systemic way across all the various federal initiatives and private funding opportunities, in order to leverage these fully while also keeping a laser focus on best practice for FCC

# Defining the terms:

## Home-Based Child Care:

Is inclusive of wherever children are cared for in a home setting. Different states and communities refer to this in different ways:

- Family Child Care (FCC)
- Family, Friend, and Neighbor Care (FFN)
- Licensed, Unlicensed
- Registered, Unregistered
- Etc....

## Who do we mean?

- Provider
- Educator
- Owner/Operator
- Practitioner
- Etc.....



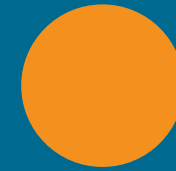
# *Wellness Activity*

*Shayla Collins*



# Plus-Two Breathing





# *Shining the Light on You*

*Dr. Rena Hallam, Ph.D.  
Dr. Laura Lessard, Ph.D.*



# Shining the Light on You

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*A Wellbeing Program Designed for  
Family Child Care Educators*



DELAWARE INSTITUTE FOR EXCELLENCE IN EARLY CHILDHOOD



# INTRODUCTIONS



## **Rena A. Hallam, Ph.D.**

Expertise in early care and education systems design and evaluation.

Director, Delaware Institute for Excellence in Early Childhood.



## **Laura Lessard, Ph.D., MPH**

Expertise in public health, implementation science, health promotion and wellbeing in ECE settings.

Nationally recognized leadership in ECE workforce wellbeing



“If I’m not putting myself first then I’m not good for anybody. **If I don’t take care of me first then I can’t take care of the kids**, I can’t take care of my family.”

# About the family child care workforce

**\$11.17/hour**

average income

# About the family child care workforce

**\$11.17/hour**

average income

**~90%**

have overweight or  
obesity

**>50%**

eligible for public  
benefits

**>60%**

report high stress

**40%**

have high blood  
pressure

**Despite the need, there is very little focus on wellbeing for FCC in ECE systems.**

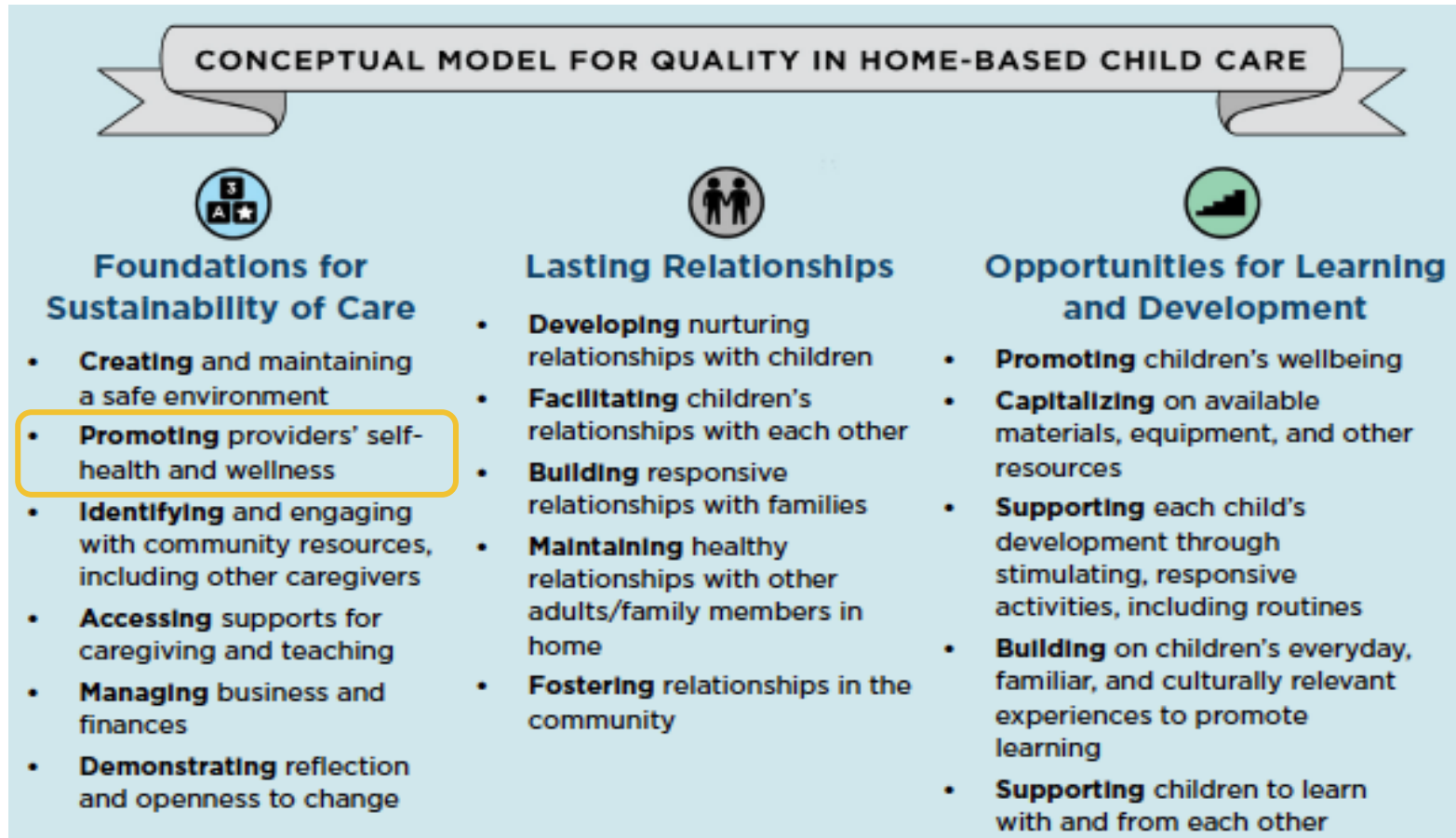


# A healthier workforce is good for everyone

Research has shown that higher ECE workforce wellbeing is associated with:

- Higher quality of reactions in relationships with children
- Greater Job Commitment
- Improved Child Care Quality

# Educator health and wellness is a foundation for quality



Blasberg, A., Bromer, J., Nugent, C., Porter, T., Shivers, E.M., Tonyan, H., Tout, K., & Weber, B. (2019). A Conceptual Model for Quality in Home-Based Child Care. OPRE Report #2019-37. Washington, DC: Office of Planning, Research and Evaluation, Administration for Children and Families, U.S. Department of Health and Human Services.

# About Shining the Light on You



# Shining the Light on You

## Program goal

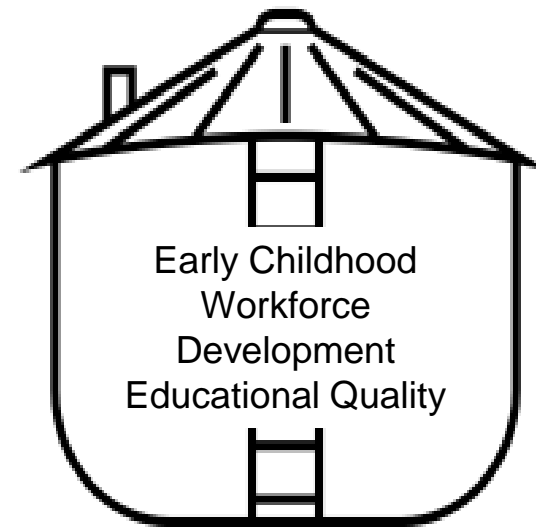
To improve the **health and wellbeing of family child care educators**, and by extension, the children and families they serve.

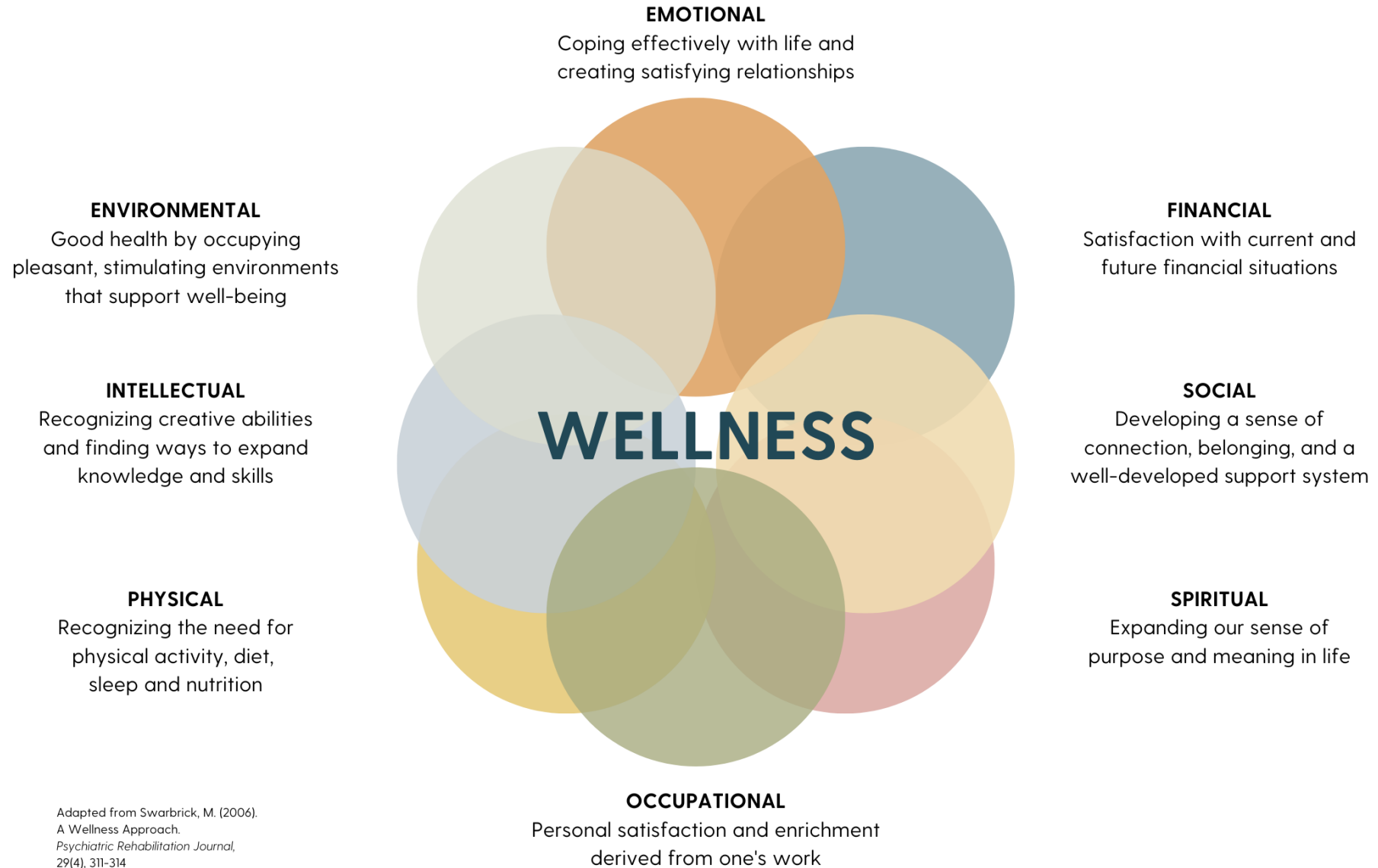
## Program Model

*Shining the Light on You* integrates best practices from the fields of Early Childhood Education and Health and Wellness Coaching, which is built upon a foundation of behavior change theories and motivational strategies.



# Shining the **Light** *model* = **Collaboration + Sustainability**





Adapted from Swarbrick, M. (2006).  
A Wellness Approach.  
*Psychiatric Rehabilitation Journal*,  
29(4), 311-314



# Program Components



## Group Coaching

- 15 weekly sessions
- Educational presentations on wellbeing topics



## Individual Health Coaching

- Three one-on-one sessions with health coach
- Support and guidance for reaching individual goals



## Check-In Group Chats

- Small support groups of 3-5 participants
- Provide/receive support for goals

# What is a Health Coach?

## Health Coaches...

**Are Board-Certified from an approved training program and receive consistent training across the country**

**Use a client-centered approach that meets participants where they are**

**Assist clients in making sustainable behavior change to promote wellbeing and manage chronic conditions**

# Existing Evidence

# Evidence for Program

## Cohort 1

- Fall 2020
- 12 participants

## Cohort 2

- Spring 2021
- 7 participants

## Cohort 3

- Spring 2022
- 14 participants

## Cohort 4

- Fall 2022

*From the start of the program to the end of the program, the average...*

# of poor physical health days



# of poor mental health days



# of days per week being physically active



# *Shining the Light on You* improves the health and wellbeing of FCC professionals

*"I'm more aware how important it is what I feed my body, not just food, you know... And how important it is to care for me so I can care for everybody else."*

- Cohort 1 participant

*"Listening to everybody's story made me realize mine wasn't so bad, it doesn't seem. And that we're all going through this together. We're all going through something and having that group felt like, okay I can say this and I feel good about it."*

- Cohort 1 participant

*"Because when you're stressed and you feel like everything's falling apart in the house, it's really hard to be pleasant and want to... sit and read books and enjoy time with the kids. So I do feel like [the program] has put me in a better frame of mind, which makes me react to the children in a much better way."*

- Cohort 2 participant

*"I would recommend [the program] to every last one of our child care providers... because it really, it's just, you're just so different when you come outta there. You're a different person."*

- Cohort 2 participant



[https://capture.udel.edu/media/Shining%20the%20Light%20Info%20Session/1\\_ixinu7kv](https://capture.udel.edu/media/Shining%20the%20Light%20Info%20Session/1_ixinu7kv)



## Next steps for this project

### **Cultural adaptation to Spanish**

Pilot cohort in Delaware

In spring 2023

**Expanding to new  
states and sites**

# Potential Dissemination Venues

**Universal Pre-K**

**Q(R)IS/PD**

**FFN Supports**

**CCR&R**

**Early Head Start  
Partnership**

**FCC Networks**

# Thanks for listening!

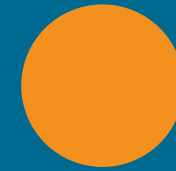


**Laura Lessard**

 llessard@udel.edu

**Rena Hallam**

 rhallam@udel.edu



*Latinas Unidas Por Los  
Niños y Niñas de America  
(LUNA)  
Pilar Torres*



**LUNA**  
LATINAS UNIDAS

@latinasunidasluna  
[www.lunalatinasunidas.com](http://www.lunalatinasunidas.com)



# Salud Mental

## Serie





# Salud mental integral de la educadora de primera infancia

Aprendizaje Socio-emocional

Auto-gestión

Auto-conciencia

Auto-cuidado



# Objetivos de esta serie



- Ofrecerle a las educadoras de primera infancia un espacio para sanar, crecer y fortalecer su salud mental.
- Invitar a que abran su corazón y su intuición para lograr un proceso de auto-cuidado.
- Brindar una visión holística de salud mental que esta fundamentada en la ciencia del neuro- aprendizaje.





# Objetivos de esta serie

- Integrar y conectar todas las partes que forman parte de nuestra salud mental y el entender el impacto que está teniendo en los niños bajo su cuidado.
- Reconectar con nuestro centro de poder y de salud.
- Adquirir estrategias concretas y fáciles de implementar para poner en práctica inmediatamente y empezar un proceso de auto-cuidado.



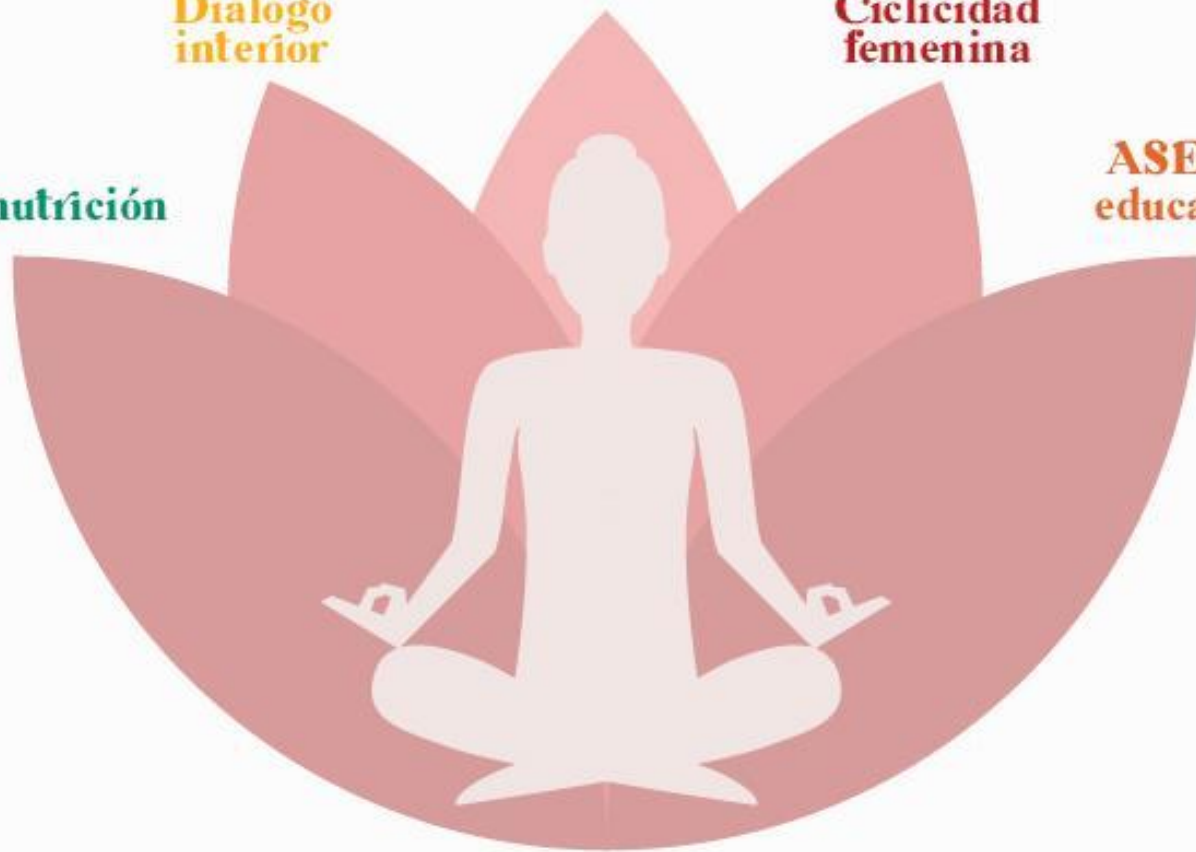
# La salud holística

**Diálogo interior**

**Ciclicidad femenina**

**Neuronutrición**

**ASE y la educadora**





# Autocompasión



**Neuronutrición**  
Primavera



**Diálogo interior**  
Verano



**Ciclicidad femenina**  
Invierno



**ASE y la educadora**  
Otoño



# Componentes



Teoria



Actividad  
práctica  
personal



Descargable



Prueba



Certificado

# Neuronutrición

Primavera



## Maríaximena Garavito

Bióloga - Coach de Alimentación  
Consciente

Bióloga, Coach de alimentación  
consciente y profesora de  
poweryoga.

# Diálogo interior

Verano



**Sofia Ojeda**

Psicóloga - Psicoterapeuta

Psicoterapeuta transpersonal con enfoque junguiano, actualmente candidata a Intérprete de Patrones Arquetipales del Instituto Assisi.



# Ciclicidad femenina

Invierno



**Andrea Osorio**

Politóloga - Moon Mother

Politóloga, Magistra en Educación, Moon Mother Avanzada del Worldwide Womb Blessing System® y facilitadora de Carpas Rojas.

# Aprendizaje Socio-emocional (ASE) y la educadora de primera infancia

Otoño



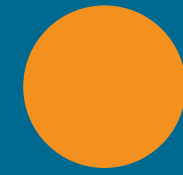
## Pilar Torres

Terapeuta - Educadora - Empresaria

Psicopedagoga especializada en  
Terapia de Familia y Liderazgo  
Empresarial en Educación, usando  
el marco de CASEL como guía.

# What the program means to providers





*In closing...*

# Presenters

Shayla Collins  
sdevee@yahoo.com

Rena Hallam, Ph.D.  
rhallam@udel.edu

Laura Lessard  
llessard@udel.edu

Pilar Torres  
pilar.torres@lunalatinasunidas.com



# Contacts

Jeanna Capito  
jeannacapito@gmail.com

Danielle Fuentes Johnson  
dfuentesjohnson@buildinitiative.org



# HBCC: National Webinar

## HBCC Educator Wellness Series

May 16, 2023

3:00-4:00 PM EST

[www.buildinitiative.org](http://www.buildinitiative.org)



Before we go.....