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

Tuesday, April 18, 2023
Agenda

1. Welcome
2. Embedding HBCC Educator Wellness in ECE Systems
3. HBCC Educator Wellness Supports in Practice
4. 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

A Wellbeing Program Designed for
Family Child Care Educators
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

~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

CONCEPTUAL MODEL FOR QUALITY IN HOME-BASED CHILD CARE

Foundations for Sustainability of Care
- **Creating** and maintaining a safe environment
- **Promoting** providers’ self-health and wellness
- **Identifying** and engaging with community resources, including other caregivers
- **Accessing** supports for caregiving and teaching
- **Managing** business and finances
- **Demonstrating** reflection and openness to change

Lasting Relationships
- **Developing** nurturing relationships with children
- **Facilitating** children’s relationships with each other
- **Building** responsive relationships with families
- **Maintaining** healthy relationships with other adults/family members in home
- **Fostering** relationships in the community

Opportunities for Learning and Development
- **Promoting** children’s wellbeing
- **Capitalizing** on available materials, equipment, and other resources
- **Supporting** each child’s development through stimulating, responsive activities, including routines
- **Building** on children’s everyday, familiar, and culturally relevant experiences to promote learning
- **Supporting** children to learn with and from each other

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
WELLNESS

EMOTIONAL
Coping effectively with life and creating satisfying relationships

ENVIRONMENTAL
Good health by occupying pleasant, stimulating environments that support well-being

INTELLECTUAL
Recognizing creative abilities and finding ways to expand knowledge and skills

PHYSICAL
Recognizing the need for physical activity, diet, sleep and nutrition

FINANCIAL
Satisfaction with current and future financial situations

SOCIAL
Developing a sense of connection, belonging, and a well-developed support system

SPIRITUAL
Expanding our sense of purpose and meaning in life

OCCUPATIONAL
Personal satisfaction and enrichment derived from one's work

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

“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

“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

“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
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

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<tr>
<th>Universal Pre-K</th>
<th>Q(R)IS/PD</th>
<th>FFN Supports</th>
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<tbody>
<tr>
<td>CCR&amp;R</td>
<td>Early Head Start Partnership</td>
<td>FCC Networks</td>
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Thanks for listening!

Laura Lessard
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Rena Hallam
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Latinas Unidas Por Los Niños y NIñas de America (LUNA)
Pilar Torres
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 holistica 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 tiene 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

Neuronutrición

Ciclicidad femenina

ASE y la educadora
Autocompasiòn

- Neuronutrición
  Primavera

- Diálogo interior
  Verano

- Cíclicidad femenina
  Invierno

- ASE y la educadora
  Otoño
Componentes

- Teoría
- Actividad práctica personal
- Descargable
- Prueba
- Certificado
Máriaximena Garavito
Bióloga - Coach de Alimentación Consciente

Bióloga, Coach de alimentación consciente y profesora de poweryoga.
Sofía Ojeda
Psicóloga - Psicoterapeuta

Psicoterapeuta transpersonal con enfoque junguiano, actualmente candidata a intérprete de Patrones Arquetípales del Instituto Assisi.
Ciclicidad femenina
Invierno

Andrea Osorio
Polítóloga - Moon Mother
Polítóloga, 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

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HBCC: National Webinar

HBCC Educator Wellness Series

May 16, 2023
3:00-4:00 PM EST

www.buildinitiative.org
Before we go......