

**RT**

Ramapo Training

**NSCC**National School
Climate Center**YDI**Youth Development
Institute

Family Child Care Providers: Tips for Self-Care

Dear Family Daycare Providers,

We know that your work as a family child care provider is gratifying. However, it can also be challenging and often exhausting. To ensure you give the best to the children you serve, take care of yourself. You have heard the saying drink so you can pour, so how can you do it?

Tip 1: Take time for yourself before your program starts, and do something calming and centering.

Tip 2: Ensure you are hydrating and nourishing yourself throughout the day. The best way is to observe all meal times with the children in your care.

Tip 3: Get fresh air and sunshine. Join the kids in your care during outdoor activities to get some air and sun when it is out.

Tip 4: Find moments to pause and breathe; nap time is great. Yes, you will have many things to do when the children nap, but take a few minutes to re-center and ground yourself before getting tasks done.

Tip 5: Partner with assistant providers; as long as you are within the ratio, plan breaks throughout the day.

Tip 6: Get lots of rest, and prioritize your sleep once daycare is closed.

Tip 7: Use the weekends to complete chores and do something you like that brings you joy and relaxation.

Tip 8: When you plan your daycare calendar, schedule times that parents know in advance are times you will close for holidays/breaks.

Tip 9: Connect with other daycare providers and build community. Having support makes this work more manageable.

Tip 10: Check in with yourself using the acronym H.A.L.T. Are you Hungry, Angry, Lonely, or Tired? If the answer is Yes, revisit one of the tips above!

You are doing a fantastic job loving and nurturing our city's children! We are here at Home B.A.S.E.D. to support you. Your work in the early childhood field is essential. Please connect with us for more support.

**Love,
Ramapo NYC**

<https://schoolclimate.org>

<https://www.ydinstitute.org>

<https://ramapoforchildren.org>