



The TN Child Care Resource & Referral Network employs 15 HSWB Quality Coaches who are located statewide to promote the health & safety practices in early care and education, developmental monitoring and screening info and social & emotional development of children.

Incorporating Health & Wellness into Your Daily Lesson Plans

Building Resiliency, Shedding Stress for Lifelong Success

You can celebrate National Hand-washing Awareness Week during the week of December 7-13 with the children in your classroom by incorporating fun activities to teach how germs are spread and proper hand-washing. One activity is to have the children look at their hand through a magnifying glass to see if they can find all the nooks and crannies where germs might hide. You can even have the children make handprints on a piece of paper, have them observe their prints, and draw lines where germs might be. Below is a hand-washing finger play to promote good hygiene and number and counting recognition. Do not be afraid to add more lyrics! Be sure to add your own hand gestures and act out the counting down:

Five little fingers playing all day/Getting really dirty/Wash the germs away/Four little fingers catching a sneeze/ Needing some gel soap/Just a squeeze please!/Three little fingers staying pretty clean/Sneeze into your shoulder/See what I mean!/Five little fingers happy to say/We're clean and healthy/Hip! Hip! Hooray!

CHILDREN & NATURE



The first day of winter is December 21st, but that does not mean outdoor play has to end! Outdoor play is chock full of benefits for all ages. Benefits like muscle strengthening, decompression, and sensory experiences. There are typically lots of rules that come with indoor play like no running, jumping, or climbing (and rightfully so), but children still need to do those things somewhere. If children are kept inside all day, they may become anxious and stressed. Outdoor time is a way

for children to get their energy out and do the things they cannot do indoors. They work their muscles and their brains in nature! It is recommended that children stay indoors if the temperature is below 32 degrees Fahrenheit, but if it is above that temperature, let them play! The main obstacle for outdoor play in winter is appropriate clothing for each child. Be sure to ask parents to bring in a change of extra warm clothing and a coat with a hat and gloves. The kids will love feeling the cold playground equipment, seeing their breath, and even experiencing snow! There are so many fun things to experience in nature, do not let the cooler temperatures discourage you! Happy winter!

TEACHER SELF-CARE

Educator Wellness: Self-Care in a Selfless Field

The holiday season is here, and you may have multiple thoughts swirling through your head during this busy time. For one, we are using more healthy practices to protect the children and ourselves from the Flu and COVID-19, which can be overwhelming. On the other hand, we want to engage in celebrations to keep us happy and hopeful. It can be hard to find a healthy balance, but by reframing our negative outlook or thoughts, we can better care for ourselves and be more mindful of our interactions with children. Thinking optimistically is also known to have great personal benefits, including better physical and emotional health, greater self-efficacy, longer life, and greater career satisfaction. The great news is that optimism can be learned! Martin Seligman created the ABCDE model to help you use self-talk to walk your thoughts from negative to optimistic.



- Think about an **adverse** event
- What are your **beliefs** about it?
- Do your **consequences** (reactions) make sense given your beliefs about the event? How do you feel?
- **Dispute** your belief: “That’s not completely true because…”
- How does your **energy** change after disputing the negative thoughts and that the situation is not as feared?

Source: <https://www.naeyc.org/resources/pubs/yc/jul2020/preventing-compassion-fatigue>

LEAN INTO YOU

Becoming Co-Regulators of our Emotions

Rebecca Parlakian is the Senior Director of Programs for ZERO TO THREE. In this episode of Lean Into You, we talked about how stress accumulates throughout the day, as well as the importance of adjusting our expectations of a child's emotional capabilities based on their age and stage.

leanintoyou.buzzsprout.com

Spotify: <https://spoti.fi/3gXoXrz>

Apple Podcasts: <https://apple.co/3bfVkJQZ>

To hear this conversation and more, give us a follow!



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COACHES CORNER

We all know the classroom life can be hectic and busy. It can be hard when it feels like you have so much to do that you cannot sit down and be present and play with the children. It can be frustrating when it seems like other educators in the room are not sure what to do. This is why it is so important for lead educators to delegate roles and tasks in the classroom. Doing this helps with communication between everyone, it helps to stay on schedule, get into a routine, and to stay consistent for the children. As the lead educator, it is crucial to have a voice and use it appropriately to let other educators and volunteers know what needs to be done for the day to run smoothly. While the lead is changing diapers, ask another person to clean the tables for mealtimes. While the lead is putting nap cots out, ask another to take the children potty. While the lead is engaging with a child who is having a tantrum, ask another educator to sit down and read a book to the children, or build a block tower with them. By doing this, it will keep children engaged and help relieve stress for yourself and other educators in the classroom. This way, every adult in the class can be fully present and ready to keep the children their number one priority.