

Wellness in Child Care

Early childhood educators provide nurturing care that helps to build health in young children. It is important to build your own health as well. Physical activity, rest and sleep, nutrition, and emotional wellness are important components of building health and wellness among early educators. **Try these tips for staying healthy and promoting wellness with young children.**



Rest & Sleep



Physical Activity



Emotional Wellness



Nutrition



Rest & Sleep

- Make sure you and the children you care for are getting enough sleep.
- Maintain consistent bed times and nap times, including on weekends.
- Remove electronic devices from the bedroom or sleep areas. This includes phones.



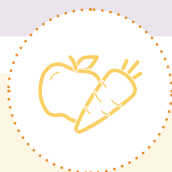
Emotional Wellness

- Other healthy habits are a great way to help manage stress (healthy eating, physical activity and adequate sleep).
- Practice mindfulness when you can.
- Take a break or take a minute, even a little bit can make a big difference.



Physical Activity

- Move every day - when possible, get outside and walk, exercise or play every day.
- Limit sedentary time. Children under 5 should move throughout the day.
- Encourage active play inside.
- Be ready to be active with children, i.e. wear appropriate shoes and clothing to play.



Nutrition

- Promote and model healthy eating by providing healthy foods including plenty of fruit and vegetables, lean protein (fish, poultry and beans).
- Hydrate with water instead of juice, soda, sports drinks or other sugary beverages.
- Limit sugar intake and foods high in saturated fat.
- Fat should not be restricted in the diets of children younger than 2 years of age, but limit intake of saturated fats for children 2 years of age and older.

You Are a Brain Builder!

Brain-Building Tips that Promote Wellness



9-18 MONTHS

Homemade Phys-Ed

What is your child trying to learn to do physically? Crawl over things? Set up a way for them to practice, like putting pillows down for them to crawl over and around. Or if they're trying to stand up, hold up your hand to grab. Make it a game together!

Brainy Background™

Your child learns best when you watch them to see what they're trying to learn and then provide opportunities for them to practice what they're working on. This kind of meaningful learning keeps the fire for learning that they're born with burning inside them.



0-12 MONTHS

Lullaby Remix

As you get your child ready for naptime, think of a favorite song or a current slow song and sing it softly. When they respond, respond back, adding the sounds they make to your song. Keep adding in to your remixed version until they becomes drowsy.

Brainy Background™

When you and your child respond to each other, going back and forth, both of your brains are activated by this experience. They learn best when they feel safe and loved and these moments together prepare them for a lifetime of learning.



2-5 YEARS

What's the Feeling?

Make a face that expresses an emotion and ask your child to guess what you're feeling—for example, angry, sad, tired, excited, or scared. Then invite them to express a feeling on their face and you guess what the feeling is. Have fun going back and forth.

Brainy Background™

Your child will learn to understand and manage emotions better when you talk about the name of the feeling. Give this activity more depth by talking about a time when each of you experienced this feeling.



3 1/2 - 5 YEARS



Delicious Words

Invite your child to choose a snack by using words that describe the food. Do they want something crunchy like a carrot or something chewy like bread? Ask them for food ideas: "Let's eat something crunchy, sweet, and healthy. What could it be?"

Brainy Background™

You're helping your child expand their vocabulary by using different descriptive words and connecting them to what they mean. When they feel involved in making choices, no matter how small, they're more likely to feel motivated and engaged.

Visit childcareaware.org for information on healthy activities for children and early childhood educators.

For more information on brain-building tips to make the most of everyday moments with children visit: WeAreBrainBuilders.org