



**From Overwhelmed
to Joyful:**

Caring for Children (and Yourself)
with Intention

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About Me



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**This
session is
intended
to help
you:**

- Identify simple, everyday practices that support children's sense of safety, connection, and belonging.
- Protect and replenish your own sense of joy and purpose in early care and education work.
- Explore how intentional presence, mindful noticing, and small gestures build trust, deepen relationships, and shape culture.



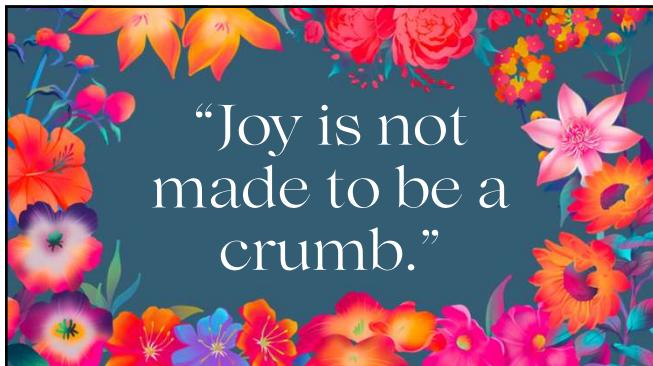
You can count on me to:

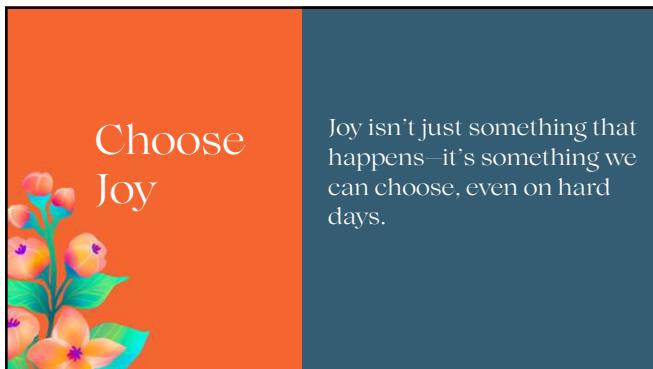
- Keep it real.
- Plant some seeds.
- Share practical, actionable strategies.





“Joy is not
made to be a
crumb.”

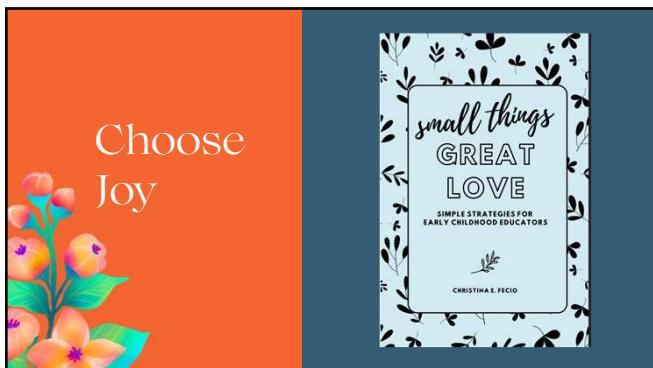




Choose Joy

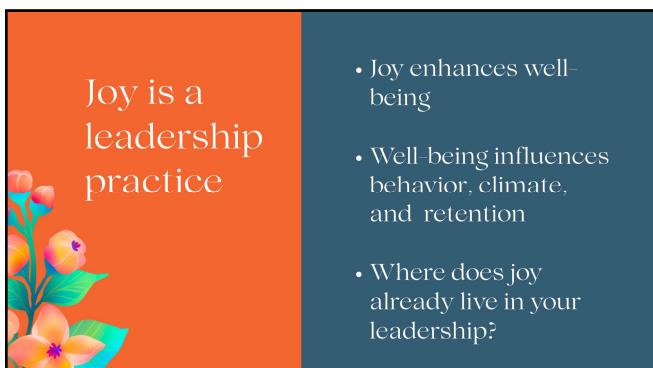
small things
GREAT LOVE
SIMPLE STRATEGIES FOR
EARLY CHILDHOOD EDUCATORS
CHRISTINA E. FECIO

Joy isn't just something that happens—it's something we can choose, even on hard days.



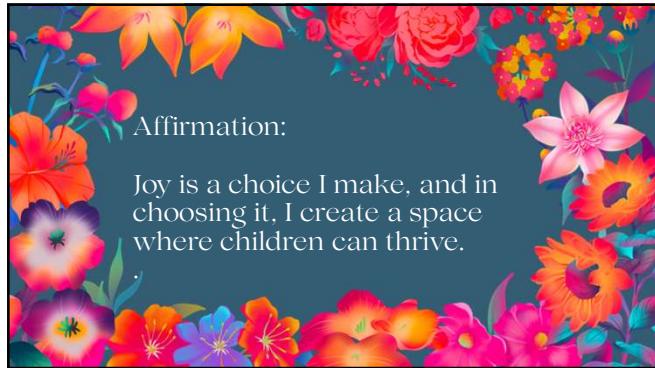
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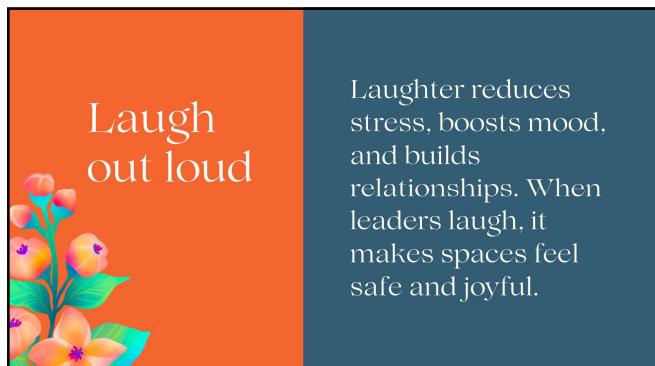


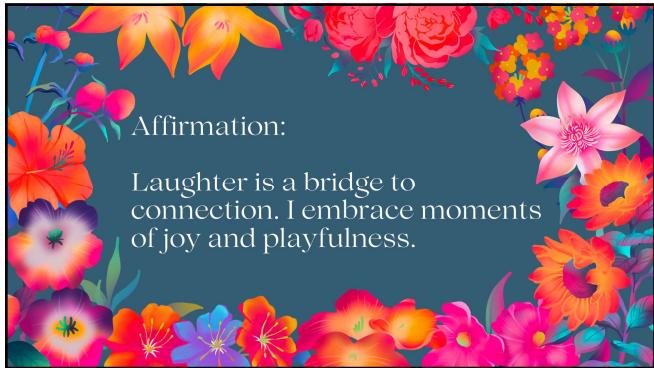
Joy is a leadership practice

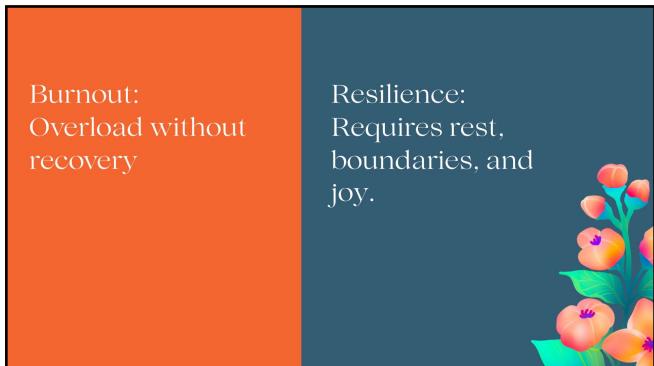
- Joy enhances well-being
- Well-being influences behavior, climate, and retention
- Where does joy already live in your leadership?

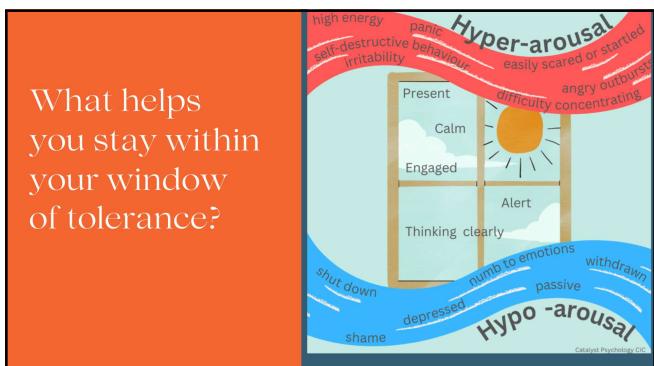












Pause Point (Poll)

Question:

As you listen today, what feels most supportive *right now?*



Response options (choose one):

1. Permission to slow down
2. Reminder that this is intended to be joyful work
3. Small practices I can apply right away
4. Feeling less alone in this work
5. I'm still figuring that out

 <p>When do I feel most grounded and aligned in my role as a leader?</p>	 <p>What is one small joy I will intentionally create or notice this week?</p>
 <p>What daily practice or habit helps me reconnect with calm and clarity?</p>	 <p>Who can I lean on (or share a moment of joy with) this week?</p>

	<p>6 Simple, practical actions:</p> <ul style="list-style-type: none"> • Greet children warmly. • Provide sensory breaks. • Offer open ended art. • Go outside. • Find the good. • Care deeply.
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