

Planning to Meet Your Needs

PROACTIVELY PREVENTING BURNOUT

- What needs are not fulfilled for you?
- What must be done before/after “open” hours, and what can be done with children present?
- How can you step away from work to refresh, and protect your income while doing so?
- Joy and celebration: what can you plan to do to incorporate more joy in your days?
- What policies can you create and update to support your personal and professional boundaries?
- What additional training in child development and ECE would support you?