

# DID YOU KNOW...

Sometimes the best developmentally appropriate practice has nothing directly to do with the children in our care. Sometimes the best practice is to care for ourselves.

The Center for the Study of Social Policy's protective factors framework imbues self-care for providers and educators with the same value as for parents. The monograph, "TAKING CARE OF YOURSELF: FOR EARLY CARE AND EDUCATION PROVIDERS" opens with this, "When you spend all day working with children and their families, it can be difficult to focus on your own well-being. This is especially true at times when some of the children or families you work with need a lot of support."

The item (see link below) refers to the five protective factors that mitigate the effects of adverse experiences and urges care givers to check for and develop them in their own lives. The effect is that children and families will also be healthier and more likely to thrive if mental health is enjoyed by everyone in a child's environment.

Setting an example is the most basic developmentally appropriate practice of all.

<https://cssp.org/wp-content/uploads/2018/08/Self-Care-for-ECE-Providers.pdf>

*Iowa AEYC Weekly*

2020.08.19

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